

Gorham High School recognizes artists



Pictured (left to right): Julia Reed, Emma Mathews, Lillian Miner, Elsie Bradshaw, Ally Gosen, Anastasia Dolley, Lillianna Noel & Ruby Soule. Not pictured, Mason Starkey & Zoe Coleman

GORHAM, ME -- Gorham High School Art teachers, Chris Crosby & Sarah Dolley, would like to recognize 10 artists for competing in the annual Gorham Women's Club Art Contest. First place winner was senior, Lillian Miner, second place went to junior, Anastasia Dolley, third place was sophomore, Ruby Soule and fourth place went to senior Elsie Bradshaw.

Updates for Gorham school budget, state primary elections

GORHAM, ME -- A School Budget Validation/State Primary Election will take place on Tuesday, June 11, 2024.

You can request an absentee ballot by going to the Town of Gorham's website. Your ballot will be mailed to you once the Town receives them in early May.

IMPORTANT DATES & DEADLINES

May 13, 2024: Anticipated date on which absentee ballots will become available.

May 21, 2024: Last day for the Town Clerk's Office to receive voter registration applications by mail.

May 22, 2024: Closed period begins. All voter registration applications must be submitted in person.

May 28, 2024: Last day to change political parties prior to the primary.

June 6, 2024: Last day for absentee voting.

June 11, 2024: Election Day. Polls open from 7am - 8pm.

IMPORTANT ENROLLMENT INFORMATION

Effective January 1, 2024, Maine will be transitioning from a closed primary system to a semi-open primary. Unenrolled voters will now be able to participate in primaries including the June 11, 2024 State Primary.

Unenrolled Voters, voters who are not enrolled in a party, may choose to vote in one party's primary.

Voters enrolled in a party Democrat, Republican or Green Independent may only vote in that party's primary.

Go to the Town of Gorham's website for helpful links & FAQs including How do I register to vote?

When do polls open and close on Election Day? Poll places open at 7am and close at 8pm. Where do I vote? How to view a listing of assigned polling wards based on odd/even residential street addresses in Gorham. Which voting district am I in?

Absentee Voting
Absentee ballot requests are now available. You can request an absentee ballot by calling the Clerks office or by going to the Town's website. Ballots will be mailed out the first week of May once the Town Clerk's Office receives them.

The last day to obtain an absentee ballot will be Thursday, June 6th at 7pm.

To be counted, absentee ballots must be returned to the Town Clerk's Office by 8pm on Election Day - June 11, 2024 by you or an immediate family member.

Mongol Derby competitor comes to Gorham's BML



Baxter
MEMORIAL LIBRARY

*Sponsored by the
Friends of the Library*

GORHAM, ME -- In August 2023 Jessie Dowling competed in the Mongol Derby. At over 1,000 kilometers, it's the longest horse race in the world, set across the wide open steppe landscape in Mongolia. Jes-

sie will be giving a presentation on what it was like training for and competing in the race and what it was like staying with nomadic Mongolian herder families along the way. Thursday, May 16th 6pm

YARD SALE

Multi-Family
Yard Sale
Something for
Everyone!

SATURDAY
5/18/24
from 8:00-4:00

12 Canterbury Pines
Dr. off of Weeks Rd
in Gorham

Follow us on Facebook!
Don't miss
our giveaways!

Junk removal • Yard cleanup
Top-tier cleaning services
House washing

Residential & Commercial

Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing.

"Trust us for a superior cleaning experience!"

Northern Supreme Cleaning
(207) 461-1847

SRT, Jr. New Offerings For Kids

Janoah Bailin
in **meSSes**
SUN, MAY 12 · 2:30PM

Andrew Silver
in **The Silver Circus**
SUN, MAY 19 · 2:30PM

Michael Trautman
in **Body Talk**
SUN, MAY 26 · 2:30PM

Jason Tardy's
High Energy Juggling!
SUN, JUNE 2 · 2:30PM

FAMILY-FRIENDLY FUN VAUDEVILLE AT Saco River THEATRE

GENERAL ADMISSION | KIDS UNDER 5: FREE | KIDS (5-18): \$5 | ADULTS: \$10

Visit SacoriverTheatre.org/SRT-JR
or call **207-929-6473** • 29 Salmon Falls Rd., Bar Mills, ME

Newsmakers, Names & Faces

Midcoast Symphony Orchestra caps off 34th season

TOPSHAM, ME — The Midcoast Symphony Orchestra (MSO), conducted by Rohan Smith, concludes its 34th season with a concert entitled “Cityscape, Seascape, Soundscape” that will be performed at the Franco Center in Lewiston on Saturday, March 18th at 7pm, and at the Orion Performing Arts Center in Topsham on Sunday, May 19th at 2:30pm. The program at both concerts consists of three emotional pieces ranging from a bittersweet depiction of urban life to an ecstatic celebration of the beauty of nature’s rhythms. The concerts open with Aaron Copland’s “Quiet City” which features MSO orchestra members Tim Kenlan on trumpet, and Billie Jo Brito playing the English horn. The second piece is Claude Debussy’s beloved La Mer, and the concert concludes with a return to one of Beethoven’s masterpieces, Symphony No. 7, that the MSO first played in 1994 and then again in 2014. Complete concert and ticket information is available at midcoast-

symphony.org. Individual tickets are \$25 in advance and \$30 at the door. All concert tickets are free for students ages 18 and under, or for college students with ID. Audiences are encouraged to purchase tickets in advance online or by calling the box office at (207) 481-0790.

“Quiet City” was originally written by Aaron Copland for use in a stage play as a musical exploration of the complexities of urban life. Soloist Billie Jo Brito, an MSO member since 2005, expressed her excitement at this opportunity to have “a musical dream come true” She further added, “Performing with MSO over the past 18 years has been an incredible experience. I look forward to all the music making in the future!” La Mer is a lyric evocation of the voice of the sea which is the middle of Debussy’s three great orchestral trilogies. The grandiose Beethoven’s Symphony No. 7 creates a musical dance through the rhythms and passions of nature as it weaves through melod-



Tim Kenlan and Billie Jo Brito (photo credit Ray Libby)

ic rhythms and catchy melodies. In addition to playing these three pieces, the Midcoast Symphony Orchestra will also be offering enrichment events as part of its “More with Midcoast” series at each of the concerts. The Franco Center concert on the 23rd will feature pianist Michael Bostock, a Waynflete Senior, performing 5 pieces in the Heritage Hall on the ground floor of the venue during intermission of the concert. Before the Orion concert, audience members

are invited to a pre-concert talk at 1:30pm with Mary Hunter, Professor of Music Emerita, Bowdoin College, and the two featured soloists, Tim Kenlan and Billie Jo Brito. This event is free and open to the public.

“Cityscape, Seascape, Soundscape” marks the conclusion of Music Director Rohan Smith’s 20th season behind the MSO’s podium. Over the years, he has overseen a tremendous period of growth for the community orchestra which has consistently re-



MIDCOAST SYMPHONY ORCHESTRA

ceived critical acclaim for its rendition of some of the more challenging works in the classical canon. When asked about the program for the season finale, Smith remarked, “We have never done Debussy’s La Mer before. This is one of the great masterpieces of the 20th century and that is a big challenge. We are also returning to Beethoven’s 7. Any of the great Beethoven symphonies are pieces you go back to again and again to revisit and relearn and rediscover, and they never fail to be revealing.” Smith and the MSO’s programming committee are currently working on finalizing the program for the 2024/25 season, the organization’s 35th, and plan to announce the full details later this spring.

The Midcoast Symphony Orchestra is a com-

munity 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.

NBRC announces \$3M to improve Maine access to healthcare

MAINE -- Healthcare providers located within the Northern Border Regional Commission (NBRC) service area can apply for grant funds through the agency’s partnership with the Department of Health and Human Services’ Health Resources and Services Administration (HRSA). A total of \$3M in federal funds will be available through HRSA’s Rural Northern Border Region Outreach Program (RNBR-OP).

This initiative aims to help underserved communities in Maine, New Hampshire, Vermont, and New York better address

their healthcare needs through the expansion and delivery of new and enhanced services. Examples of desired focus areas for proposed projects may include (but are not limited to):

- Mental and behavioral health, healthcare workforce development;

- Community health workers, addressing health disparities, rural hospital financial and operational improvement;

- Impacts of rural hospital closure;

- Care coordination;

- Patient engagement, data analytics/health information technology;

Telehealth
“When we talk about economic development in rural communities, it is crucial that we look at the full picture of what a community needs. In some places in the NBRC region the most pressing issue facing a rural place isn’t infrastructure - but inadequate access to healthcare. This initiative seeks to focus on community level health needs and address them through increased coordination and collaboration. Healthier communities result in stronger, more inclusive economies that create opportunity for all residents” said NBRC

Federal Co-Chair Chris Saunders.

Up to 12 new grants will be awarded, with annual award amounts of up to \$225,000 each. At a minimum, approximately one applicant will be awarded from each NBRC state. Eligible applicants should be physically located within the NBRC service area, and may include domestic public, private, non-profit or for-profit organizations (including tribal governments and organizations). Applicants should represent a consortium of participants that include three or more healthcare provider organizations (including the applicant organization). Projects that have been previously awarded will not be able to apply for additional funding unless

the intent is to expand the scope of work or area being served by the project.

The Notice of Funding Opportunity (NOFO) for FY24 Rural Northern Border Region Healthcare Support Program can be viewed here: <https://www.grants.gov/search-results-detail/349414>

A Rural Northern Border Region Outreach Program NOFO Technical Assistance Webinar is scheduled for May 9, 2024, from 2:00 p.m. - 3:00 p.m. ET. The Zoom webinar can accommodate up to 500 participants through the following meeting link:

<https://hrsa.gov/zoomgov.com/j/1605060753?pwd=SG45Zy9QSkRT-TzNOOWVEdG56RW-dEUT09>

Applicants can begin the application process now on Grants.gov with a deadline to apply of June 25, 2024 at 11:59 p.m. ET

Best Source for Arts, Music and Theater! Your Hometown Paper.



allworx

Save \$\$ on your business phone!

Call today for a demonstration!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295

buck@pro-pc.us



Buck Buchanan
A+, MCP Certified Technician

Pellet Stove need cleaning or repair?

Call The Stove Guy

(207) 286-7633

Affordable Rates ~ Installs ~ 23 Years Experience

Newsmakers, Names & Faces

Run for Something endorses Gorham's Sato for State Rep

GORHAM, ME -- Ellie Sato is proud to receive the endorsement of Run for Something (RFS), the groundbreaking organization that recruits and supports strong voices in the next generation of progressive leadership.

"I'm truly honored and grateful to be endorsed by Run For Something," said Sato. "As a young and queer first-generation American, I hope to bring my lived experiences and professional expertise to the table in order to make real change in my community. That's just one of the many reasons the Run for Something endorsement is such an honor."

"Republican extremists are running for office and pushing their

far-right agendas up and down the ballot in 2024, so we're excited to endorse so many candidates that have stepped up to stop them," RFS co-founder and co-executive director Amanda Litman said. "Progressives can't just focus on battleground states if we want to have an impact, which is why we're supporting candidates running for everything from school board in Nebraska to state house in Massachusetts."

"Run for Something's latest endorsement class will be instrumental in building a robust Democratic foundation for the future, and the excitement they'll bring to the campaign trail will boost local turnout and help other



candidates up and down the ballot win this November," RFS co-founder and co-executive director Ross Morales Rocketto said.

Of our April class of 70 candidates: 47% identify as people of color 29% identify as

LGBTQIA

51% identify as women and non-binary people

Our class of candidates represent 32 states

As we continue to build the progressive bench from the bottom-up, we are excited to support and amplify more talented, young progressives already making a difference at the state and local level.

The endorsement process includes an extensive internal review with background check, staff interview and insight from local state experts.

Amanda Litman and Ross Morales Rocketto launched RFS on Jan. 20, 2017 with a simple premise: help young diverse progressives to

run for down-ballot races in order to build a bench for the future. RFS aims to lower the barriers to entry for these candidates by helping them with organization building, a robust community, and access to the trainings needed to be successful. So far, over 130,000 young people from across the country have signed up to run and gained access to RFS resources.

Run for Something recruits and supports talented, passionate young people who advocate for progressive values now and for the next 30 years, with the ultimate goal of building a progressive bench.

www.runforsomething.net

Stock up at the master gardener volunteer plant sale

FALMOUTH, ME — The 29th annual University of Maine Cooperative Extension Master Gardener Volunteer Plant Sale in Cumberland County will be held on Saturday, June 1 from 9 a.m. to 1 p.m. at the UMaine Gardens at Tidewater Farm, 200 Presumpscot Point Rd., Falmouth.

Master Gardener Volunteers will be on hand to assist patrons with their plant selections and to offer growing tips. There will be a broad selection of organic vegetable seedlings, herb and annual seedlings, and native and pollinator plants for sale. Gently used garden tools and supplies, bags of local compost, raffle tickets and soft-serve by Maine Maple Creemee Co will also be available. This community event will



Photo courtesy University of Maine Cooperative Extension.

feature educational demonstrations led by Master Gardener Volunteers beginning at 10 a.m., 10:30 a.m. and 11 a.m.

All proceeds from the plant sale go directly towards supporting community-based horticulture projects, which rely on the expertise and time of Master Gardener Volunteers. These projects are found in communities across Cum-

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

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

Town of Gorham revives Boston Post Cane

GORHAM, ME -- The Town of Gorham is reviving the tradition of the Boston Post Cane. We are looking for the oldest living resident of Gorham. The person must have lived in the Town of Gorham for a minimum of the most

recent 10-year period and must be willing to receive the honor. If you know of someone who may qualify, please contact the Town Clerk's Office at 207-222-1670 or go to the Town's website to fill out a nomination form.

Additional supporting documentation may be required. Nomination papers will be available until May 30, 2024.

Gorham: Take advantage of Metro Husky line

GORHAM, ME -- Gorham residents, USM students and all citizens can take advantage of the benefits that come with riding the Metro Husky line that connects Gorham, Westbrook, Portland and the Gorham and Portland USM campuses.

Advantages of bus transportation include: Cost effectiveness

Social opportunities Reduced driving stress


Lower carbon emissions

Did you know that the Husky line stops at the Westbrook Rock Row Crossing, as well as Congress Street, the Ocean Gateway and ferry terminal in the Old Port (Hancock/Thames intersection)?

Find fare information, the schedule and bus stops at <https://www.gpmetro.org/318/Husky-Line>.


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

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE




STEPHEN NAGY
Personal Lines Agent

"I take the time to find the most comprehensive personal insurance package for each client. That's how I deliver on the promise."



CHAMPOUX INSURANCE
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue - Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com



Jason Hodsdon Masonry

Chimneys • Chimney Cleanings • Masonry Demo
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners

We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

Gorham WEEKLY

(207) 558-8488
Info@GorhamWeekly.com

28 State Street, Gorham, ME 04038
Mail: 89 Union Street, Suite 1014, Auburn, ME 04210

©TWIN CITY PUBLISHING, INC 2022® FOUNDED IN 1998
All materials found in GORHAM WEEKLY, INC. are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.

FREE e-subscriptions at
www.GorhamWeekly.com

Advertising
For advertising information email
ads@GorhamWeekly.com or call 795-5017.

Deadline
Deadline for ads and press releases is
5 p.m. on Friday preceding publication.
Published every Thursday's publication.

Press Releases
All submissions, including photos, must
be emailed to editor@GorhamWeekly.com.

Proofs
Publisher is not responsible for any errors in ad
copy not inspected by advertiser prior to publication.

New Ventures Maine announces free May classes

AUGUSTA, ME— New Ventures Maine will offer 20 free workshops and classes statewide in May in three program areas: small business, career building, and financial education. Workshops and classes are designed to help people in Maine gain the skills, knowledge, and confidence to build a career, start a business, and manage money.

The full class schedule is updated frequently and is accessible online.

Day and evening classes are available as well as online, self-paced, and in-person options in the three program areas (partial

list):

Build Your Career Job Search Workshops: Tuesdays, May 7 - 21; 12:00 - 1:00 p.m. Online.

Ready for a new job or a career change? Join us for one, two, or all three workshops. May 7: Job Search Strategies; May 14: Resume Strategies; May 21: Interview Strategies.

Making Career Choices: Tuesday, May 14, 4:00 - 5:00 p.m. Online.

Ready for a career change but don't know where to start? This workshop will point you in the right direction. We will cover what to consider when



making a career choice and resources to help you succeed.

Start a Business Grow Your Business Online (GYBO): Self-paced. Online.

Gain the skills, knowledge, and confidence to create a compelling website for your small business. Work at your own pace; complete by June 30, 2024.

Business Basics: Wednesdays, May 8 - 22 (3 sessions), 10:00 - 11:30 a.m. Online.

This class covers the business plan, marketing, and cash planning. Assess the feasibility, desirability, and viability of your business idea and get started with your plan.

Exploring Self-Employment: Thursday, May

9, 12:00 - 1:00 p.m. Online.

This one-hour workshop covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed.

Manage Your Money Money Management Workshops: Thursdays, May 9 - 23, 10:00 - 11:00 a.m. Online.

Learn to budget, repair your credit, and create a savings plan. May 9: Budgeting Basics; May 16: Let's Talk About Credit; May 23: Build Your Savings.

My Money Works: Thursdays, May 16 - June 13 (5 sessions), 6:00 - 7:00 p.m. Online.

Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, save, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability.

My Money Works will be offered in person in Brunswick starting May 6 and in Bangor starting May 14.

To learn more and choose a class that's right for you, visit newventures-maine.org or call 207-621-3440.

UMA offers community health worker college credit

MAINE -- MCD Global Health (MCD), in partnership with University of Maine at Augusta (UMA), is pleased to announce an exciting opportunity for community health workers (CHWs). Now, students enrolled in MCD's CHW Core Competency course can earn up to six academic credits applicable toward an associate or bachelor's degree through UMA the University of Maine system.

Wendy St. Pierre, Assistant Professor of Mental Health and Human

Services at UMA states, "UMA works with our students to provide academic credit for approved community based training and prior work experiences and are glad to be partnering with MCD Global Health to support CHWs in pursuing a college degree."

CHWs are public health workers deeply integrated into and trusted members of the communities they serve, often drawing from their own lived experiences. Along with having a diverse set of core competencies rec-

ognized by local, state, and federal governmental organizations, CHWs bridge the gap between community needs and health and social services, enhancing access and cultural competence.

The U.S. Bureau of Labor Statistics estimates that the job outlook for CHWs will grow by 17%, faster than average, between 2020 and 2030. "This partnership is a significant stride in recognizing the invaluable work of CHWs," said Cristina Leal, a senior program manager at MCD. "Offer-

ing college credit for the CHW training empowers these dedicated professionals to gain academic recognition and provides a pathway for their professional growth while enhancing their skills to serve communities effectively."

MCD has offered its 80-hour enhanced, hybrid CHW Core Competency Training since 2021 and teaches prospective and current CHWs fundamental skills for them to be successful in their field. The course is delivered by a set of diverse, expert

faculty over 12 weeks and includes a combination of self-paced, online instruction modules, live virtual group sessions, and field experience hours. The learning modules include health-related competencies, designed and intended for CHWs and other individuals who assist clients in the prevention, management, and self-management of chronic conditions. These modules include various topics, such as cholesterol, diabetes, COVID-19, telehealth, and cancer. Since its implementa-

tion, MCD has trained 144 CHWs in Maine, and nearly 11,900 learners have accessed health-related courses on MCD's CHW training platform.

Prospective students interested in registering for the CHW course can email chwinfo@mcd.org for enrollment details. Students who want to pursue academic credit for completion of this training can contact the UMA Advising office at uma-advising@maine.edu or by calling 1 (877) UMA-1234 ext. 3149 or (207) 621-3149.

4-H offers online informational session for aspiring volunteers

MAINE -- University of Maine Cooperative Extension will host a two-part online informational session for adults interested in becoming Maine 4-H volunteers from 6-7 p.m. on May 22 and 29.

"Start Your 4-H Volunteer Journey" will provide participants with information about the UMaine Extension 4-H youth development program through four short e-Learning modules. Attendees will also participate in an experiential edu-

cational activity, learn about the key aspects of positive youth development and be introduced to the ages and stages of youth. The two one-hour virtual sessions will wrap up with an outline of next steps and an introduction to a county staff contact to help with the application process if desired.

A 4-H volunteer is many things: mentor, advisor, friend, teacher, referee, role model, pacesetter and much more. 4-H volunteers have the opportunity

to make a positive difference in the lives of children, teach them valuable skills, help them achieve a positive self-image, accomplish personal goals and earn a sense of accomplishment.

The informational sessions are free, registration is required on the program webpage.

For more information or to request a reasonable accommodation, contact Jennifer Lobley, jennifer.lobley@maine.edu; 207.255.3345.

**Sealcoating • Hot Rubber Crack Filling
New Installations • Concrete
Reclaimed Asphalt • Loam**

Our premium grade sealer inexpensively adds years of life!

Protect your investment with our wide range of products!

Roadmark Industries
Mike Willett • 143 Pleasant Street • Auburn
(207) 240-5535

ROOTED
hair studio

Courtney **Michael**

Accepting New Clients ~ Booth Rental Available

214 Minot Avenue ~ Auburn ~ 689-3035

Seniors Not Acting Their Age

Whitewater paddling is a challenging rite of spring



Jake Boudreau kayaks the falls on the Sheepscot River in Whitefield

I've been paddling Maine's whitewater rivers and streams in the spring for almost 50 years. For me, the sport is a rite of spring. Over the years, I've managed to associate myself with many friends who have the same passion. Since the 90s, I've done most of my whitewater boating with the Penobscot Paddle & Chowder Society (PPCS), Maine's premiere outdoor club.

During my half-century whitewater journey, I've experienced several transitions. Initially, my friends and I paddled long awkward tandem canoes and wore inferior cold water gear. Over time, most of us evolved into solo canoes and kayaks. We now wear dry suits, dry tops, or wetsuits, and use state of the art whitewater equipment. For many years, our paddling skills reflected the improved quality of our outfitting. More recently, I've entered another stage in my paddling endeavors, old age. My skills have diminished, likewise my confidence. But, I still love the sport.

Two of the most popular spring whitewater venues are the St. George and Sheepscot Rivers. Although relatively easy Class II rivers, we found them challenging early on. The second time I paddled the St. George in Searsmont and Appleton, my paddling companion and I swam. During our first outing on the Sheepscot in Whitefield and Alna, my wife, Nancy, and I capsized. Subsequently, I've returned to both rivers perhaps 150 times and have always remained in my boat.

This year, Eggman DeCoster announced the first spring PPCS paddling trip on the Sheepscot River on a cold, gray early March day. My immediate elderly reaction was, "it's too cold to paddle." After giving the proposal additional thought and recalling the many outstanding spring trips in the past, I signed on.

When I arrived at the takeout next to a recently opened dam in Alna, there were only four of us. Since the air and water temperatures were in the 30s, we all wore dry suits. After



Ross Cameron ferries below the falls

leaving my vehicle for the return shuttle, we drove to the put-in at the site of an ancient washed out dam about five miles north in Whitefield.

One Chowderhead decided to kayak the falls where the dam once was. In years past, that was a regular part of my routine. No more. I stood safely on the sidelines taking pictures. He navigated the tricky descent with precision.

I carried my kayak to the bottom of the falls where the rest of the group launched. The first required maneuver is a ferry across the lower end of the falls from river right to river left. Everyone flawlessly executed the procedure.

We continued downriver though sporadic easy rapids. While the other paddlers seemed to be enjoying the day playing in the waves, I got cold and decided to move ahead to the warmth of my car. Paddling alone is a classic whitewater mistake. While attempting to surf a wave at the takeout, I flipped and missed three rolls. The re-

sult was my first swim on the Sheepscot in decades. It was a very cold unpleasant experience. Old age is undefeated.

My lapse in judgment didn't just cause me discomfort; it inconvenienced several very considerate people who helped me get out of the river and recover my kayak and paddle. Clearly this episode requires introspection. I will not repeat my mistake.

A reliable kayak roll is an important element of whitewater paddling. In recent years, the quality of mine has declined. I can't change what occurred but I can improve my roll. In March, the PPCS and Skowhegan Outdoors sponsored several rolling sessions in a pool at the Alford Community Center in Waterville. I used that opportunity for much needed practice. About 50 successful rolls later, I think I'm ready. Of course the ultimate question is can I execute when it really matters?

March was a stormy month. I cancelled two scheduled whitewater trips due to cold windy weather; including an annual St. George descent. A late month rainstorm coupled with snowmelt caused the rivers and streams to rise.

The St. George River is high and I've resched-



Eggman DeCoster successfully surfs at the Sheepscot takeout

uled the trip. A quality weather forecast has been identified and a team of capable boaters will be joining me. I think I'm on my game.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates nine exciting whitewater excursions and six multi-day river trips 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.north-countrypress.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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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

Follow us on Facebook!
Don't miss our giveaways!

GRIDIRON Restaurant
LEWISTON, MAINE

SCAN HERE! → The Place where every hour is happy.



OPEN DAILY 11AM-9PM
DINE IN - TAKE OUT
207-777-6353
207-777-6354

1567 Lisbon Street Lewiston, Maine

We Deliver.



Uber Eats GRUBHUB Postmates DOORDASH

SUBWAY Not all delivery services available at every restaurant. All other related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway® IP LLC. ©2020 Subway® IP LLC.

Blanchard's Cash Fuel

#2 Heating Oil and K-1 Off Road Diesel (Dyed) On Road Diesel (Clear) Propane

225-3588
3 Conant Road, Turner (on the Auburn/Turner Line)

Don't Shiver...We Deliver!
www.blanchardscashfuel.com

Open for curbside pick-up, take out, indoor dining, bowling and arcade!



American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 Gorham, ME 04038 | W www.jctbowl.com | P 207.222.7600

Arts & Entertainment

UUCB Concerts for a Cause presents Renaissance Voices

BRUNSWICK, ME -- Renaissance Voices will perform at the Brunswick Unitarian Universalist Church on Saturday, May 11 at 7:30 pm as part of the Concerts for a Cause series. All proceeds will be donated to Oasis Free Clinics and Midcoast New Mainers Group.

Renaissance Voices is a Portland-based a cappella chorus singing music from the Middle Ages to the present day. The theme of this spring concert will be "Love Songs, Old and New." The group will be doing works by John Dowland, Thomas Morely, Edward Elgar, Selections from the Great American Songbook and more.

Renaissance Voices was founded in 1995 by a



Renaissance Voices

group of Maine singers on tour in London. The original idea for an auditioned, Portland-based, a cappella ensemble still guides their choices today. Although their emphasis is the a cappella performance of early European music, in recent years they have broadened

their repertoire to include other origins, including many works by women composers. Concerts also feature short readings that complement the themes of the musical selections. Renaissance Voices is comprised of both professional and experienced amateur

musicians and enjoys an ever-widening fan base throughout Maine.

Harold Stover has been their conductor since 2001. He is a Julliard graduate, a distinguished composer, organist/choirmaster of many prestigious choirs in New York



Harold Stover

City, and he has played critically acclaimed organ recitals all over the U.S. and Europe. He also served on the faculty of the New York School of Liturgical Music, and at the Portland Conservatory of Music,

"Bravo, bravo! When music-making is so technically mastered, the beauty offered is Grace; one is not

sure where or when she is going to be had. I was had many times." —Audience feedback, Portland Press Herald

Tickets: \$20 in advance, \$25 at door, Students & Children: \$5

Available at the Church office, at Gulf of Maine Books, or online at <https://ticketstripe.com/renaissance>.

Cumberland County Children's Theatre performs Willy Wonka Jr.

NEW GLOUCESTER, ME — Cumberland County Children's Theatre (CCCT) will transport audience members

to a "world of pure imagination" with their production of Roald Dahl's Willy Wonka Jr., a musical based on Roald Dahl's

timeless children's book Charlie and the Chocolate Factory, on Saturday, May 11 at 2PM and 7PM, Sunday, May 12 at 2PM, Sat-

urday, May 18 at 2PM and 7PM, and Sunday May 19 at 2PM. Performances will take place at Gray-New Gloucester High School in Gray, Maine.

In Willy Wonka Jr., a world-famous reclusive candy man named Willy Wonka offers the tour of a lifetime through his secret chocolate factory to five children who find a golden ticket in one of his world-famous candy bars. One ticket-holder will also win a lifetime

supply of chocolate. The children encounter marvelous sights and tastes along the way, including giant nut-selecting squirrels, fizzy lifting drinks, Everlasting Gobstoppers, and a chocolate river. But each stop proves to be a test, as only one can go on to win the Wonka prize.

CCCT's production will include beloved songs "The Candy Man", "I Want It Now!", and "Pure Imagination", from the classic 1971 film Wil-

ly Wonka and the Chocolate Factory.

Tickets are available in advance by visiting: www.our.show/ccctwonka

Now in its fourth season, CCCT is a Maine nonprofit whose mission is to inspire, educate, and empower young people through theater. They offer high-quality, accessible theater programming for kids ages 5-17. For more information, visit: www.ccctme.org

LUNENBURG

BY NORM FOSTER

THE PERFECT MIX OF
COMEDY, MYSTERY AND ROMANCE!

May 3-12

FINAL WEEKEND!

ThePublicTheatre.org | 782-3200

SPONSORS: Auburn Manufacturing, Austin Associates CPA, Bangor Savings Bank
UNDERWRITERS: Platz Associates, Sun Journal, WOXO & WIGY

31 Maple Street, Lewiston

100% Financed Garages!

**No money down.
FREE estimates.
Schedule your new
garage install today!**

AMERICAN BUILDERS
Custom Building & Remodeling

(207) 500-8100 ~ www.AmericanBuilders.com

MCCS, JMG help young Mainers navigate next steps

AUGUSTA, ME – Young Mainers looking for help navigating their next step have a new opportunity to take free four- to six-week classes at Maine’s community colleges this summer under a new “Summer Academy” program offered by the colleges and non-profit education partner JMG.

Summer Academy is open to JMG students ranging from high school seniors up to age 24 who do not have immediate plans to work or go to college. Students pay no tuition and select an area of study, including, but not limited to, cybersecurity, welding, criminal justice, phlebotomy, manufacturing technology, and emergency medical services.

Students who complete the program earn a JMG Career Exploration Badge and \$500, and for certain programs, students earn an industry recognized credential of value.

“We saw incredible success with last year’s pilot project, with participants completely enthused about what they were capable of and how many affordable, accessible options they had to get started on a great career. We’re excited to expand this opportunity with JMG,” said Dan Belyea, chief workforce development officer for the Maine Community College System (MCCS).

The Summer Academy is a collaboration between JMG and the MCCS’ Harold Alford Center for the Advancement of Maine’s Workforce, which oversees short-time workforce training programs at Maine’s community colleges. It will serve 500 JMG students over the next two years.

“We’ve created an ecosystem where young minds not only gain critical insights but also step into their future careers equipped with meaning-

ful, skill-specific credentials. This initiative underscores our collective commitment to nurturing the next generation of Maine’s workforce, emphasizing the significance of hands-on learning and real-world application,” says Craig Larrabee, president and chief executive officer of JMG.

According to Maine Department of Education data, 43% of Maine high school graduates in 2022 did not plan to go to college. The Summer Academy gives the students an immersive, guided experience to quickly upskill and become qualified for some of Maine’s most in-demand occupations. It also gives the students real-world insight of what it’s like to attend college and the numerous options and resources available to them right here in Maine, Larrabee said.

In addition to hands-on instruction, Summer Academy students tour and meet with business leaders in the region. They can live in student housing, eat in the cafeterias, and are free to explore the campuses and all they offer, including the gym, library, outdoor recreation spaces, sporting events, and classrooms.

Students will get personal advising on their educational options, including what areas of study are available, ways to study (part-time or full-time), and the differences between pursuing short-term, workforce-training programs of less than a year, one-year certificates,

or two-year associate degrees. They will also get detailed financial counseling on college costs, financial aid, grant aid, and the Free College Scholarship.

Last summer three community colleges hosted a pilot Summer Academy program for 50 students.

“Our pilot program was a resounding success,” said MCCS Director of Workforce Academies Octavie Nkama. “It highlighted the urgent demand for such educational pathways and paved the way for a more robust and inclusive program statewide. JMG, MCCS, and our colleges are dedicated to creating a vibrant and accessible experience that will make preparing for the future fun and accessible for students.”

“My favorite part of Summer Academy was hands-on learning. I was also able to learn how to meet and work with new people. Living in the dorms at Eastern Maine Community College (EMCC) prepared me for my first semester of college! I am now studying Culinary Arts at Southern Maine Community College (SMCC) thanks to Summer Academy and the Free College Scholarship,” said Noelle P, who completed the six-week Healthcare Exploration program at EMCC last summer.

Another Summer Academy student agreed that it was the hands-on learning and on-campus experience that stood out

for her.

“The experience of Summer Academy was not only a good fit for my goal of working in health care, but it was also a fun experience that allowed me to meet new friends. I enjoyed the hands-on experience of Summer Academy the most, and

believed the instructors were all committed to teaching their craft. This was also a way for me to get practice in living on campus!” said Didi M, who is now studying at SMCC to be a certified nursing assistant.

To learn more about the Summer Academy,

contact Octavie Nkama at onkama@mccs.me.edu.

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

Lisbon United Methodist Church

14 School St. Lisbon Falls

SPRING FLING

* Plant Sale * Bake Sale *

* Chicken BBQ *

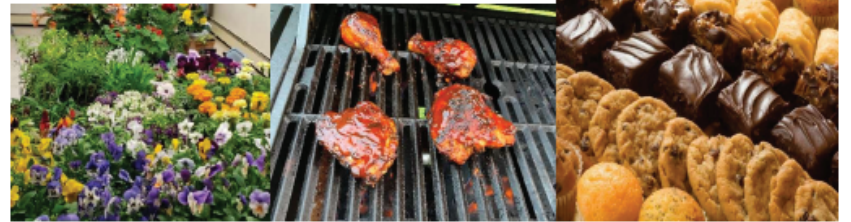
Book Sale Clearance!

MAY 18, 2024 TIME: 9AM - 2PM

Featuring annuals, perennials & shrubs

from local gardens & Nurseries

INCLUDING BUSH'S BUSHES



-Chicken BBQ meal: Leg & Thigh, Potato Salad, Cornbread & Bottled Water (\$10) – Serving 11:00am until sold out

FIND YOUR PERFECT HOT TUB!

Premier Pools & Spas

SCAN ME

2010 Lisbon Rd · Lewiston · 207-782-1514

100% Financed Garages!

No money down. FREE estimates. Schedule your new garage install today!

AMERICAN BUILDERS
Custom Building & Remodeling

(207) 500-8100 ~ www.AmericanBuilders.com

STAPLES COWORKING

A NEW SPACE TO BREAK OLD RULES

COME TRY OUR NEW COWORKING AND MEETING SPACE IN AUBURN FOR FREE!

MENTION THIS AD AND GET 1 FREE WEEK OF OPEN SEAT COWORKING AND 1 HOUR OF MEETING ROOM USE.

OFFER VALID ONLY AT OUR 89 UNION ST. AUBURN, ME LOCATION

Bath Savings Paddle for Pine Tree Camp weekend returns

MANCHESTER, SOLON AND BRUNSWICK, ME – The 28th Bath Savings Paddle for Pine Tree Camp returns in June with the Hammond Lumber Company Cornhole for a Cause tournament to kick off the weekend of events with one goal in mind: to raise funds for Maine kids and adults with disabilities to experience freedom and independence at Pine Tree Camp.

The weekend starts Friday, May 31 at The Woodshed in Manchester with the 2nd Hammond Lumber Cornhole for a Cause. This evening of cash prize cornhole competition and fun is organized by Wicked Cornhole Events and will feature a WABI TV5 live broadcast telethon and special musical guests.

On Saturday, June 1st, paddlers will reunite in Solon for the traditional route down the Kennebec River.

On Sunday, June 2nd, paddlers will come together to loop the Androscoggin River in Brunswick. Both paddles are family-friendly and perfect for all ages, skill levels and abilities.

2nd Hammond Lumber Cornhole for a Cause on Friday, May 31 at The Woodshed, 915 Western Ave., Manchester

4:45pm Check-in
5:30pm Tournament begins

Register for the cornhole tournament at this link: <https://app.etapestry.com/onlineforms/PineTreeSociety/2024CT.html>

28th Bath Savings Paddle for Pine Tree Camp on Saturday, June 1st 9:30am in Solon (Traditional route down the Kennebec River)

Paddle begins at The Evergreens Campground in Solon (202 Ferry Street, off Route 201A) and ends in North Anson on the Patterson Bridge Road. This



The 28th Paddle for Pine Tree Camp will take place on June 1 (Kennebec River in Solon) and June 2 (Androscoggin River in Brunswick). Rachel and Kemp Anderson from South China were among 200 paddlers with a purpose last year on the Kennebec River. This annual event raises money for Maine kids and adults with disabilities to attend Pine Tree Camp. No camper who can benefit has ever been turned away due to their ability to pay. To register for the paddle visit www.pinetreesociety.org. (Photo courtesy of Pine Tree Camp)

is a three mile, two-hour paddle.

From 12:30pm - 5:30pm is an after paddle party fundraiser Strummin' for Pine Tree Camp at the Solon Hotel, 1 Pleasant Street, Solon

Details and musical lineup:

Sunday, June 4 at 9:30am at Brunswick: Loop on the Androscoggin River

Paddle begins and ends at the Water Street

Boat Landing (located at the end of Water Street) in Brunswick. This is a two mile, two-hour loop.

Register for the paddle at this link:

<https://app.etapestry.com/onlineforms/PineTreeSociety/2024Paddle.html>

Pine Tree Camp is Maine's only American Camp Association-Accredited camp for people with disabilities. All proceeds from the Bath Savings Paddle directly benefit Pine Tree Camp's Tuition Fund. Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay. The funds raised from the Bath Savings Paddle for Pine Tree Camp are a critical part of the camp's open door tuition policy.

Sponsors of the 28th Bath Savings Paddle for Pine Tree Camp include: Bath Savings, HUB, Franklin Savings, TuckTec,

Hammond Lumber Company, WABI, CMP, Assistance Plus, Harvard Pilgrim Healthcare, NRF Distributors, Evergreens Campground, Paddle Maine, Atlantic Federal Credit Union, Stio, Pape Auto, AE Hodsdon, BDS Tire Recycling, Longfellows, FineLine Paving, Mid Coast-Parkview Health and Pro BodyWorks.

Sponsors of the 2nd Hammond Lumber Company Cornhole for a Cause include: Hammond Lumber Company, Wicked Cornhole Events, The Woodshed, WABI, CMP, Assistance Plus, Harvard Pilgrim Healthcare, NRF Distributors, Evergreens Campground, Paddle Maine, Atlantic Federal Credit Union, Stio, Pape Auto, AE Hodsdon, BDS Tire Recycling, Longfellows, FineLine Paving, Mid Coast-Parkview Health and Pro BodyWorks.

Support Maine's first Asian American Community Center

WESTBROOK, ME -- For Asian American, Native Hawaiian, and Pacific Islander Heritage Month, we invite you to support our vision for Maine's first Asian American Community Center in Westbrook. While we prepare for a

larger scale capital campaign, your support today will help us cover the costs for an architect, civil engineering, consulting services, and more!

A partnership of Maine Asian American ethnic community-based

organizations (ECBOs) and community leaders propose the development of a critically needed Asian American Community Center (Community Center) of Maine in Westbrook. The Community Center has the unique opportunity



While 64% of Asian American adults in Maine have the benefit of speaking a language other than English at home, 29% are Limited English Proficient. About 1,000 Asian Americans in Maine lack broadband access, and 1 in 10 Asian Americans in Maine lack health insurance. 13% of Asian Americans in Maine live in poverty.

Contributing to the invisibility of Asian Americans in Maine is the severe wealth gap between different Asian ethnic groups in Maine. The statistics about Asian Americans, like household income, employment, and healthcare access, belie the hardships experienced by large populations of Asian ethnic minorities, including Maine's Cambodian, Vietnamese, and Filipino communities.

Currently, Maine's AAPI community is fractured. While Maine ECBOs express a desire for collaboration, the lack of centralized space and the limited capacity of each organization make cooperation extremely difficult. These vibrant community organizations, along with their dedicated members and boards, need a hub for shared resources and the opportunities that come with more synergistic operations.

Maine's AAPI community, in partnership with Khmer Maine and Watt Samaki, seeks to build the Asian American Community Center of Maine in Westbrook. The Community Center will meet critical needs for the AAPI community in Maine, including:

See Center, page 14

Fixed-Rate Credit Card

as low as

8.99%

APR¹

Up to

\$450*

Transfer Bonus

\$30 per \$1,000

egcu.org/sun

Scan to open or call 221-5000

¹ Annual Percentage Rate as of 10/10/2023. Not all applicants will qualify for the lowest rate or be approved. Promotion and rate subject to change without notice, foreign transaction fees may apply.
*Earn \$30 bonus for each \$1,000 transferred to a new or existing ECU Sun Select Credit Card during the promotion period, not to exceed \$450. Balance transfers must occur during the promotional period ending 6/30/2024, in order to be eligible. The bonus is payable 60 days after the month-end in which the balance transfer took place and the credit card must remain open at time of deposit. Some restrictions apply. For more information, including bonus eligibility, visit egcu.org/credit.

to use 30 acres of land owned by Watt Samaki, a Cambodian community partner. It will house organizations valuable to the well-being of Mainers and increase accessibility to legal services, translation, citizenship support, and other important community resources.

As of 2022, Maine's Asian American and Pacific Islander (AAPI) population numbers over 26,500 individuals, including those who are multiracial (AAPIdata.com). Of that

number, 13,000 are eligible to vote. Since 2000, the AAPI population of Maine has grown by 113%, with the largest population growth focused in Cumberland, York, and Penobscot counties.

The vibrant and growing population of AAPI Mainers has contributed significantly to the cultural and economic well-being of Maine but also faces significant obstacles to well-being compounded by limited visibility as a community.

Injured on the job?

We should talk.

(207) 333-5103

Help@BilodeauLaw.me
BILODEAULAW.ME

Gorham: Check out MSMT's South Pacific

BRUNSWICK, ME -- Maine State Music Theatre (MSMT) is proud to present Rodgers & Hammerstein's South Pacific, the inaugural production for the 2024 Season, opening June 5th at the Pickard Theatre. Since its premiere in 1949, Rodgers & Hammerstein's South Pacific has mesmerized audiences worldwide, earning widespread acclaim and numerous accolades, including numerous Tony Awards and the Pulitzer Prize for Drama.

Produced in partnership with the Fulton Theatre, Rodgers & Hammerstein's South Pacific has captivated audiences with its powerful portrayal of love, prejudice, and the human condition amidst the backdrop of World War II. Through its unforgettable melodies and poignant narrative, the musical boldly confronts issues of racial discrimination and the complexities of war, leaving a lasting impact on generations of theatergoers and serving as a poignant reminder of the importance of empathy, understanding, and the enduring power of love.

Rodgers & Hammerstein's South Pacific weaves together two captivating love stories: the fiery romance between Nellie Forbush, an adventurous American nurse, and Emile de Becque, a charismatic French plantation owner; and the tender connection between Lt. Joseph Cable, a courageous U.S. Marine, and Liat, a captivating young Tonkinese woman. Amidst the chaos of war and the constraints of society, these couples embark on a transformative journey, illuminating the



profound power of love and the importance of embracing diversity and compassion.

Leading the cast are William Michals as Emile DeBecque (Broadway: South Pacific, Beauty and the Beast, Bright Star, Parade), and Carolyn Anne Miller as Nellie Forbush (leading roles in recent MSMT productions of Titanic, 9 to 5, Something Rotten!), Jake Goz as Lt. Joe Cable (MSMT debut, regional lead roles in Kinky Boots, Grease, Joseph), and Lydia Gaston as Bloody Mary (Broad-

way: Miss Saigon, The King and I).

Cast (continued): Mark Aldrich (Seabee/Radio Operator Bob McCaffrey), Mathew Bautista (Seabee/Henry), Joe Capstick (Professor), Mary Beth Donahoe (Ensign Dinah Murphy), Mark Donaldson (Stewpot/Dance Captain), David Girolmo (Captain George Brackett), Jake Goz (Lt. Joe Cable), Gabriella Green (Ensemble), Matthew Irani (Seabee), Todd Lawson (Luther Billis), Esther Lee (Ensemble), Trevail Maurice (Seabee, Yeoman Her-



bert Quale), William Michals (Emile de Becque), James Patterson (Cmdr. William Harbison), Alexander Rios (Lt. Buzz Adams/ Seabee), Camila V. Romero (Ensemble). The roles of Ngana and Jerome to be announced.

Rodgers & Hammerstein's South Pacific, with music by Richard Rodgers and lyrics by Oscar Hammerstein II, with book by Oscar Hammerstein II and Joshua Logan. Directed by Marc Robin and Curt Dale Clark, choreographed by Marc Robin. Sam Groisser (Music Director), Iván Dario Cano (Production Stage Manager), Liz Patton (Assistant Stage Manager), William James Mohny (Scenic Designer), Paul Black (Lighting Designer), Shannon Slatton (Sound Designer), Jane Alois Stein (Costume Designer), Meg Valentine (Props Designer), Colin Riebel (Video Designer),

Kevin S. Foster II (Wig Designer), Bob Cline (Casting).

Performances will run from June 5 through 22, with evening and matinee showtimes available.

Tickets for Rodgers & Hammerstein's South Pacific are on sale now and can be purchased online at msmt.org or by calling the box office at 207.725.8769.

THE Maine Music Society

GOLDEN Jubilee
50 Years OF SONG



Sat., May 11 • 7:00pm
Sun., May 12 • 2:00pm
FRANCO CENTER • LEWISTON

Join us for this showcase of music from 1972, the year when the Maine Music Society Chorus was born. Travel back 50 years to a time that evoked an era of free spirit and creative musical expression.

Tickets: 207-333-3386 or mainemusicsociety.org

Water that just works.



GOODWIN
WELL & WATER INC.



Maine's leader in water well drilling, pump installation, and geothermal installation.

207.224.7861 goodwinwellandwater.com

May is American Stroke Month: How to spot a stroke F.A.S.T.

PORTLAND, ME — A stroke can happen to anyone at any point in their lifetime. May is American Stroke Month and the American Stroke Association wants you to know how to reduce your stroke risk and learn the signs everyone should know to spot a stroke F.A.S.T.

Taryn Demuth of Windham, a 37-year-old with a clean bill of health, suffered a stroke two weeks after giving birth to her second child. She had a very uncomplicated pregnancy, labor and delivery. Although she knew of some common postpartum complications, stroke was never mentioned, nor did it cross her mind. Initial symptoms included a cold tingling feeling and vertigo, which intensified through the night. “I could feel my entire left side tingling and gravity pulling me to the ground. I couldn’t lift myself up. I couldn’t move,” said Demuth. “My husband was by my side trying to understand what was happening. He was asking me a million questions and I remember being so frustrated because I just couldn’t answer.”

Similarly surprising, Sue L’Africain of Vinalhaven, an active, healthy 64-year-old suffered an ischemic stroke on her way to the gym. “I had been abnormally tired for about a week leading up to my stroke. I had recently returned from a trip to

California and thought that maybe the travel and flights had taken a toll on me,” said L’Africain. “The fatigue and tiredness were my only symptoms, although at the time I did not know that these could be possible symptoms of a stroke.”

Heart disease and stroke are leading causes of death in Maine and stroke is a leading disability. Globally, about one in four adults over the age of 25 will have a stroke in their lifetime. Even so, most adults in the U.S. don’t know the F.A.S.T warning signs of a stroke, and that stroke is highly treatable if you call 911 as soon as you recognize the symptoms.

Learn how to spot a stroke F.A.S.T.:

Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person’s smile uneven?

Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue.”

Time to Call 911 – If someone shows any of these symptoms, even if the symptoms go away, call 911 and get to a hospital immediately.

If someone is hav-



ing a stroke, they must get medical attention right away. On average, 1.9 million brain cells die every minute that a stroke goes untreated. When brain cells die during a stroke, the abilities controlled by that area of the brain are lost. These abilities may include speech, movement, and memory. The way a stroke affects you depends on where the stroke occurs in the brain and how much of the brain is damaged.

Demuth was diagnosed with a vertebral artery dissection, which caused a blood clot to form and led to her stroke. Vertebral artery dissections are often caused by severe head and neck trauma, but hers was determined to be postpartum related. She continued to have neck pain, in addition to challenges with postpartum anxiety and wondering if she would have another stroke. Four months later, a CT scan showed the artery to be fully healed.

“Hearing so many stories that ended differently than mine — stories of people ignoring their bodies and symptoms and not understanding the severity until things got worse — makes me want to share my story as much as possible,” said Demuth.



Sue L’Africain

much she has recovered while acknowledging the traumatic experience itself, and the changes in her body and mind since then. “Recovery from a medical emergency is not linear. There are ups and downs and sometimes more questions than answers. I need to be patient with myself and give myself love and support as I continue to heal,” said L’Africain. “I just turned 65 and am making a couple of important lifestyle changes to aid in my recovery. I have also set a big challenge for myself as I recently registered for a 10k trail run in September with an elevation gain of 1,600 feet! It’s an important step in taking back the power in my life, and also regaining belief in myself - physically, mentally and emotionally.”

Approximately 800,000 people (equivalent to about half the population of Nebraska) in the United States have a stroke every year, but the large majority of strokes can be prevented. According to the Association, the best course of action is to understand controllable risk factors such as maintaining a healthy blood pressure level, eliminating smoking/vaping, increasing physical activity and maintaining a healthy diet to reduce the chance of stroke. For more information and resources to help prevent stroke, visit StrokeMonth.org.



Taryn Demuth

“Awareness is important because what happened to me can truly happen to anyone.”

Nearly a year after her stroke, L’Africain is also working to balance being grateful for how

Maine Jump\$Start named 2024 State Coalition of the Year

AUGUSTA, ME – The Maine Jump\$Start Coalition for Personal Financial Literacy was recently recognized by the National Jump\$Start Coalition as the 2024 State Coalition of the Year. The State Coalition of the Year Award was created to recognize the sound structure and management of a state coalition; its effectiveness and innovation in reaching, supporting, and assisting teachers; its public awareness activities; its effectiveness in carrying out Jump\$Start’s State Coalition Common Strategy; and the level of participation and collaboration within the coalition itself.

This is the second time that the Maine Jump\$Start Coalition for

Personal Financial Literacy has received this award. Mary Dyer, Maine Jump\$Start President, along with six Maine personal finance teachers, traveled to Washington D.C. recently to attend the annual awards luncheon and accept this recognition on behalf of Maine.

At the ceremony, Dyer thanked Maine teachers for elevating personal finance in their classrooms: “I stand here before you today, surrounded by six of Maine’s rockstar personal finance teachers. Each of them has been honored with Maine Jump\$Start’s Financial Educator of the Year Award and now serves on our board of directors. On a shoestring budget, we made our way here, togeth-

er, in a 15-passenger van on a 13-hour drive, during what should be their April vacation. If that doesn’t convey the passion and commitment of Maine’s personal finance teachers, I’m not sure what would.”

Maine Jump\$Start is an all-volunteer nonprofit coalition that offers a variety of free professional development opportunities for Maine teachers, including the Fostering Financial Education in Maine Schools Conference, which is in its 15th year. The Coalition also provides teacher scholarships for the National Education Conference and recognizes distinguished educators through the Financial Educator of the Year Award. The Maine Jump\$Start Coalition for



Mary Dyer, Maine Jump\$Start Coalition for Personal Financial Literacy President Samantha Drost, Maine Jump\$Start Board of Directors and Caribou High School Caitlyn Roy, Maine Jump\$Start Board of Directors and Rose M. Gaffney Elementary School Dr. Valerie Waldemarson, Maine Jump\$Start Board of Directors and Caribou High School Logan Landry, Maine Jump\$Start Board of Directors and Brunswick Junior High School Steve Kautz, Maine Jump\$Start Board of Directors and Finance Authority of Maine Raelene Allen, Maine Jump\$Start Board of Directors and Madison High School

Jason Hodsdon Masonry

We install stainless steel liners



215-3557
North Monmouth

Jasonhodsdonmasonry@gmail.com



Clean Books

OLIVIA OUELLETTE
Bookkeeper / Owner

Give us a call today for a free quote!

WWW.CLEANBOOKSMAINE.COM
CLEANBOOKSMAINE@GMAIL.COM
207-370-9292
PO BOX 615, GARDINER, ME 04345

Personal Financial Literacy is an all-volunteer, nonprofit organization focused on improving the financial knowledge of Maine citizens, with a special focus on pre-K through college students, including adult learners.

Working collaboratively, the Coalition seeks to increase awareness and

provide training and support to Maine educators while also promoting educational resources and fostering communication among agencies and individuals who provide financial education to Maine families.

For more information, please visit: <https://mejumpstart.org/>.

Unprecedented storms deserve an unprecedented thank you.



Maine has been hit hard by storms. To the customers, communities, and businesses who showed strength, resilience, and support to our crews in the aftermath of last winter's severe weather: Thank you.

At CMP, we're building a smarter, stronger power grid to confront the challenges of climate change. Living in America's most forested state is incredibly special, but it also comes with unique challenges. Be assured that the talented and committed employees of Central Maine Power will continue to have your back day or night, rain or snow, just as we have for the past 125 years.

cmpco.com

Take steps now to prevent conflicts with black bears

By Maine Department of Inland Fisheries and Wildlife

MAINE -- The spring weather has finally arrived and wildlife is wasting no time shedding winter's grip to enjoy the spring season!

For many of these animals, such as black bears, they have lost a significant amount of body weight and are on the move looking for food after emerging from their winter dens. While denning, black bears enter a state of torpor,

slowing their metabolism and respiration, breathing only once per 15 to 45 seconds, and dropping their heart rate to 8-21 beats per minute. Even with a lowered metabolic rate, bears still lose significant body fat. Unlike true hibernators, bears don't eat, drink, urinate, or defecate during this time.

Once spring comes and bears emerge from their den, for two to three weeks bears are working to regulate their bodily functions slowly until nor-



mal activity ensues. At this time of year, natural foods are limited, and bears may take the risk and wander into backyards in search of easily accessible food. Take steps now to prevent black bears from



coming to your yard:

- Remove birdfeeders between April 1 and November 1
- Rake up unused bird seed from the ground
- Keep pet food and

trash inside or in fenced areas

Clean grills thoroughly after use

Store garbage cans in a building or enclosed by electric fence

Take garbage cans to curb on morning of pickup

Keep outbuilding and garage doors closed at all times and repair broken window and doors

Keep dumpster lids and doors closed and latched

Use bear-resistant dumpsters or garbage cans

Maine DHHS, DOL hold 2024 Health Workforce Summit

AUGUSTA, ME — The Maine Departments of Health and Human Services (DHHS) and Labor (DOL) today convened approximately 200 health care leaders and innovators at the Augusta Civic Center for the 2024 Health Workforce Summit. The full-day summit focused on advancing Maine's progress in recruiting and retaining workers in the health care field by sharing strategies that have been successful in growing and upskilling talent.

At the direction of Governor Mills, DHHS and DOL have developed and implemented a variety of programs to address the shortage of qualified health care workers in Maine. These initiatives were developed in collaboration with health system leaders to expand the talent pipeline and develop new workforce models to advance health equity and health care access for rural residents and other under-served populations. This work is centered around three key areas: recruitment, training and career ladders, and growing the provider pipeline.

Many of the health care workforce initiatives are part of Governor Mills' Maine Jobs and Recovery

Plan, which has invested more than \$20 million in the state's vital health care workforce. Those investments are paying off. Since the start of the Jobs Plan health care workforce programs in January of 2022, Maine has more than recovered the number of health care jobs lost during the pandemic. Today, more than 111,000 people, including nurses, doctors, paramedics, and other professionals, are providing quality health care across Maine — a nearly 10 percent increase since January of 2022.

"Since my first day in office, I have worked to make health care more accessible and affordable for people and businesses in our state because I believe that Maine cannot have a healthy economy without healthy people," Governor Janet Mills said in a video message to summit attendees. "The pandemic only reinforced how important it is to have a strong health care system in the State of Maine. I am proud of the progress we have made so far. My Administration will continue to support health care workers and to strengthen our health care industry in the years to come."

"The Mills Administration's partnership with

health care organizations, large and small, has both improved the health and wellbeing of residents and helped attract businesses and workers to Maine," said Health and Human Services Commissioner Jeanne Lambrew. "The heart of health care is its workforce so it is fitting that we gather today to share best practices to support and expand it."

"Our partnerships have been strengthening the health care workforce by encouraging people to pursue health care jobs in Maine, making it more affordable to become a health care professional by expanding 'earn and learn' opportunities and other programs, and making it easier to advance within health care careers," said Labor Commissioner Laura Fortman. "Having clear pathways for individuals to gain skills and connect with careers is crucial to supporting not only our health care industry and its workforce, but patients who benefit from the care and expertise of these skilled workers."

Through the Jobs Plan, Maine has:

Created and expanded job training programs to recruit more health care professionals, to create advancement opportunities

for those professionals, and to grow the pipeline of health care providers into the future. So far, more than 2,200 people have participated in those programs to learn how to become CNAs, EMTs, pharmacists, dental assistants, and other health care professionals.

Created a tuition remission program to allow front line health care workers to advance their careers through free or low-cost training. So far, more than 1,000 health care workers have enrolled in training at no cost to them or their employer.

Increased funding for scholarships and student loan relief programs through FAME and the Doctors for Maine's Future Scholarship to enable more people to become physicians, behavioral health specialists, long term support workers, emergency medical services staff, and other health professionals.

Expanded access to clinical placements for trainees in rural Maine to

ensure that people can get high-quality health care throughout the state.

The summit brought together health and human service sector employers, education partners, and workforce development innovators to share best practices, opportunities, resources and strategies for growing and retaining the health workforce in Maine. Keynote speaker Joanna Pokaski, Assistant Vice President of Workforce Planning and Development at the Beth Israel Lahey Health system, the second largest private employer in Massachusetts with about 38,000 employees, spoke about innovation and collaboration in healthcare workforce development.

Breakout session speakers represented organizations including the Maine Department of Education, Area Health Education Centers, University of Maine System, Maine Community College System, Jobs for Maine Graduates, health systems, and

the Roux Institute. Session topics included building career pathways through apprenticeship, growing and upskilling the front line workforce, new models in the health workforce ecosystem, strategies for recruiting rural providers, growing the workforce through training collaborations, and expanding the talent pipeline.

The Maine Jobs & Recovery Plan is Governor Mills' plan, approved by the Legislature, to invest nearly \$1 billion in Federal American Rescue Plan funds to improve the lives of Maine people and families, help businesses, create good-paying jobs, and build an economy poised for future prosperity.

Since the Jobs Plan took effect in 2021, over \$750 million in Jobs Plan funding has been spent or committed to deliver results on behalf of Maine people. For more about the Maine Jobs & Recovery Plan, please visit maine.gov/jobsplan.

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



Jay's
Lawn & Garden

207-713-6090

Delivery Available

Also offering residential & commercial lawn mowing services

- MULCH
- LOAM
- COMPOST
- GRAVEL
- STONE
- SAND

1294 Sabattus Street
Lewiston

Loading Hours:
M-Th by appointment
Fri - 8 am to 5 pm
Sat - 8 am to 2 pm
Sun - 8 am to Noon



- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

207-344-5212

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777
AustinPA.com

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



PortraitEfx of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372
maine@portraitefx.com
www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones
Chimneys • Chimney Cleaning
Repointing & Repairs
Restoration
Stainless Steel Liners

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



EVERGREEN
CUSTOM PRINTING, INC.

2 Great Falls Plaza, Suite 1B
Auburn ME 04210
info@evergreencustomprinting.com

RICK OSGOOD
owner
207-782-0525
phone

Full Service Commercial Printer
Color & B/W Printing & Copying
Large Format • Posters
Booklets • Carbonless Forms
Letterheads • Envelopes
Business Cards • Labels • Tags
Design Service • and More!

SPACE AVAILABLE

Your ad
HERE!

Call 795-5017

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by **MERCURY** MerCruiser
OMC **VOLVO PENTA** **Perkins** **YANMAR** Velvet Drive

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychiro.me

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



GOIN' POSTAL
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

UPS **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

9 N. River Road in Auburn ~ www.AuburnGoInPostal.com ~ 784-9900

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS
Custom Building & Remodeling

Call 207-500-8100
For FREE Estimates

Call Tyler 500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography
www.facebook.com/LauraElainesPhotography

LIKE US ON facebook (207) 212-5993
LauraElainesPhotography@gmail.com

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006

MAINE HOSTING SOLUTIONS

CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

May 9

The Sampson AFB veteran's association will be getting together for lunch May 9th at the Governors restaurant at noontime. Anyone with connections to Sampson or any military unit is welcome to join us. Sampson was a Naval Training Base during WW2 and an Air Force Basic Training Base during the Korean era. It is now a State Park.

FMI call Bob Sawyer at 207-657-4909 or email wwmkwr1933@gmail.com.

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.

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 Salm-

Calendar

Send your submissions to the Editor. More online.

on 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

AUBURN -- West Auburn Congregational Church - Harvest Supper, May 18, 2024, at 4:30 to 6:00

Menu: Turkey, Ham, Potato, Sweet Potato, Squash, Carrots, Corn, Peas, Rolls, Beverage & Dessert. Price: Free for under 3, \$5.00 for 12 and under, \$10.00 for all other Adults

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

May 22

LEWISTON -- Hiring Event on Wednesday, May 22nd from 12:00-3:00pm at Kennedy Park, 120 Park Street, Lewiston. Co-sponsored by the Wellness Mobile, Recovery Connections of Maine and the Lewiston Career Center. The event is open to ALL job seekers and will

be held rain or shine.

For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=12599376>

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.

July 6

GORHAM -- Hosta auctions are coming July 6th when the Maine Hosta Society will offer many

exciting hosta varieties at the Treworgy Homestead and Garden at 120 Flaggy Meadow Road in Gorham, Maine. The silent auction will begin at 10:00 a.m. and the live auction at 1:00 p.m. SAVE THE DATE for this event that is free and open to the public.

Thursdays Aug 1 - Sept 5

WILTON -- Opening Minds through Art, Thursdays August 1 - September 5, 1 pm - 2 pm at Education Center of SeniorsPlus at 284 Main St., Suite 100, Wilton

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

Every 1st, 2nd, and 3rd Monday

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

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

FLAGSHIP CINEMAS
Premium

Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!
AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

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

Community garden, kitchen, and food pantry

The Community Center would address the aforementioned obstacles to well-being and acclimatization by providing a central location from which AAPI-led, AAPI-serving organizations can serve their clients and community members. It also responds to an unprecedented opportunity offered by one of our EBCOs.

To help us celebrate Asian American, Native Hawaiian, and Pacific Islander Heritage Month, join us by making a contribution to support start-up costs for Maine's first Asian American Community Center.

Center

Continued from page 8

Citizenship and immigration support

Workforce development

Community navigators, translators, housing assistance, counseling, and other social services

Small-business incubation

English language classes

Office, classroom, programming, and event infrastructure

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

GORHAM LITTLE LEAGUE

Field Funding Campaign



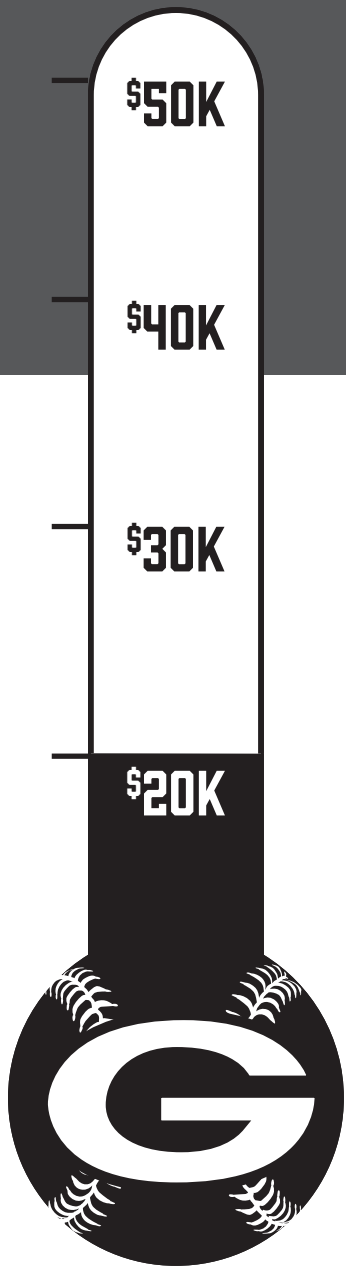
The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

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

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038



Classified Ads

BUSINESS FOR SALE

Turnkey Screenprint Business

17 years successful apparel and design company available to the right people. Plenty of current accounts and still going. All equipment and stock included. 2000 square foot open shop for potential lease agreement. Call to discuss (207) 576-3210.

CAMPER FOR SALE

Keystone campfire edition travel trailer. New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

CLEANERS

CC Island Cleaning Company. Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

MJ's - Cleaning

Over 10 years experience. Reasonable rates. Available to work with your schedule. Call: 207-539-3204.

CLEANING

Commercial Office Cleaning. 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stcoicefloorcare.com www.1stchoicefloorcare.com

Commercial Office Cleaning 1st Choice Cleaning Services. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stchoicecleaningservices.com www.1stchoicefloorcare.com

FOR SALE

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

HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

LIVE & CODE IN MAINE

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

Position information and to apply: www.defendify.com/careers.

PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

SENIOR TRIPS

MAY 11 – 19, 2024 – BILTMORE ESTATE & ASHEVILLE, NC - Trip includes 8 nights lodging including 4 nights in the Asheville area, 8 breakfasts and 6 dinners and a guided tour of the Asheville, North Carolina area. We will have a full day visit to the spectacular Biltmore Estate, America's largest privately owned home. We will visit the Biltmore Village that connects the estates present and past and provides a place for dining, shopping and historical exhibits. We will also visit the Antler Village and winery. We will tour the Blue Ridge Parkway with a guide and stops along the way. A \$75.00

deposit per person is due when signing up. Price is \$1,245.00 pp double occupancy which includes all entrance fees, meal tips and bus driver tip.

MAY 25 – JUNE 2, 2024 - MACKINAC ISLAND

– Trip includes 8 nights lodging including 4 nights in Northern Michigan, 8 breakfasts and 6 dinners. We will have a guided tour of Mackinaw City and visit Mackinac Island with an included Carriage Tour of the island and see 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 Waterside 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.

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older

adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

WANTED

Full & Part Time

John's Cleaners in Lewiston is seeking a garment pressor & delivery person. No experience necessary. We will train. Pay is \$14 -\$16 / hr with paid holidays. Call 784-9096 or apply in person.

Odd jobs and Gig work

Trained and experienced in babysitting, petsitting, senior/adult care and cleaning. Contact Missy at 207-539-3204 or allinoneservices1@yahoo.com

YARD SALE

Multi-Family Yard Sale Something for Everyone!

SATURDAY 5/18/24 from 8:00-4:00

12 Canterbury Pines Dr. off of Weeks Rd. in Gorham

Classified Ads UP TO 40 WORDS!

\$25 PER WEEK
EACH ADDITIONAL WORD 25¢

Send payment with completed form to our bookkeeping office:
89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

Visa Master Card

Card #

3 digits # on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____

Aroma Joe's COO named president

SCARBOROUGH, ME – Aroma Joe's is excited to announce that current Chief Operating Officer Dave Tucci has now been named President and will retain his title of COO. CEO Loren Goodridge will now focus on his continued role as Development Agent, Franchisee and Shareholder. Goodridge joined Aroma Joe's Franchising LLC in 2012 and became the first franchisee for the brand in 2013 before being appointed Chief Executive Officer in 2018. Goodridge is currently the franchisee of 11 Aroma Joe's locations in

the Northeast.

"Working with the founders of Aroma Joe's to build and expand this brand for the past 12 years – and reach the amazing milestone of 100 locations in 2023 – has been an amazing accomplishment," said Goodridge. "The brand truly spreads positivity in every community and I look forward to being a continued part of this growth."

Dave Tucci joined Aroma Joe's in January 2021 as the Director of Franchise Development and Operations. In January 2022, Tucci transitioned to the COO role. Prior



to his time with Aroma Joe's, Tucci served as the Development Agent for Firehouse Subs® in Rhode Island, Connecticut, Massachusetts, New York, New Hampshire, and Maine.

"This is an exciting time at Aroma Joe's Franchising as we position ourselves for our next phase of growth," said Tucci. "Over the last year of shadowing Loren, I've learned from the best and am ready to chart a path of continued

future expansion."

Goodridge will serve as an ongoing advisor for the foreseeable future and has been appointed "Managing Member." There will not be a CEO position in place at this time.

Industry veteran Tom Coba will also join Aroma Joe's team as an advisor to the leadership team and shareholders. Coba has worked in executive positions at McDonalds, Dunkin' and Subway.

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!

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

FREE! FUN FOR ALL AGES!
SUMMER BLOCK PARTY!
 Come to the party!
07.28.24
11-3pm
Galilee Church, 317 Main St. Gorham
 Lots of food, live music, bounce house, Touch-a-Truck, games, prizes, and much more!

GORHAM HOUSE

A Taste of Senior Living

MAY 16 & 23 | 2 P.M.

50 NEW PORTLAND RD.
GORHAM, ME 04038

Be our guest for a flavorful three-part series. Hear from our residents and teams as they share their personal experiences that drew them to senior living. Explore resources designed to assist in navigating and selecting the right senior living option for you.

Indulge your curiosity while satisfying your appetite for knowledge.

RSVP at slctasteofseniorliving.com or call 207-383-3161

Expertise and a commitment to excellence

Since 1985, Senior Lifestyle continues to be the trusted leader in senior living. Our dedicated team has a professional network of resources **ready to assist you at every step of the way.**

We're honored to serve as your expert resource.

Independent Living | Assisted Living | Memory Care

