

## USM Dept. of Theatre to hold spring dance concert in Gorham

**GORHAM, ME** -- April 25th & 26th will mark a new chapter in the USM Dance program as faculty and guest choreographers bring back the annual Spring Dance Concert with original works inspired by themes of reclamation and renewal.

The April event marks the first dance concert on the Russell Hall stage in over four years. USM Dance students will perform newly-devised contemporary works created over the course of the spring semester. USM Dance faculty Jessie Laurita-Spanglet and Maria Tzi-anabos and guest choreographers Scott McPheeters and Niki Cousineau of Biddeford-based Subcircle and Kimberly Schroeder, University of Delaware Dance faculty, have come together for a semester-long creative process to give students the opportunity to explore the choreographic process and grow as dance artists and creative thinkers.

For USM Dance faculty and dance concert producer, Jessie Laurita-Spanglet, the themes of



Audrey Bendel & Ellie Backman. Photo by Sarah Graff Photography

reclamation and renewal are ideal for the return of the dance concert, "When we return to an old dance or a once-familiar piece of music or art, we reimagine it from a new perspective. Reclaiming requires stepping into the unknown and reframing what we thought we knew into something that will carry us into the future."

The process of creating these pieces is rooted

in collaboratively exploring a theme and seeing where it takes her students. "In my creative processes I often start with an idea and then I set about exploring the idea through movement with the dancers", says Laurita-Spanglet. "I see the dances that I create as almost having a life of their own, and it is my job as the choreographer to listen intently, collaborate openly, and guide the



Ellie Backman. Photo by Sarah Graff Photography

process while also being open to the work moving in a direction that I did not initially intend." She sees the creative process as a type of physical investigation that intellectually and

creatively challenges her students. And one that will, ultimately, make the dance concert worth the wait for audiences and dancers alike. "We are so excited to bring our dance students

back onto the stage!"

The USM Spring Dance Concert runs April 25th & 26th at 7pm. All performances take place on the USM Gorham campus in historic Russell Hall.

To purchase tickets, or for more information, visit USM Theatre online at <https://usm.maine.edu/departments-theatre/box-office-tickets/> or call the USM Theatre Box Office at (207) 780-5151.

USM Spring Dance Concert

April 25th & 26th, 7pm

Choreographers: Subcircle: Scott McPheeters and Niki Cousineau; Jessie Laurita-Spanglet; Kimberly Schroeder; Maria Tzi-anabos

Ticket Prices: \$18 for Adults, \$14 for USM Faculty/Staff/Alumni, \$12 for Seniors 65+, \$8 for Students/Youth

Those needing special accommodations to participate fully in this program, contact Janice Gardner at (207)780-5289 or [janice.gardner@maine.edu](mailto:janice.gardner@maine.edu). Hearing impaired: call USM's telex / TDD number (207)780-5646

## April authors at Gorham's Baxter Memorial Library

**GORHAM, ME** -- Baxter Memorial Library is pleased to present a month of fantastic local authors, writing in a variety of genres. Books are available to check out at the library, and will also be available to purchase at the events. These and many other events are supported and sponsored by the Friends of Baxter Memorial Library!

April 25, 6pm: Ed Judd

Edward Judd, a resident of Auburn who taught music in Lisbon for 22

years, will give a talk on his book, *View from the Podium*. Judd was also a marching band staff member at Edward Little High School for 10 years, and taught music at the Hillview Center in Lewiston.

The book is a memoir tracing Judd's 46 years as a music educator. Although Judd has been a high school music teacher for most of his career, the book also includes many of his experiences as a music teacher from elementary school through his time as Band Director at Holy



Cross College. In addition, Judd, a former president of the Maine Music Educators Association, also relates his experiences in professional organizations as a leader on the state and regional levels. The book has been described as "heartfelt", "illuminating", and "an uplifting story told in a

straightforward way".

Copies of Judd's book will be available, and he will autograph copies at the conclusion of the event.

May 1, 6 pm: Matt Cost (rescheduled from April 3)

Matt Cost, a.k.a. Matthew Langdon Cost, was a history major at Trinity College. He owned a mystery bookstore, a video store, and a gym, before serving a ten-year sentence as a junior high school teacher. In 2014 he was released and began writing. And that's what he does. He writes

histories and mysteries.

His Clay Wolfe/Port Essex series follows the highly lauded Mainely Mystery series by Cost. Acclaimed author Gerry Boyle selected the first in that series, *Mainely Power*, to be the Maine Humanities Council Read ME fiction book of the year.

Cost's historical fiction titles include *Love in a Time of Hate*, about a young man from Maine fights for social equality in New Orleans after the Civil War while pursuing a serial killer, becoming

enmeshed in voodoo, and falling in love; *At Every Hazard*, which traces Joshua Chamberlain's evolution from an arrogant, overbearing professor to unwitting and unlikely hero and leader of men. Interwoven are subplots including the coming of age of his young orphaned aide, a complicated marriage, and of course, lots of rousing battle scenes; and *I Am Cuba: Fidel Castro and the Cuban Revolution*, a historically accurate novel detailing society, politics, war, and love in Cuba in the 1950s.

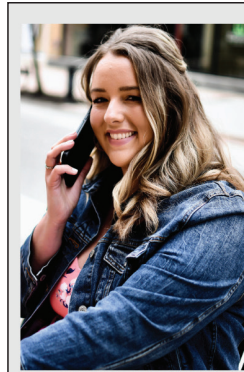
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# Newsmakers, Names & Faces

## \$13.7M secured for Maine's health care workforce

WASHINGTON, D.C. — U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that she secured \$13,768,000 in Congressionally Directed Spending for health care workforce training in the Fiscal Year 2024 (FY24) Labor, Health and Human Services, and Education Appropriations bill. Congress has passed the bill, and the President has signed it into law.

"In the midst of a growing demand for medical treatments and services, Maine and other states across the country continue to face a shortage of trained

health care workers," said Senator Collins. "As Vice Chair of the Senate Appropriations Committee, I worked hard to secure this funding, which will help support important programs throughout Maine that are dedicated to filling the gaps in our nation's health care workforce."

Funding secured by Senator Collins for health care workforce training programs in the FY24 Labor, Health and Human Services, and Education Appropriations bill is as follows:

CMCC Health Care Training Expansion  
Recipient: Central

Maine Community College (CMCC)

Project Location: Auburn, ME  
Amount Secured: \$3,325,000

Project Purpose: For facilities and equipment to expand CMCC's health care training programs.

KVCC Enhanced Radiology Simulation Lab  
Recipient: Kennebec Valley Community College (KVCC)

Project Location: Fairfield, ME  
Amount Secured: \$513,000

Project Purpose: For facilities and equipment to train health care workers.

SMCC Health Care Careers Simulation Center

Recipient: Southern Maine Community College (SMCC)

Project Location: South Portland, ME  
Amount Secured: \$4,100,000

Project Purpose: For facilities and equipment to support health care workforce training.

UMaine Augusta Nursing Workforce Development Program

Recipient: University of Maine System  
Project Location: Augusta, ME

Amount Secured: \$4,500,000

Project Purpose: To construct and equip a Center for Nursing Workforce Development and Cybersecurity.

Northern Light Acadia Hospital Rural Dementia Care Program

Recipient: Acadia Hospital Corp d/b/a Northern Light Acadia Hospital

Project Location: Bangor, ME  
Amount Secured: \$1,330,000

Project Purpose: To create a rural training program to care for patients with dementia in outpatient and hospital-based settings

This funding is part of the 231 target-

ed investments Senator Collins secured through the FY2024 appropriations process, driving more than \$577 million to the state for projects throughout each of Maine's 16 counties.

In 2021, Congress re-instituted Congressionally Directed Spending. Following this decision, Senator Collins secured more than \$500 million for hundreds of Maine projects for FY2022 and FY2023. As Vice Chair of the Senate Appropriations Committee, Senator Collins is committed to championing targeted investments that will benefit Maine communities.

## Midcoast Symphony Orchestra celebrates Director Rohan Smith

TOPSHAM, ME — The Midcoast Symphony Orchestra (MSO) will hold a fundraising party on Saturday, May 4th from 6:30 to 8:30pm to celebrate Music Director Rohan Smith's 20 years at the helm of the Brunswick-based group. The event is titled Opus 20 and is hosted by Lemont Hall, a historic hall built in 1870 and reopened last year in downtown Brunswick's Lemont Block. Opus 20 features hors d'oeuvres from Mae's Cafe & Bakery in Bath, a cash bar, champagne toast, a performance by Duo Mundi piano duo, a silent auction, and video and live tributes to Maestro Smith. All attendees will also receive a commemorative program with photos and other memorabilia from Mr. Smith's tenure as well as a complimentary drink ticket. Tickets are \$45 and all proceeds will help to fund the MSO's free ticket distribution program to audience members 18 and younger as well as college students. Opus 20 tickets may be purchased online

at [www.midcoastsymphony.org](http://www.midcoastsymphony.org) or by calling (207) 481-0790.

Conductor and violinist Rohan Smith has been Music Director of the Midcoast Symphony Orchestra since 2003. He has led the MSO to critical acclaim in performances of the major symphonic repertoire of all eras to the present time. Rohan Smith is Director of Orchestral and Chamber Music at Phillips Exeter Academy in New Hampshire, where he conducts the Symphony Orchestra and the Chamber Orchestra. Smith has conducted the PEA Chamber Orchestra on cultural exchange, service, and outreach tours to Vietnam, Hong Kong, Quebec, England, New York, and the Coachella Valley, California, performing there for children of immigrant farm workers. When asked to reflect on his first 20 years with the MSO, Mr. Smith commented, "What has been really quite remarkable is that the orchestra is bigger now than it was, and the players



Rohan Smith (photo courtesy of Jeff Morris - Pierce Studio)

are stronger. There's been consistent growth in the level of the players in the orchestra. If I look at it, it still looks like the same orchestra, but of course it's constantly changing. Of course there have been players in it who have been there since the beginning. It has really grown year by year and evolved in skill and stylistic understanding."

Duo Mundi piano duo, George Lopez and Gulimina Mahamuti, has thrilled audiences around



Duo Mundi (photo courtesy of Karen Bourdier)

the world with their exciting, innovative, diverse, and intimate programming style. They explore music for both one piano four hands and two-piano four hands in the standard and contemporary repertoire as well as commissioning new works by national and international composers. The Robert Beckwith Artist-in-Residence at Bowdoin College, George Lopez has been a dynam-

ic performer, sought-after pedagogue, and engaging lecturer for over 30 years. As the artistic director and conductor of the Bowdoin College Symphony Orchestra, he leads one of the most dynamic all-student symphonic programs in the New England region. Internationally acclaimed Chinese-American pianist, Gulimina Mahamuti is the first Uyghur from China to receive a Doctor-

ate of Musical Arts in Piano Performance from the United States. She enjoys an active career and performs extensively in major cities in the U.S., Mexico, Canada, Denmark, Portugal, Hungary, Turkey, and China, with broadcasts on radio and state television.

The Midcoast Symphony Orchestra is a community orchestra founded in 1990. Started as a chamber orchestra, there are now more than 80 members. The MSO performs a full range of orchestral literature from the classical to modern periods with four regular concerts each season at the Franco Center in Lewiston and the Orion Performing Arts Center in Topsham. A community-based organization, the orchestra draws players and audiences from south of Portland to Rockland along the coast, and inland from Augusta to the Lewiston-Auburn area. Its members all volunteer their time to practice and perform with the Midcoast Symphony. Under the baton of Rohan Smith, the orchestra continues to attract ever more professional-caliber musicians and award-winning guest artists.



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# Newsmakers, Names & Faces

## News Center Maine holds statewide Red Cross Blood Drive

**PORTLAND/BANGOR, ME** –Every two seconds someone in the U.S. needs blood. That is why NEWS CENTER Maine was proud to join forces once again with the American Red Cross for a statewide blood drive held Wednesday, March 27. The first drive opened at 9:00 am with the final drive closing around 6:30pm. In all, 215 units were collected from 225 donors. A single donation can help as many as three lives, so Wednesday’s donors can potentially help as many as 645 lives.

“They saved my life. They didn’t know it the day they were laying on the table giving blood, but I wouldn’t be here today if those 10 folks didn’t donate,” said Ed Moreshead, a 40-year career paramedic.

Moreshead has seen his share of medical emergencies. He never thought he’d be on the receiving end of donated blood, but last February Ed was coming off a 48-hour shift and fell ill. He ended up in the ICU with a gastrointestinal

bleed. He nearly died. Ed needed 10 units of blood – about the volume of blood the average adult has in their body – to survive.

In the seven years NEWS CENTER Maine has partnered with The American Red Cross, 1,355 units of blood have been collected with the potential to help as many as 4,065 lives. In Maine, the Red Cross needs to collect 152 pints of whole blood every day to meet patient demand. That means 1,064 Mainers each week need to roll up their sleeves to keep the blood supply viable. Once you donate, you need to wait 8 weeks before you can donate again so it’s critical that all eligible Mainers continue to give blood.

On March 27, Mainers came out to give the gift of life and NEWS CENTER Maine is grateful for their generosity. There were six donation sites including University of New England in Biddeford, The Eastpoint Christian Church in South Portland, Flanagan Community Center in Rockland, Waterville



Elks Lodge in Brunswick



NCM employees Red Cross employees in Bangor



NCM Samantha York at the registration table in Biddeford

YMCA in Waterville, The American Red Cross Blood Donation Center in Bangor, and The Elks Lodge in Brunswick.

## UMaine Extension offers ServSafe food protection manager courses

**FALMOUTH AND BANGOR, ME** - University of Maine Cooperative Extension is offering multiple full day, in-person ServSafe® Food Protection Manager courses in the spring and fall. The course is held in-person from 9 a.m. to 5 p.m. at the University of Maine Cooperative Extension office in Bangor on May 13 and Falmouth

on June 11. It helps prepare attendees for the ServSafe® Food Protection Manager Certification exam which is held immediately following the course.

Participants will receive the ServSafe® Manager Book 7th Ed., diagnostic exam, and practice exam approximately 2 weeks prior to the course. No refunds for the course will be

issued. The \$150 fee covers the class, materials, and exam.

Registration is required. View the upcoming course schedule and register on the program webpage. For more information or to request a reasonable accommodation, call the Cumberland County office at 207.781.6099 or 800.287.1471 (in Maine).

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What’s Going On to the Editor.  
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## Clothes galore at Gorham’s Mission of Hope Clothes Closet

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

We focus on clothes and accessories (gloves,

scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have displayed them for a time, they are donated to 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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*Seniors Not Acting Their Age*

# Stormy Days in Baxter State Park



**Bruce Weik struggles to climb ledges on South Branch Mountain**

Following three days of remarkable spring-like weather, the final three days of our six-day Baxter State Park expedition in the South Branch Pond region was dominated by challenging weather. On day four, six of us awoke in the South Branch bunkhouse to a rainy forecast. After enjoying exceptional mountain hikes during the previous two days, low elevation treks were our choice.

Unusually warm weather and heavy rainfall preceded our entrance into the park. The result was unpredictable trail conditions that varied between moderately deep snow in some locations to ice, exposed rock, and muddy surfaces in others. Except for park roads, skiing was not

a realistic option. During our ski in on day one, we met park rangers who reported that South Branch Pond was heavily puddled with dangerously thin ice in places. That negated the opportunity to ski the winter Pogoy Notch Trail across the pond, a prized goal for several of us.

Five members of the group decided to hike south on the normal Pogoy Notch Trail and then follow Howe Brook Trail to a succession of waterfalls at the far end. Nursing an arthritic knee, I chose a couple of less ambitious nearby treks.

After my companions departed carrying snowshoes and micro spikes in anticipation of varying trail conditions, I completed some bunkhouse chores be-



**A succession of spectacular waterfalls are found on Howe Brook Trail**

fore beginning my mini-adventure. Ashes needed to be removed from the woodstove, the wood box required filling, and a fresh supply of water had to be hauled in from the outlet of South Branch Pond.

The domestic tasks completed, I began my outing. The trails in the area were covered with ice or a shallow layer of snow so I elected to wear micro spikes. The Ledges were my first destination.

A hike to the Ledges entails following nearby Middle Fowler Pond Trail for a short distance before joining Ledges Trail on the left. From there it loops for less than a mile to a trailhead high on the South Branch Pond Road. During my wanderings, the path

consisted of snow, ice, and stretches of bare rock. An overlook on the Ledges provides an excellent view of South Branch Falls.

Following completion of the Ledges Loop, I proceeded farther north on South Branch Pond Road to the trailhead leading to South Branch Falls. The half mile slog to the falls was very wet with soft snow of varying depths. Tall rubber boots were ideal footwear for the conditions. I didn't have any. The picturesque falls were worth the effort.

During my return to the bunkhouse, it started to rain. When the rest of the gang arrived, they described marvelous views of several waterfalls during their damp journey to the upper reaches of Howe Brook.

As evening progressed, the rain changed to mixed precipitation. We awoke to steady snow. Concerned about the possibility of insufficient snow for our sled haul and ski out on the last day, the white gold was truly manna from the skies.

When the snowfall diminished, a variety of plans ensued. Three members of the group decided to climb South Branch Mountain, possibly continuing to Black Cat Mountain. Given the new snow accumulation, snowshoes were their footwear of choice.



**A hiker hauls his sled out of Baxter State Park**



**A scenic winter wonderland was experienced skiing South Branch Pond Road**

Two others opted to take advantage of the increased snowpack to enjoy an extended ski on park roads. Pacing myself for the demanding final day, I decided on a shorter version of their excursion.

Skiing South Branch Pond Road was an exhilarating experience. Heavy wet snow clinging to trees provided a scenic winter wonderland. The recent rains had an obvious impact. Viewing Trout Brook from a bridge on the Perimeter Road, I found the usually inconsequential stream resembled a sizeable river.

The mountaineering reported moderately challenging conditions on South Branch Mountain. Snowshoes were required throughout and they encountered steep ledges near the summit. Given unplanned delays, they decided to forego continuing to Black Cat Mountain.

The strenuous 2.2 mile sled pull out to the Perimeter Road on our final day went well thanks

to the fresh supply of soft wet snow. The 11 mile ski to the Matagonon winter trailhead was the culmination of another exceptional Baxter State Park expedition. Despite inclement weather during the second half of the outing, we managed to make lemonade out of a lemon.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates numerous mountaineering and skiing exploits in Baxter State Park and around the state.

*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](http://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](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)*

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# “Drumming Up Wishes” fundraiser supports Make-A-Wish

**LYMAN, ME** -- The 4th annual Drumming Up Wishes concert, to benefit Make-A-Wish Maine, will be held noon to 6 p.m., Sunday May 5 at Funky Bow Brewery in Lyman.

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

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

Glidden said the foundation’s work not only helped his children, but brought emotional support for his entire family. “I had daughters with health problems and went through a couple of years when I was aimless and angry,” he said. “When people were running away from us, these people (Make-A-Wish) ran right at us.”

“And they did it twice,” he said, referencing the two wishes his family received -- one for each daughter.

“I was incredibly moved by their generosity,” Glidden said. “It had quite an effect. It changes you as a person.”

After experiencing firsthand the impact of Make-A-Wish Maine, Glidden committed himself to helping the foundation. He has raised nearly \$70,000 in the past five years, and is one of the foundation’s top fundraisers in the state, both overall

and each year.

This year, Glidden is hosting Drumming Up Wishes with a theme: “With a Little Help From My Friends.”

Glidden said there is a double meaning behind the theme. All the bands playing the concert are bands Glidden has performed with, but the bands also all have some connection to Make-A-Wish.

Glidden said they are his friends but they are also “friends” of the foundation.

Performing the 4th annual concert are Diamond Sky, Wake Up Mama, Continental Shakedown and Time Pilots.

Diamond Sky is a jam-based band that has played every annual Drumming Up Wishes show. They also played a show to raise money for Make-A-Wish the year before Glidden started the annual concert series.

Wake Up Mama is an Allman Brothers Band tribute that played last year’s event.

Glidden said guitarist Ken Goodman and bassist Charlie Bradbury, of Continental Shakedown “have a long history of supporting Make-A-Wish Maine and our events.”

Rounding out the bill will be Maine’s party band, Time Pilots.

Last year, Drumming Up Wishes raised more than \$4,200 on the day of the concert, and \$16,000 in total, when including the online fundraising Glidden did as part of the founda-



tion’s Walk for Wishes campaign.

Glidden said he feels pressure now because the foundation’s two biggest fundraisers of years past -- Walk for Wishes, and a Lewiston block party -- are being discontinued.

That leaves Drumming Up Wishes as the largest yearly fundraising event for Make-A-Wish Maine.

“There’s always pressure every year,” said Glidden. “You got to try to do at least what you did the year before, make it grow, make it bigger and better every year.”

Glidden said he hopes to double the amount made at last year’s concert and raise \$8,500 in one day -- the cost of one wish.

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

Although Walk for Wishes is no longer, Make-

A-Wish Maine agreed to keep the Drumming Up Wishes QR code and donation page online,

Glidden said he hopes to raise at least \$17,000 in total this year -- enough to cover two whole wishes.

According to the Make-A-Wish Maine website, more than 1,750 wishes have been granted in Maine since the chapter’s founding in 1992.

Glidden isn’t the only one performing at Drumming Up Wishes whose family has been comforted by Make-A-Wish Maine. Dan Mayo, of Saco, who plays bass for Diamond Sky, lost his five-year-old daughter to cancer in 1987.

“As a 24-year-old father of two, I thought the world was a challenge,” said Mayo. “Then I found out my two-year-old daughter, Jessica, had cancer.

“The next three years were insane. Doctors, sur-

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

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

Mayo said his band Diamond Sky worked with Glidden to raise money for the cause. They donated their gig money and raised \$1,100 in the first year.

“Make-a-Wish puts smiles on the faces of kids who really need something to smile about,” Mayo said. “We have all lost a loved one.”

Rob Carlson, of Standish, and a guitarist in Diamond Sky, said Glidden approached him years ago to perform at a benefit for the foundation. Eventually, the effort

among Glidden’s musician friends evolved into an annual concert at Funky Bow Brewery in Lyman.

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

Glidden said the event grows every year despite that it has never featured a popular nationally-recognized celebrity musician. The bands that have played Drumming Up Wishes have all been local bands who perform for free. As for his efforts to raise funds for a good cause, the drummer said Drumming Up Wishes has become a permanent part of his life that “will never go away.”

“Working for great good is something everybody should do in some way. Anybody can do it. The need never goes away,” he said. “It means everything to these people and can make all the difference in the world.”

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

## MaineCF scholarship available to women pursuing science, business

**PORTLAND & ELLSWORTH** — The Maine Community Foundation (MaineCF) is currently accepting applications for the Lydia R. Laurendeau Scholarship

Fund. Established in 2013, the Laurendeau Fund provides renewable scholarship support to young women who are graduating seniors from high

schools in Maine pursuing post-secondary education in science or engineering at a four-year university. There is a preference for applicants demonstrating an interest and/or actively

participating in their Franco-American heritage.

The deadline for applications is June 1. For more information or to apply, visit [www.mainecef.org](http://www.mainecef.org).

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# Arts & Entertainment

## Performers announced for Great State Of Maine Air Show

**BRUNSWICK, ME** -- The Air Show Network announced today the performer lineup for The Great State of Maine Air Show presented by Bill Dodge Auto Group happening Aug. 3-4, 2024, at Brunswick Executive Airport (BXM) in Brunswick, ME.

The U.S. Air Force Thunderbirds, America's "Ambassadors in Blue," headline the Air Show with six demonstration pilots flying the venerable Lock-



heed F-16 Fighting Falcon. Founded in 1953, the squadron has performed for more than 280 million people in all 50 states and 57 foreign countries.

Additional perform-



ers include:

U.S. Navy F 18 Rhino TAC Demo

U.S. Navy Legacy Flight  
Michael Goulian

Greg Colyer, Ace Maker T 33

RJ Gritter Decathlon  
Louis Horschel Black Pearl P 51

"Presenting the world-famous U.S. Air Force Thunderbirds, along with the U.S. Navy Rhino Demo Team and other top aviation talent, The Great State of Maine Air show is sure to entertain and thrill aviation fans," said Jim Breen, CEO & Chairman of The Air Show Network.

The anticipated avi-

ation event, produced by The Air Show Network in partnership with Midcoast Regional Redevelopment Authority, also features static ground displays, concessions, souvenir booths and exhibitors.

Tickets for day passes and The Air Show Network VIP Experience (Flight Line Club and Premium Box Seats) are available online only at GreatStateOfMaineAirShow.us. Tickets will not be sold on-site during show days.

## Saco River Theatre launches new children's programming

**BUXTON, ME** - Saco River Theater (SRT), a 501(c)3 organization located in Buxton, announces an expansion of their programming to include "SRT, Jr", a family friendly theater program, beginning with 4 Vaudeville shows on Sunday afternoons in May and June and two one-week theater camps in August.

The performances feature well-known Maine performers, Janoah Bailin in

meSSeS, Andrew Silver in The Silver Circus, Michael Trautman in Body Talk, and Jason Tardy's High Energy Juggling. They offer hour-long shows consisting of unicycling, juggling, feats, or contortion, balancing, and other physical skills bound to enthrall audiences of all ages. Tickets are \$10 for adults, \$5 for children 5 to 18. Admittance for children under 5 is free. Please visit Saco River The-

ater's website <https://www.sacorivertheatre.org/> for tickets and performance dates.

The two one-week children's theater camps in August will be led by local theater professional Karen Ball. These theater camps will provide an enriching experience where children can explore their creativity and develop confidence through the theater. Future plans call for a production

class in the fall. Each camp runs for one week from 9am to 3pm and features campers learning theater games, improvisation, and other group activities.

"Circus Ship Follies" Camp will take place August 5 to 9 for students entering grades 3-5. Set sail on a weeklong creative adventure of workshops, games, rehearsals, and stagecraft that help your child develop an understanding of how the magic of theater is created. Over the course of the week, campers will bring to life a page-to-the-stage adaptation of Circus Ship, by Chris Van Dusen, with a performance for families to

end the week.

"Heroes and Villains" Camp will take place August 12 to 16 for students entering grades 6-8. Experience the joy of performance in an original one-act play. Campers will use their imagination to create original characters in a series of engaging theater games designed to teach them more about the craft of acting. These characters will form the basis of an original production to be performed for an invited audience at the end of the week.

Karen Ball is an actor and teacher. She earned her Master of Fine Arts at the Royal Birmingham Conser-

vatoire of Acting and Music in Birmingham, UK. Some of her acting credits include Hamlet, Titania, and Lady Macbeth. The cost for each camper is \$350. Register at SRT, Jr. — Saco River Theatre.

Saco River Theatre is an Actors Equity Small Professional Theatre and music venue, now in its 34th season. By adding children's programming, the SRT board hopes to welcome more young families, furthering its mission to enrich the community as a performing arts center and public forum for accessible and diverse cultural and educational programs.

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# Scholarships for teachers looking to boost outdoor leadership skills

**ORONO, ME** — With its abundant natural resources, Maine’s K-12 schools have long embraced outdoor education and place-based learning. As the flagship campus of the state’s public university system, the University of Maine also has a long tradition of outdoor leadership and adventure learning.

UMaine’s College of Education and Human Development, the largest teacher preparation and training program in the state, recently launched

a new outdoor leadership and education graduate certificate. The program is intended for practicing teachers and other professionals who want to incorporate more outdoor and experiential learning into their schools or other educational settings.

A generous gift from the Onion Foundation is allowing the college to provide scholarships that will cover part of the cost for teachers who want to take two classes being offered this summer in Oxford County, Bringing



the Classroom Outdoors and Wilderness First Aid (WFA).

“We’re incredibly thankful to the Onion Foundation for their support of teachers’ professional development,” said UMaine outdoor leadership program coordinator Lauren Jacobs. “The outdoors are an essential part of Maine’s

heritage and economy, and educators play a key role in developing the next generation of leaders and stewards who will sustain safe and meaningful outdoor opportunities for all.”

The two courses both lead to state- or national-certification. Bringing the Classroom Outdoors meets the training require-

ments for Maine’s Educational Trip Leader Permit, which allows educators to bring students outdoors in settings that would normally require a Registered Maine Guide Recreation license. WFA certifies students in nationally-recognized WFA and meets the medical training requirements for being a Registered Maine Guide, Maine Camp Trip Leader and Maine Educational Trip Leader.

The scholarships cover most of the overnight food, facility and equip-

ment costs for a weekend trip that is part of Bringing the Classroom Outdoors, as well as most of the tuition, overnight, food, facility, equipment, books and certification costs for the WFA course.

The deadline to apply for a scholarship for Bringing the Classroom Outdoors is April 29, while the deadline to apply for a scholarship for the WFA course is May 23.

For more information, contact Lauren Jacobs, [lauren.jacobs@maine.edu](mailto:lauren.jacobs@maine.edu).

## Summit prioritizes safety during Safe Digging Month

**YARMOUTH, ME** – April marks National Safe Digging Month and Summit Natural Gas of Maine (Summit) urges customers to prioritize safety by calling 811 before starting any digging projects. It is critically important to contact 811 at least three working days before any digging projects. Calling 811 allows local utilities enough time to mark underground lines before a project begins. You should not dig until you receive notification from all utilities that they have marked their underground facilities or that no underground facilities exist in your dig area.

“Safety is our top priority at Summit, and a simple call to 811 a few days before a yard project can

protect you, your family, and your community from damaging an underground utility line,” said Lizzy Reinhold, SVP of Corporate Affairs, Sustainability, and Marketing at Summit. “It is required by law that every digging project, no matter the size, requires you to contact 811 to make sure the underground utilities are safely marked before projects begin. This includes common projects like planting shrubs, landscaping or installing a new fence.”

When customers contact 811, local utility companies mark the approximate locations of buried lines in their yards, reducing the risk of injuries and service disruptions. It’s crucial to hand dig near marked lines and

avoid using mechanized equipment to prevent damaging underground utilities.

Striking a single line can lead to costly repairs, outages, fines, injuries, and even fatalities. Projects such as installing a mailbox, building a deck, planting a tree, or laying a patio require a free 811 request at least a few days prior to digging.

The depth of utility lines can vary due to erosion, previous projects, and uneven surfaces, making proper markings essential even for shallow digs. For more information on 811 and safe digging practices, visit [www.811beforeyoudig.com](http://www.811beforeyoudig.com) or <https://www.summitnaturalgasmaine.com/NaturalGasSafety>.

## Rocky’s invites customers to “Round Up for Kids” this month

**BATH, ME** – Rocky’s Ace Hardware, one of the country’s largest family-owned Ace Hardware dealers with 50 locations in nine states, is kicking off its semi-annual “Round Up for Kids” fundraiser. Throughout the month of April, customers are asked to round up their purchase total to the next dollar. The difference is donated to Children’s Miracle Network (CMN) Hospitals.

“The Round Up for Kids has become one of our signature fundraisers each year,” said Rocky’s Ace Hardware President Rocco Falcone. “It’s a cause our customers, staff and community really get behind.

CMN helps more than 12 million kids each year who receive care from a dedicated children’s hospital to get the best possible medical treatment.”

As in the past, 100 percent of the money raised benefits the local CMN Hospital nearest to each store. Funds collected at Rocky’s store in Bath will benefit Barbara Bush Children’s Hospital in Portland.

“This is a busy season for us as folks come in to get what they need for spring cleanup and summer outdoor living,” Falcone said. “It may not seem like a lot to round up a purchase to the next dollar, but every bit adds up. We anticipate another very successful campaign thanks to the gen-

erosity of our customers.”

For more than 40 years, CMN has helped fill funding gaps, raising more than \$8.5 billion for 170 children’s hospitals by empowering and engaging with local communities and businesses. All donations fund what’s needed most, like critical life-saving treatments and healthcare services, innovative research, vital pediatric medical equipment, child life services and financial assistance for families.

Send all items for Newsmakers, Names & Faces to the Editor. Deadline is Friday by five.



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# Gov. Mills issues proclamation for Sexual Assault Awareness Month

WHEREAS, sexual assault impacts all communities in Maine, and people of all races, genders, and economic backgrounds; and

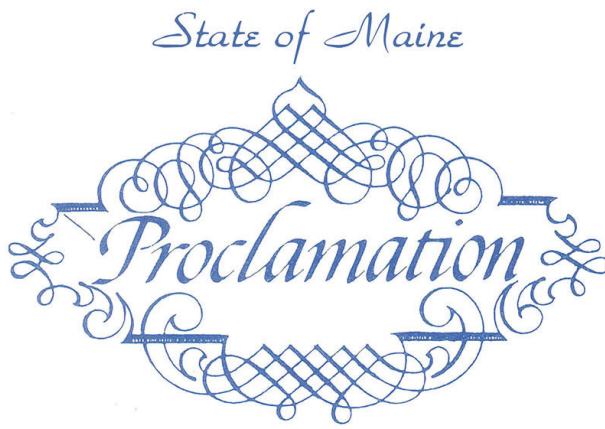
WHEREAS, over 19,000 people in Maine are sexually assaulted each year and one in five Maine citizens will experience sexual violence in their lifetime; and

WHEREAS, the impacts of sexual violence have wide-ranging public health ramifications and societal costs, and survivors

and their loved ones can experience consequences including mental health crises, substance use disorder, homelessness, lost wages, high healthcare costs, and others; and

WHEREAS, systems of support for survivors of sexual assault are often under-resourced and do not provide adequate options for justice and healing; and

WHEREAS, widespread stigma and misconceptions around sexual



violence result in low rates of reporting of crimes, increased isolation and shame of victims, and the continuation of violence; and

WHEREAS, raising awareness in our communities about the causes and responses to sexual violence can lead to long-term positive changes, and building a future free from sexual violence requires us to commit to making changes;

NOW THEREFORE, be it resolved that I, Janet T. Mills, Governor of the State of Maine, do hereby proclaim the month of April 2024 as

Sexual Assault Awareness Month

throughout the State of Maine, and I urge all citizens to recognize the importance of working together to educate our communities about sexual violence prevention, support survivors, and speak out against harmful attitudes and actions.

In testimony whereof, I have caused the Great Seal of the State to be hereunto affixed GIVEN under my hand at Augusta this tenth day of April Two Thousand Twenty-Four  
Gov. Janet Mills

## SARSSM: Options after an assault

Sexual Assault Response Services of Southern Maine is here for you.

If you have recently experienced sexual violence, you may feel overwhelmed, have questions about your options, or need some time to consider next steps. These feelings are valid and normal, and we are here to listen and support you. We will never judge you, no matter what happened.

To help guide you, we have listed some options below. Our Helpline Advocates are also available 24/7 to answer your questions, or to meet

you to a hospital or police department. Contact our free, confidential, 24-hour helpline at 1-800-871-7741 for assistance.

Time-Sensitive Options: The First 5 Days After an Assault

If you go to the hospital, you can: Receive medical care for any injuries; Receive testing or preventative treatments if you are worried about pregnancy, HIV or other sexually transmitted infections; Have a sexual assault forensic exam (known as a rape kit), to collect evidence of the assault. Ask for drug or alcohol testing within 96 hours after an assault (this is called toxicology testing and is helpful if you are concerned that drugs or alcohol may have been used in the assault).

Things to know before you go:

These options are time sensitive. The sooner you seek medical care, the more options you will have available to you.

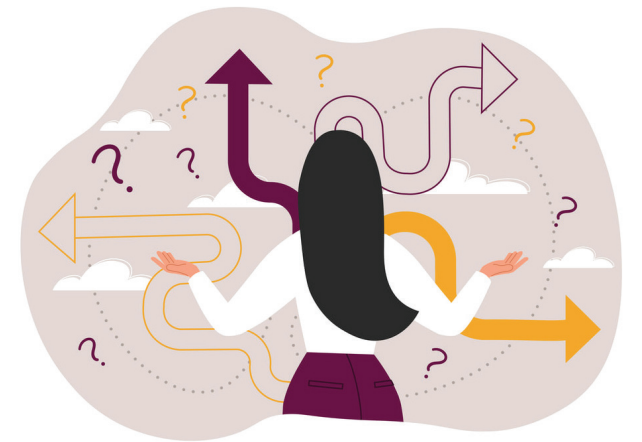
If you are able, try to avoid bathing, showering, using the restroom, changing your clothes, combing your hair, or cleaning up the area. These activities can potentially damage evidence. But don't worry! If you have already done so, you can still have an exam performed.

You will not be required to file a police report if you go to the hospital. You can have evidence collected, but still choose not to report to police until you are

ready.

Options Five or More Days After an Assault

SARSSM will be here for you throughout your entire healing journey. You can always call our helpline to receive support, information resources, or advocacy. Additionally, we offer programs to support your healing, such as support groups, yoga classes, etc., and would encourage you to get involved when you feel ready.




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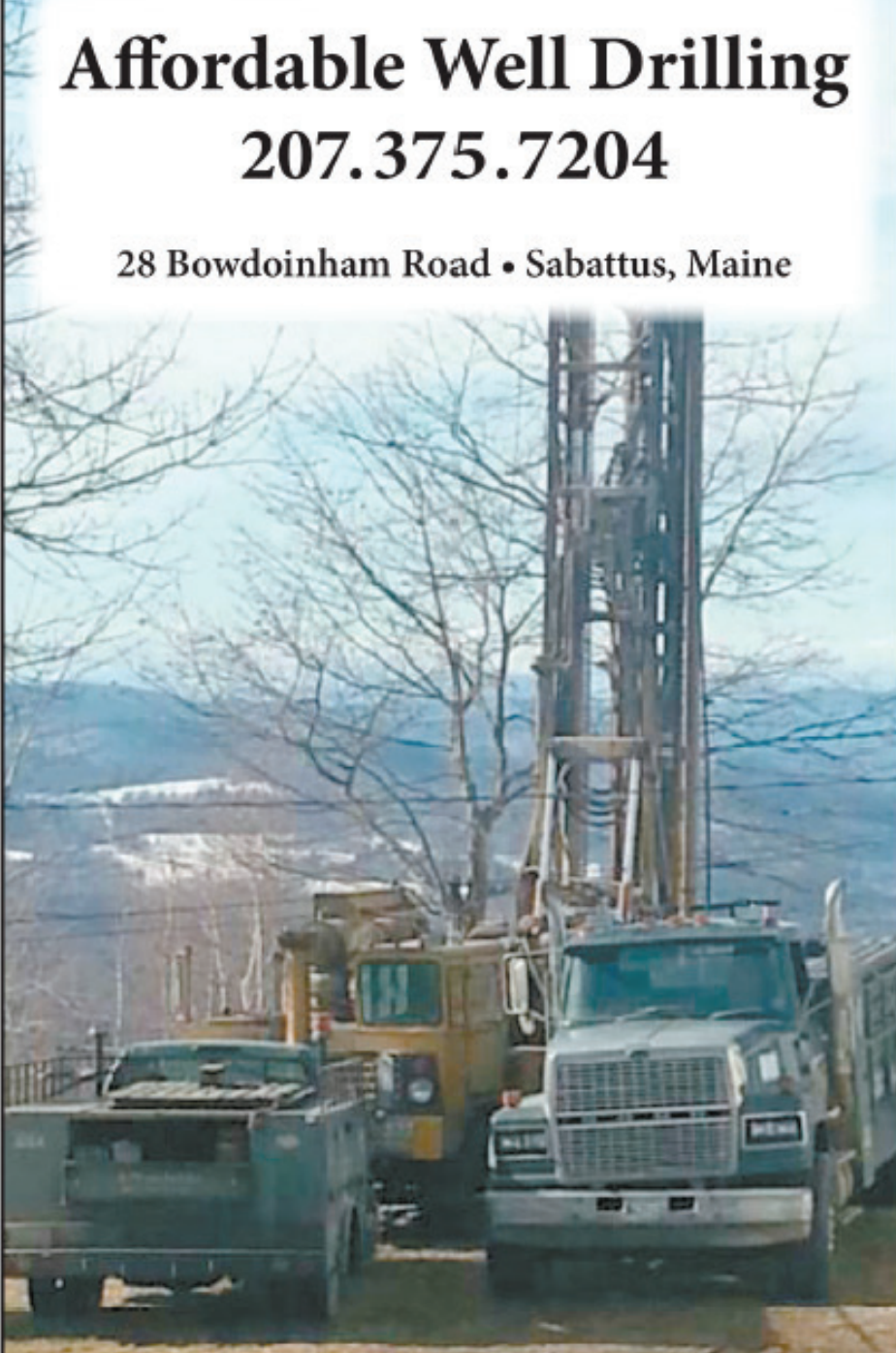
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# SARSSM raises awareness with Before & After event


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**KITTERY, ME --** Please join Sexual Assault Response Services of Southern Maine at the STAR Theatre on Thursday, April 25th at 6pm, for a soul touching journey through an issue that intersects with all lives.

With powerful and healing live music from Deena Hastings and Bob Fowler and additional music provided by Tim Bird, our dedicated SARSSM staff and stakeholders will engage the audience through information sharing, performance, and well being exercises.

This event is free and open to the public.

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

# Through These Doors offers helpline for Cumberland County

Through These Doors can help if you have been impacted by sexual violence. Please call our free, confidential 24-Hour Helpline at 1-800-537-6066.

A trained TTD advocate is available 24 hours a day by phone for support, information, and safety planning. You do not have to be in crisis or needing shelter to call the helpline. Call with questions or talk with someone who will listen to you without judgment or telling you what to do.

Our helpline is for everyone. Friends, family, coworkers, supervisors, police, counselors, clergy, and healthcare providers are welcome to contact us for information and sup-



port. TTD has access to interpreters, ASL, and Language Line.


Our helpline is answered by an answering service. An operator will ask for your name and a safe phone number. An advocate will call you back from a blocked or restrict-

ed phone number within 15 minutes. If you would feel more comfortable speaking to an advocate in a language other than English, please tell the operator which language you prefer. The advocate will return your call with an interpreter.

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

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# How to yard your way for the planet

**ALEXANDRIA, VA** — For fifteen years the TurfMutt Foundation has advocated for the care and use of yards, parks, and other green spaces – what the Foundation calls “backyarding.” The outdoor areas around us makes everyday activities like working, dining, and working out more enjoyable, and they are also good for the planet.

“When properly planted and cared for, our yards and community parks can affect climate change on a microlevel and provide support for backyard wildlife and pollinators,” said Kris Kiser, President & CEO of the TurfMutt Foundation. “Remember, nature starts at your back door, and when done right, your yard is good for peo-

ple, pets and the planet.”

The essential elements that make up your yard and our community parks and public green spaces – including plants, shrubs, trees, and grass – are “environmental superheroes.” Just to name a few benefits, they capture and filter rainwater, produce oxygen, and absorb carbon.

You get to decide how to create a backyard that supports your way of life, shows off your personality, and is designed according to your taste and purpose, adds Kiser. For those with an eco-conscious mindset, here are some tips from TurfMutt to “yard your way” for the planet this spring:

Remember “right plant, right place.” The key



to successful eco-friendly backyarding is selecting plants that support your family’s lifestyle and ones that will thrive in your climate zone (with minimal input from you). Refer to the USDA’s Plant Hardiness Zone Map to find the plants, shrubs and trees

that are best suited for your home.

Choose real grass. Research has shown that yards must be full of live plants to be beneficial to the local environment. Real turfgrass is a major carbon sink. According to this report, an average-sized

home lawn in the U.S. has the potential to sequester 20.3 to 163.4 kg C/lawn/year. Artificial grass, on the other hand, cannot typically be recycled, has to be cleaned and cooled off with water, and is hot.

Plant for pollinators. Bees, butterflies, and birds are not only pretty, they’re also critical to our food system and to maintaining biodiversity in our human-made environments. Selecting a variety of native plants that have evolved for your region that will bloom throughout the year is just one way you can support pollinators with your plantings.

Water wisely. Watering too much is actually bad for turfgrass because over-watered grass gets

lazy, growing roots in a horizontal pattern. With less water, grass sends its roots deeper and vertically to seek water. By working harder, grass does a better job of sequestering carbon and releasing oxygen.

Mowing know-how. You should only cut off about a third of the height of the grass blades per mow to produce a stronger, healthier lawn. That’s because longer grass blades collect more sunlight, resulting in a thicker turf that has a deeper root system. This helps the grass retain moisture and fight off weeds. Scientists have also found that recycling grass clippings on lawns (called grasscycling) will help your grass sequester even more carbon.

## \$2.8M grant to support local, regional healthy food

**BANGOR, ME** – USDA Rural Development Maine State Director Rhiannon Hampson today announced a grant of \$2.8M to help build food system financing capacity in Maine. The grant comes through USDA’s Healthy Food Financing Initiative (HFFI) program. Coastal Enterprises, Inc. (CEI) will lead the project in partnership with the Maine Department of Agriculture, Conservation and Forestry (DACF). The partnership will use the grant to build out the infrastructure of a new food system investment fund and to increase access to existing financial resources and technical assistance.

“USDA Rural Development is proud to partner with the State and CEI to support this transformative work to strategically invest in Maine food and farm businesses,” said Director Hampson. “This grant re-

flects the Biden-Harris Administration’s commitment to increase the resilience of local food production and create fairer markets for all producers. The critical work of structuring financing and grant programs will pay dividends for years to come.”

Through HFFI the USDA helps fund local, state, and regional organizations that partner together to provide financing and technical assistance to food retailers in underserved communities. USDA Deputy Secretary Xochitl Torres Small was in Albuquerque, NM this morning to celebrate the newly announced HFFI projects. Today’s awards include sixteen grants nationwide across twenty states and Washington, D.C. Maine’s \$2.8M grant represents 7% of the total investment.

“No matter where you live across America, you should be able to get af-

fordable, fresh, and healthy food,” said Deputy Secretary Torres Small. “President Biden and USDA are working to strengthen local and regional food systems so affordable, locally grown foods are available closer to home.”

Through the remainder of 2024 and early 2025, CEI will use the HFFI funding to structure the new food system investment fund, including hiring staff, establishing policies, and assembling an advisory council. Once established, the fund will provide loans, credit enhancements, and specialized technical assistance for value-added processing businesses, local distributors, and retail operations. DACF will support that work and will leverage HFFI resources to amplify other economic development programs, including its Resilient Food Systems Infrastructure Program.

The partnership in Maine between CEI and DACF is a robust example of public-private collaboration. Both USDA and DACF have partnered with CEI to finance food processing infrastructure in the past. In 2023, the USDA awarded the nonprofit \$8M under the Meat and Poultry Intermediary Lending Program. Throughout the pandemic, DACF partnered with CEI on major initiatives to support food processing in Maine utilizing federal CARES Act and ARPA funds.

USDA last awarded HFFI grants in Maine in June 2022 to the Cooperative Development Institute in Lewiston, Land and Furrow LLC in Skowhegan, and Good Tern Co-op in Rockland. Together these successful proposals received a total of \$536K.

Land and Furrow LLC was formed in 2021 by Amber Lambke, the

founder and CEO of Maine Grains, to build a permanent indoor space and outdoor plaza for the Skowhegan Farmer’s Market. Land and Furrow used the USDA grant to pay for pre-construction engineering expenses to develop farmers’ market infrastructure in Skowhegan. The 27-year-old market provides local food and nutrition assistance programs for low-income families as well as business opportunities for local farms and food producers. Like the CEI project announced today, this grant helped lay the groundwork for a long-term project that will ultimately expand markets and improve food access.

“As we have seen with prior HFFI grants in Maine, federal funding can accelerate local food initiatives,” said Director Hampson. “Today’s announcement signals an important investment in

Maine’s food system and a win from every perspective. Businesses will benefit from new financing options and technical assistance. For consumers, it will mean a more reliable food chain. Just as importantly, the work will help build a more equitable food system to support health and economic vibrancy for all Mainers.”

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## MaineCF scholarships available to adult learners

**PORTLAND & ELLSWORTH, ME** — Adult learners returning to school may be eligible for scholarships from the Maine Community Foundation (MaineCF).

Eligible scholarship recipients will receive a one or two-year certificate or four-year degree

at the end of the program. They must meet only one of the following requirements: be over the age of 25, work full time while enrolled in school, have dependents, be financially independent, have not received a standard high school diploma, or have delayed college enroll-

ment.

In 2023, MaineCF awarded 358 scholarships totaling \$675,084.

Deadlines to submit applications are June 15 and Nov. 15. For complete guidelines and to apply, visit [www.mainecef.org/scholarships](http://www.mainecef.org/scholarships).

The Maine Commu-

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

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# MSMT holds 2024 annual yard sale this weekend



**BRUNSWICK, ME** – Maine State Music Theatre (MSMT) is thrilled to announce the return of its highly anticipated 2024 Annual Yard Sale. Scheduled for Saturday, April 27th, from 9:00 AM to 2:00 PM and Sunday, April 28th, from 9:00 AM to 12:00 PM at 22 Elm

Street, Brunswick, Maine, this event promises to be a treasure trove for seasoned thrift shoppers and bargain hunters alike.

Morgan Rodgers, Director of Development at MSMT, extends a warm invitation to all, emphasizing the significance of this event, stating, “This



Yard Sale offers the perfect opportunity to support our organization while securing amazing deals. Our volunteers have spent the spring season meticulously cleaning, sorting, and pricing thousands of donated items, and every dollar spent directly supports MSMT.”

The excitement doesn't stop there! Attendees can also plan to attend the Preview Night on Thursday, April 25th, from 5:00 PM to 7:00 PM, offering an exclusive sneak peek at the treasures await-

ing discovery for a nominal fee of \$20.

Dane Whitlock, MSMT's Director of Marketing and Communications, shares invaluable tips for maximizing your Yard Sale experience, emphasizing the importance of arriving early to secure the finest treasures. “Our dedicated enthusiasts know that the early bird catches the worm,” he says. “You can practically roll up with a truck and load it with everything you need to furnish a one-bedroom apartment – from bed frames to

**Maine State Music Theatre's Third Annual Yard Sale!**

Furniture, homegoods, art, toys, jewelry, and so much more!

**Saturday, April 27**  
9:00am - 2:00pm

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cookware, and even wall art.”

Reflecting on his own experience, Whitlock adds, “Last year's Yard Sale was a goldmine for me, providing two sets of exquisite dishes, furniture

pieces, and stylish lamps. For those eager to snag the hottest items, a \$20 donation to MSMT grants early access.”

For more information, visit [msmt.org/yard-sale](http://msmt.org/yard-sale).

## UMaine Extension to host a composting basics workshop

**FALMOUTH, ME** — University of Maine Cooperative Extension will host a Basics of Composting Workshop on Wednesday, May 1, from 5 - 7 p.m. at the UMaine Gardens at

Tidewater Farm, 200 Presumpscot Point Road, Falmouth.

Aimed at those interested in turning food scraps and waste into nourishment for plants, this event will cover the

basics of composting. Topics covered in the workshop include advantages of different compost feedstocks, best practices to build and maintain a healthy compost pile, and horticultural uses of

finished compost. Participants will also learn about different small-scale composting setups, from bins to lobster traps to tumblers. By the end of the workshop, attendees should be able to

compost wherever they live, whether it's a farm, apartment or community garden.

Space is limited. Registration is required at the event webpage. Program fee is offered on

a sliding scale, \$5-\$15. For more information or to request a reasonable accommodation, visit the program website or contact Pamela Hargest, [pamela.hargest@maine.edu](mailto:pamela.hargest@maine.edu), 207.949.4524.

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# Maine's entrepreneurial spirit soars with SCORE

**PORTLAND, ME** – SCORE Maine, a non-profit organization dedicated to helping entrepreneurs and small business owners succeed, released its 2023 Annual Report today. Despite recent challenges, Maine's entrepreneurial spirit is stronger than ever!

Nearly 4,300 Mainers, fueled by optimism, sought SCORE's expert guidance in 2023.

These small businesses are the backbone of Maine's economy. They create vibrant communities, welcome new residents, and provide job opportunities. Recogniz-



**SCORE Client Colleen Hanlon-Smith, Daybreak Growers Alliance**

ing this vital role, SCORE connects passionate entrepreneurs with experienced business mentors.

Our dedicated volunteers offer invaluable

guidance, helping to navigate the exciting yet complex journey of business ownership. From crafting a winning business plan to hiring your first employee,



**SCORE Client Manasse Shingiro, Casco Bay Cleaning**

SCORE mentors empower Maine's entrepreneurs to overcome obstacles and achieve successful outcomes. With SCORE's support, Mainers can

confidently address the challenges and rewards of turning their dreams into thriving businesses.

"SCORE Maine can connect you with a free,

experienced business mentor who can provide you with the tools and guidance you need to succeed," said Strojny.

SCORE is the largest active mentoring organization in Maine. Over 19,000 hours were donated by our dedicated volunteers. With over 115+ volunteers in Maine, our team provides experienced mentors and subject matter experts.

SCORE Maine is a resource partner of the U.S. Small Business Administration. For more information, see <https://www.score.org/southern-maine>

## \$525K to support, expand Maine's educator workforce

**WASHINGTON, D.C.** — U.S. Senator Angus King has announced that Educate Maine been awarded \$525,000 through the bipartisan Fiscal Year 2024 Congressionally-Directed Spending (CDS) appropriations package to establish and develop its Teach Maine Center, which will help to better connect Maine educators in all sixteen counties. The center will also work to implement the Teach Maine Plan — a framework designed to support educators as well as inspire and expand the future educator workforce. Right now, Maine, like the rest of the nation, is fac-

ing a critical an educator shortage and high turnover due to many schools lacking the resources to attract and retain quality teachers. Rural communities, especially, are impacted by this disparity.

The funding is part of the \$454 million — for 185 projects — that the entire Maine delegation secured for state projects in the Fiscal Year 2024 Appropriations Package.

"Our Maine teachers lay the foundation for all our children's success and are invaluable members of the community," said Senator King. "As the son of two public school teach-

ers, I am grateful for all the contributions of educators all across our state. This funding will help Educate Maine better connect and empower our education workforce — providing for our teachers today and preparing the teachers of tomorrow."

The recent approval of our CDS request to develop the Teach Maine Center paves the way for us to address the pressing shortage of teachers in Maine," said Jason Judd, Executive Director of Educate Maine. "We are grateful to Senator Angus King and his dedicated staff for their unwavering

belief in our mission and commitment to supporting Maine's educators. This funding will allow us to continue the vital work to grow, strengthen, and diversify our educator workforce."

Senator King is a strong advocate for teachers across Maine. Last summer, he introduced a bill to expand tax deductions for school supplies teachers purposed out of pocket. He introduced legislation to increase access to mental health resources for educators. He also recently secured more than \$14 million for early learning programs at Penquis

C.A.P., Inc. in Bangor, Aroostook County Action Program in Presque Isle, and Southern Kennebec Child Development Corporation in Farmingdale. He also secured \$5 million for early learning programs in Sanford, Androscoggin Head Start and Child Care in Lewiston, and Midcoast Maine Community Action in Bath. In addition to funding, Senator King has co-sponsored a resolution to honor America's teacher during National Teachers Week.

CDS funding is included in annual federal appropriations bipartisan legislation and provides a

specific amount of discretionary funding to a state, locality, or nonprofit organization for projects with demonstrated civic and community value. Last year, Senator King secured over \$250 million in Congressionally-Directed Spending for 140 Maine projects.

Senator King will begin accepting preliminary requests for FY25 Maine-based Congressionally-Directed Spending projects, pending updated FY25 guidance, in the upcoming weeks. Details on the FY25 CDS opportunity will be available on Senator King's website.

## Anthem expands access to specialty mental healthcare

**SOUTH PORTLAND, ME** — As part of Anthem Blue Cross and Blue Shield in Maine's (Anthem) ongoing work to increase access to mental healthcare and expand treatment capacity in the state, Anthem recently welcomed InStride Health, a pediatric anxiety and obsessive-compulsive disorder (OCD) treatment provider, to its provider network. Anthem is the

first insurance carrier in Maine to offer its members in-network access to InStride Health.

InStride Health treats all severity levels for anxiety and OCD for children and young adults ages 7 to 22, with a focus on those with moderate to severe conditions where anxiety and/or OCD are interfering with functioning and causing additional problems (e.g., social isolation,

school avoidance, physical symptoms, or depression). InStride Health offers evidence-based treatment through individual and family therapy, patient groups, medication management (if needed), and coaching and care coordination delivered by a highly experienced care team of psychiatrists, therapists, and exposure coaches. Care is delivered virtually and typically begins within

one to four weeks of application acceptance.

"We know there is a critical need for more mental health treatment options for children and young adults in Maine, and that's why we are so pleased to welcome InStride Health to the state and to our provider network," said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. "InStride Health's virtual model offers Maine families, especially those in rural areas, a convenient and accessible option for care for pediatric anxiety and OCD. I'm thrilled we can expand the variety of treat-

ment options available to Anthem members throughout Maine."

"Finding the right mental health treatment that is also covered by insurance can feel like looking for a needle in a haystack. We're on a mission to change that. It's incredible to see how much lives change with the right treatment, and we want to make sure that every child, teen, and young adult with anxiety and/or OCD has access to treatment that works, through their insurance. We are grateful to expand our care into Maine and look forward to serving Anthem Maine members," says Dr.

Mona Potter, Chief Medical Officer and co-founder of InStride Health.

Preliminary results demonstrate that 90 percent of InStride Health program graduates with initial elevated anxiety symptoms at baseline experienced a reduction in anxiety following two months of treatment, with an average symptom reduction of 46 percent. Additionally, after three months of enrollment, 82 percent of patients reported reduced functional impairment and symptom severity.

For more information about InStride Health, visit [instride.health](http://instride.health).



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**Fridays through 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 25-28**

**BAR MILLS** -- The Original's present A Murder is Announced by Agatha Christie at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, April 19, 20, 25, 26, 27 @ 7:30 PM; and April 21 & 28 at 2:30pm. Tickets: \$15 General Admission at www.sacorivertheatre.org.

**Apr 27**

**AUBURN** -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, April 27th 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.

**Apr 27**

# Calendar

Send your submissions to the Editor. More online.

**BUXTON** -- Try our delicious Haddock Supper Buffet - Saturday, April 27, 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 27**

**GRAY** -- The First Congregational Church of Gray Saturday Night Church Supper held on Saturday, April 27, 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

**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.

**Apr 27**

**LISBON FALLS** -- Dine In/Take Out Bean Supper Saturday, April 27th from 4:30pm - 5:30pm or SOLD OUT at 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!

FMI-Gwen Rioux 353-6814

**May 3**

**LEWISTON** -- Friday, May 3rd from 10:00am - 11:30am at the Lewiston Public Library: **LITTLE KEEPSAKES: MY LITTLE SUNSHINE TOTE BAGS**

Caregivers will be able to create a personalized keepsake tote bag using the handprints of their young children. The program is recommended for kids ages birth to 6 years and their caregivers. Siblings are also welcome to attend.

513-3133; www.LPLonline.org

**May 4**

**GORHAM** -- Public Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, May 4, 4:00-5:30pm. Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$10 adults, \$5 under 12

Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

**May 4**

**BRUNSWICK** -- Opus 20 - a fundraiser celebrating Rohan Smith's 20 years as MSO Music Director Saturday, May 4, 2024, 6:30 p.m. - Lemont Hall, 2 Pleasant St., Brunswick. Tickets are \$45 with all proceeds going to support the MSO's free ticket distribution program for students. For more information visit Midcoast-Symphony.org, call 207-315-1712, or e-mail info@midcoastsymphony.org

**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.

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**May 11**

**BAR MILLS** -- CD Release Party: Jennifer Porter "Yes, I do!" at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Saturday, May 11 at 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org

**May 12**

**BAR MILLS** -- Vaudeville at SRT: Janoah Bailin in meSSeS at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday May 12 at 2:30 PM. Tickets: \$10 adults, \$5 children 5 to 18, children under 5 free at www.sacorivertheatre.org

**May 18, 19**

**LEWISTON, TOPSHAM** -- "Cityscape, Seascape, Soundscape" Saturday, May 18, 2024, 7:00 p.m. - Franco Center, Lewiston ; Sunday, May 19, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

**Fridays June 14 - July 19**

**LEWISTON** -- Opening Minds through Art, Fridays June 14 - July 19, 2 pm - 3 pm, Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

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

**June 15**

**AUBURN** -- On Saturday, June 15th, the Maine Iris Society will hold its 59th Annual Flower Show from 1:30 - 4:00 pm at the Auburn Middle School, 38 Falcon Drive in Auburn. Admission is free. There will be a plant sale of potted perennials. Bare-root iris rhizomes will also be available this year for \$1.00 each. Come and vote for your favorite Iris Bloom, Iris Stalk, Peony and Hosta Leaf.

## 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:

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**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 sites like the Arch Rock 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 Water-side Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. 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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