

2024 Memorial Day parade hosted by Gorham Recreation

GORHAM, ME -- Help demonstrate our community's collective "Thank You" to our local veterans and those that have made the ultimate sacrifice - make the Gorham Recreation Department's annual Memorial Day Parade part of your Memorial Day plans on Monday, May 27th.

The parade will step off at 11am at Village School and end at Eastern Cemetery on Johnson Road.

Gorham churches, community organizations, clubs, neighborhood groups, businesses, school groups, sports clubs and groups, and anyone else wishing to be part of the



Memorial Day Parade are invited to register floats or units online. To register or learn more, visit https://gorhamme.myrec.com/info/activities/program_details.aspx?ProgramID=14916.

Additional details and important notes:

Line up begins at 10am - parade leaves Vil-

lage School at 11am.

Lincoln Street will be closed from 10-11am for Parade Line up. If you need to access Village School to drop off parade participants or to participate in the parade, please use an alternative route.

For safety, no throwing anything from anywhere - thank you.

Gorham's Sebago Brewing Co. introduces new canned cocktails

GORHAM, ME-- Sebago Brewing Company has been known for making high-quality craft beers in Maine for more than 25 years. As a bar and restaurant brand, they have been hosting good times for just as long. The company is proud to announce the brewery's first-ever canned cocktail: Revel Coast - Spirited Maine Cocktails.

Revel Coast is made with pure Sebago Lake water, distilled spirits, and real fruit. Every cocktail is 100 Calories, gluten-free and has no added sugar or malty aftertaste.

Revel Coast comes in four flavors:

Blueberry Lemon - Maine blueberries paired with vodka and a squeeze of lemon - a New England staple

Agave Lime - Our low-calorie version of the classic margarita, made with agave spirits, lime, and natural flavors

Grapefruit - The

crisp and refreshing balance of vodka and real ruby red grapefruit

Tropical - This "adulting" fruit punch features vodka, real passion fruit, pineapple, tangerine, and cherry

Before the release of Revel Coast, the brewers at Sebago Brewing tested and perfected recipes for more than a year, gathering feedback from guests at their brewpubs and Tasting Room.

"As brewers we are always excited to use new ingredients and flavors," said Rusty Packer, Sebago's Head Brewer. "Revel Coast allowed us to try different techniques, combinations, and amounts of peels, juices, and pulps to find the best ways to bring in the best flavors from different fruits. It was a fun challenge!"

Packer went on to say that by not adding sugar they were able to keep the drinks light and refresh-



ing - about 100 calories in a can: "By using the right amount of real fruit, we were able to create bold flavors without sugar or malt."

Revel Coast 8-can variety packs contain two cans of each perfectly mixed cocktail, so there's

something for everyone. Revel Coast variety packs are now available at all four Sebago Brewing locations, select stores, and most Hannaford supermarkets throughout Maine.

Find out more about Revel Coast at www.revelcoastmaine.com, and grab

a pack of Revel Coast and celebrate, wherever your Maine adventure takes you!

About Sebago Brewing Company

Sebago Brewing Company is a Maine-owned and -operated company firmly rooted

at the crossroads of food and beer. Since opening in 1998, Sebago has become Maine's premier contemporary American brewpub and one of the fastest growing craft breweries in the state. For more information, visit www.sebago-brewing.com.

North Gorham Public Library to hold annual Book & Plant Sale

GORHAM, ME -- Springtime in North Gorham means it's time for the library's annual Book & Plant Sale on Saturday, June 1 from 9 to 1.

We welcome any donations you might have. Drop off books anytime the library is open or if you only have a few, put them in our front door book drop. We accept all books in decent condition except for encyclopedias, textbooks, annual yearbooks, and Reader's Digest condensed books.

Plants can be put in front of the library where the pavement begins. If there's no room, you can put them in the space where the car is parked in the picture. If you know the name of the plant please add a label. We can also dig your plants up for you. Feel free to contact us by email (libng@north-gorham.lib.me.us) or leave a voicemail at 892-2575. Thank you!



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Newsmakers, Names & Faces

Maine International Film Festival: Passes now on sale

WATERVILLE, ME—The Maine International Film Festival (MIFF) returns to Waterville, Maine, for its 27th edition July 12–21, 2024. Festival passes and packages are now available for preorder online at MIFF.org.

MIFF showcases the best of American and international cinema with world premieres, classic revivals, and inspiring performances and exhibitions. Every year, the festival highlights Maine and New England's most innovative filmmakers. With 100 films shown across 10 days, festivalgoers can travel the globe while si-

multaneously enjoying a uniquely local Maine experience.

Two tiers of passes are available to patrons this year: the Full Festival Pass, which grants access to individual screening ticket reservations, and the 10-Pass, which gives patrons the opportunity to fully customize their experience, picking and choosing the 10 film tickets that most speak to them.

When the full festival lineup is announced at the beginning of June, passholders will be given a full week of priority ticket reservations before individual tickets go on sale to the general public.



Packages are also available for those who want to make the most of their festival experience by adopt-

ing a film, securing their passes, lining up their priority reservations, procuring their MIFF27 swag, and making a tax-deductible contribution to the festival.

"MIFF marks the most exciting 10 days of film in Maine every year," said Mike Perreault, executive director of the Maine Film Center. "Throughout the festival, we welcome people from Maine and around the world to experience world premieres, rediscover beloved classics, and celebrate made-in-Maine films and filmmakers. Package and pass holders will have the added benefit of a week of

exclusive ticket reservations once the program is announced in early June."

This year marks MIFF's second in the Maine Film Center's new three-theater home, the recently opened Paul J. Schupf Art Center in downtown Waterville. Together with the Waterville Opera House, Schupf Arts will welcome thousands of movie-lovers for screenings this summer. Festivalgoers will have the opportunity to view the center's two art galleries, enjoy live music as the Waterville Rocks series kicks off, and explore local businesses in the burgeoning downtown area.

UMaine summer series to inspire, engage K-12 leaders

MAINE -- The University of Maine College of Education and Human Development and Summer University are partnering to offer a series of institutes for K-12 school personnel looking for personal and professional growth and innovative solutions for unique challenges in today's schools.

The third annual UMaine Educators Institute will be held June 17-18, featuring a keynote speech from Maine Department of Education Commissioner Pender Makin. The event will be held at UMaine for the first time, after being virtual in both 2023 and 2022. Participants can attend workshops in two strands: "Mathematics/STEM Education" and "Social-Emotional Learning and Teacher Wellness." Associate professor of mathematics education and instructional technology Justin Dimmel will lead educators on visits to the Versant Power Astronomy Center and Jordan

Planetarium, and associate professor of curriculum, assessment and instruction Rebecca Buchanan will deliver a talk on teacher leadership.

The next event in the series is the 2024 Summer Middle-Level Education Institute, June 24-26, also at UMaine. The three-day conference is designed to help middle school educators understand and respond to changes observed in today's students; rethink and improve student engagement in learning; design wrap-around support for students and adults; and gain tools to inspire positive change in schools and communities. The theme of day one will be "From Vulnerable to Vibrant: Embracing Today's Young Adolescents;" the day two theme will be "Creating Calm, Engaging and Empowering Learning;" and the theme of day three will be "Breakthrough Change." Teachers are encouraged to come as a team and bring their own relevant



projects to address during the institute.

"As a former middle school teacher, I'm thrilled to bring this exciting institute to UMaine this summer," said Penny Bishop, dean of the College of Education and Human Development. "Our expert presenters have incredible knowledge and practical solutions that can help middle-level educators tap into the amazing potential of their students."

The directors of the Middle-Level Education Institute include Nancy Doda, president and

founder of educational consulting firm Teacher-to-Teacher; Mike Muir, technology director for Maine School Administrative District 44 in western Maine; Caitlin Hutt, an eighth grade social studies teacher at Troy Howard Middle School in Belfast; and Gert Nesin, principal of Old Town's Leonard Middle School and a former UMaine faculty member.

"One of our goals is for the groups of teachers to bring actionable projects back to their schools," said Nesin. "As a principal

and long-time middle-level advocate, I'm excited to see what issues they choose to address and the creative problem-solving they come up with to inspire and engage their students and coworkers."

The last in the series is the 2024 Summer Technology Institute (SummerTech), now in its eighth year as a virtual event held Aug. 6-8. The conference will feature workshops, plenary sessions, community building, networking and learning with leaders in library science and educational technology

from across Maine. The U.S. Educator, author and consultant Carl Hooker will be a featured speaker. His latest book, "Learning Evolution: The New Era of AI in the Classroom," explores how K-12 educators can thoughtfully and ethically use artificial intelligence to enhance teaching and learning. SummerTech is hosted by the collaborative graduate program in instructional technology, housed at the UMaine College of Education and Human Development with faculty from UMaine, the University of Maine at Farmington and the University of Southern Maine.

Educators who register for the summer institutes can choose to earn professional development contact hours/CEUs, or three graduate credits by enrolling in an accompanying summer course.

More information can be found online or by contacting Raphael Okuturo at um.summerprograms@maine.edu.



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Newsmakers, Names & Faces

Ambassador Girl Scout receives Future Leaders Scholarship

LISBON FALLS, ME — Vivian Dudar, a graduating Ambassador Girl Scout from Lisbon Falls, has received a Bronze Level Girl Scouts of Maine (GSME) Joanne Crepeau Future Leaders Scholarship award for her exemplary efforts within the organization and demonstrated leadership skills.

Established in 2018, the Joanne Crepeau Future Leaders Scholarship has awarded \$116,000 to 71 Girl Scouts in Maine, to date. Scholarship recipients were chosen based on their answers to three questions during the application process:

· How has Girl Scouts made a difference in your life?

· What do you see as the biggest challenge facing girls and women to-



(Left to right) Donna Watson, Vivian Dudar, Mara Robinov-Moorhead

day?

· In 5 years, how do you see yourself addressing this challenge?

“Girl Scouts has provided me with numerous opportunities to develop my leadership skills by leading projects, organizing events, and mentoring younger Girl Scouts,” says

Dudar.

A major issue facing women and girls today according to Dudar, is affordable access to menstrual care supplies. She hopes to combat this challenge by informing herself through seminars and research before spreading awareness. Dudar plans to attend

girl scouts of maine

Worcester Polytechnic Institute in the fall to study Management Engineering.

“It fills us with pride to extend scholarships to nine remarkable Girl Scouts this year, embodying our ethos of nurturing leadership. We firmly believe that these girls will emerge as catalysts for change, champions of causes, visionaries, and trailblazers, poised to enhance our collective world,” says GSME CEO, Mara Robinov-Moorhead.

Scholarships were recognized among other awards at this year’s GSME Annual Celebration on May 11, in Fairfield. To learn more about the Joanne Crepeau Future Leaders



Vivian Dudar

Scholarship, visit <https://www.girlscoutsofmaine.org/joanne-crepeau-future-leaders-scholarship>.

Operation Ray of Light holds Bass Fishing Day for Vets

STANDISH, ME -- This will be an awesome event as Operation Ray of Light invites veterans to come out for a day of fishing and fun at Kiwanis Beach Rd, Standish on Friday May 31 from 8am-2pm! Veterans will begin their day with coffee and donuts and be paired up with boat captains who will take them out and fish a body of water known to



possess 7 and 8 pound bass. In the early afternoon lunch will be served and there will be an opportunity to play cornhole and

just hang out and enjoy the time with your fellow veterans. There will also be the opportunity for a little swimming on the

beautiful Sandy Beach. To reserve your spot or volunteer your boat for this day contact Jim Martel 207-233-1332



Follow us on Facebook!

Save some room for the Gorham Taste Walk 2024



GORHAM, ME -- Purchase a map as your ticket to walk the streets and taste the eats of Gorham! All ticket purchases support Gor-

ham and Windham middle school and high school students going to summer Camp. Then vote on your favorite restaurant - the

winning business gets the Golden Spoon award!

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Seniors Not Acting Their Age

High water provides excitement on Kingsbury Stream



Canoeist Mike Timberlake paddles through a turbulent rapid on Kingsbury Stream



Suzanne Cole prepares to kayak down a precipitous descent on Kingsbury Stream



Trip Leader Kyle Duckworth finishes a steep rapid breaking through a hole

For about two decades, Kyle Duckworth has led an April Penobscot Paddle & Chowder Society (PPCS) whitewater trip on Kingsbury Stream near Abbot. Organizing the trip entails evaluating a variety of possible spring conditions. Some years, ice and snow are problems. On other occasions, too little water is an issue. This spring, high water and windy rainy weather were concerns.

In the week leading up to this year's scheduled trip, Maine experienced a major April snowstorm followed by heavy rains. Fortunately, water levels can be closely monitored on the U.S. Geological Survey water data website. The streamflow page reports

current river gauge information for many Maine rivers and streams including Kingsbury. A good range for a trip on Kingsbury is 800 to 1500 cubic feet per second (CFS).

Two days before the trip, the Kingsbury level was about 1400 CFS and climbing. Heavy rain and snowmelt were expected. Those events would likely cause a temporary precipitous rise in the stream. Kyle rescheduled the trip for the following day when water levels were anticipated to diminish. Improving weather was an added benefit of that choice.

His was a good decision. The level rose to 6500 the night before the originally planned trip followed

by an average over 3000 during the period we would have been on the stream. By the time we arrived the following day, it was running 1700 and dropping. The level averaged a very manageable 1500 throughout our outing.

Fifteen enthusiastic paddlers met at the put-in on Route 16 in Kingsbury on a beautiful, seasonably warm sunny spring day. Paddling a lucky 13 boats, we consisted of an eclectic group of canoes, kayaks, and inflatable vessels. My son, Adam, and I paddled a shredder; a two-person inflatable that is very maneuverable in whitewater.

We drove the vehicles to Abbot and left a sufficient number for the return shut-

tle. Our chosen takeout was located next to the stream on the rough pothole-filled River Road.

Returning to the put-in, we began our quest. The outing starts with a steep Class IV ledge descent. Most launched just below, but a few successfully braved the tricky precipitous falls.

A couple of miles of almost continuous Class II/III rapids ensued. We rode rolling waves, ferried around menacing holes, surfed at play sports, and caught eddies to regroup. Given the exceptional weather, this was heaven for avid whitewater devotees.

Rounding a sweeping left turn, the stream narrows and steepens. Chowderheads effectively navigated over breaking waves, around threatening boulders, and through swirling currents to the bottom. Ledges on the left provided an ideal location for a sunny lunch break.

The afternoon began with our merry band carefully negotiating under Coles Corner Road Bridge. Prior experience dictated our decision to follow a narrow route next to the left shore to avoid an intimidating boat devouring hole. Everyone effectively completed the maneuver; no paddlers were consumed.

Easy rapids and a ser-

pentine sector of flatwater led to a narrow gorge containing the most difficult falls of the day. Consisting of a substantial ledge drop, large waves and some gnarly holes, it required careful scouting. Some carried around the ledge while others capably navigated through the complex maze of obstacles.

One more significant rapid remained. The U-shaped descent I call Weymouth Falls takes an abrupt steep right turn partway through. Our group entered one boat at a time and tumbled down standing waves to the finish. The relatively high water flushed out what is usually an exceptional surfing wave at the end.

A prominent cottage is situated high on the left bank. That was the former home of longtime PPCS friends David & Thelma Weymouth. Sadly, the wonderful folks who lived there for much of their 72-year marriage have passed away. We miss them and our frequent visits at the end of the Kingsbury excursion.

Flatwater follows past a couple of camps on the left to the takeout. The carry up the embankment to our waiting vehicles was the culmination of another outstanding Kingsbury adventure. The river gods willing, we'll return again next year.

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

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Jr. Celtics Academy hosts summer camp

SOUTH PORTLAND, ME -- Jr. Celtics Academy, presented by New Balance, will be hosting a dynamic co-ed summer camp in South Portland, ME, from July 22 to July 26. This camp welcomes youth of all skill levels, ages 7 to 14, and promises a unique Celtics basketball experience.

Jr. Celtics Academy, the official youth basketball platform of the 17-Time World Champion Boston Celtics, is dedicated to providing positive and inclusive youth basketball experiences. This summer camp aims to treat every participant like an MVP, encouraging self-improvement, teamwork, and fostering a lifelong love for the game.

Participants will engage in high-energy on-court games, drills, and healthy competition, ensuring a fun and exciting environment. The camp will focus on developing game



Grant Williams arrives at camp



Team photo of last year's campers

skills in a safe and inclusive space. For more information, please visit Jr. Celtics Academy at <https://www.nba.com/celtics/jrceltics>



Campers run drills with Grant Williams

[nba.com/celtics/jrceltics](https://www.nba.com/celtics/jrceltics)
South Portland Recreation Center
21 Nelson Rd
South Portland, ME 04106
Monday, July 22 –

Friday, July 26
9:00 AM - 3:00 PM
The Jr. Celtics Academy is committed to building future generations of champions and lifelong basketball fans by reward-

ing self-improvement and teamwork. This summer camp is an excellent opportunity for young athletes to grow their skills and enjoy the game in a supportive and dynamic setting.

Support families in honor of Military Appreciation Month

PORTLAND, ME — The American Red Cross provides support to our U.S. military community at every step of their career — from the time a service member takes their oath to navigating life as a veteran and each event in between. You can find Red Cross support of military communities across the globe at military hospitals, on installations locally and overseas and through local chapter offices in every state.

This month, the Red Cross is inviting people around the country to turn your appreciation into action. For those with a military background or just a heart for military and veteran communities, opportunities to volunteer and support are available across Maine. Click here for more information and descriptions of available positions.

“The Red Cross serves our nation’s military per-

sonnel and their families, including active duty, National Guard and Reserve, as well as our veterans,” said Celeste Stimpson, Service to the Armed Forces program director, Red Cross Northern New England Region. “Red Cross volunteers are at the heart of all this work. Thousands of volunteers help deliver services at Red Cross offices across the country and in more than one hundred military installations around the world.”

ANSWER EMERGENCY CALLS WITH THE HERO CARE NETWORK. The Red Cross Hero Care Network is a free 24/7 support system for military and veteran families when they are facing life-changing events like the birth of a child, the death of a loved one, a medical emergency or even a financial crisis. The Red Cross is the only organization to provide this emer-

gency messaging service to separated and active-duty military families.

Volunteers help serve members each day by answering calls, delivering messages and opening cases to support connections to additional resources.

Over the last year, the Red Cross is proud to have assisted over 87,000 families with emergency situations, and nearly 136,000 families received critical community services.

Here in Maine, the Red Cross has provided at least 1,250 emergency and critical community services to more than 850 military families over the last year.

HELP BUILD STRONG FAMILIES AND RESILIENT COMMUNITIES. The Red Cross welcomes volunteers in all of our service areas. However, at this time, there are a few roles that need to be filled most urgently:

Service to the Armed Forces Community Relations and Outreach Lead: Lead the Red Cross team in engaging with community partners to champion support to the military community.

Resiliency Program Volunteer Facilitator: The Red Cross Service to the Armed Forces offers virtual resiliency workshops to help guide members of the military and veteran communities on various topics centered around coping and communication skills.

Hero Care Caseworker: If you are someone with strong listening skills and the ability to work with culturally diverse populations, you can help provide a critical link for families during emergency situations by becoming a Hero Care Network volunteer.

VOLUNTEER TODAY. Turn your appreciation into action by volun-

teering with the Red Cross today. To learn more, visit [redcross.org/volunteer](https://www.redcross.org/volunteer) or contact your local Red Cross chapter to learn about

open positions. Visit www.redcross.org/saf for full information about programs that support military communities.

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Arts & Entertainment

Check out the Portland Farmers' Market

PORTLAND, ME -- Shop directly from over 40 of Maine's top farmers and food producers in one stop at the Portland Farmers' Market in beautiful Deering Oaks Park in Portland!

Bring a cooler to keep all of your delicious purchases in because our next stop will be for lunch of your choosing (your purchase) at the historic Miss Portland Diner.

Who: Ages 50+
When: Wednesday, June 5

10:00am - Mini-

Bus Departs Community Center

10:15am - Visit Portland Farmers Market at Deering Oaks

12:00pm - Lunch at Miss Portland Diner*

By 2:00pm - Return to Community Center

Cost: \$5 fee includes round-trip transportation only! * Lunch & Farmers' Market purchases are on your own ... please bring cash or a card!

To register, please

visit the 'Special Events' tab in the catalog found at www.WestbrookCommunityCenter.org.

Questions? Please contact John Lee by e-mail at jlee@westbrook.me.us by phone at 207.854.0676, ext. 5266.

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

Frontier launches two nonstop routes from Portland

PORTLAND, ME -- Ultra-low fare carrier Frontier Airlines (NASDAQ: ULCC) launched nonstop service from Portland International Jetport (PWM) in Portland, Maine, to Chicago O'Hare International Airport (ORD) and Philadelphia International Airport (PHL). With these new routes, Frontier will serve a total of five destinations from PWM. To celebrate, America's Greenest Air-

line is offering fares as low as \$19.*

"We're thrilled to increase our service out of PWM with these three new routes," said Josh Flyr, vice president of network and operations design, Frontier Airlines. "Our 'Low Fares Done Right' means consumers in Maine have access to travel that is convenient and affordable."

Frequency and times are subject to change.

Please check <https://www.flyfrontier.com> for additional information.

Frontier recently introduced UpFront Plus, a new upgraded seating option with extra leg and elbow room in the first two rows of the aircraft. Customers in UpFront Plus enjoy a window or aisle seat with extra legroom and a guaranteed empty middle seat.

The airline's reimagined, industry-leading

frequent flyer program, FRONTIER Miles, enables consumers to 'Get It All For Less.' Customers earn miles fast and get rewarded for each dollar spent on Frontier products. Miles accrue based on dollars spent with a standard 10X multiplier: \$1 = 10 miles. Mileage multipliers increase at every elite level up to 20X. Elite status enables members to enjoy benefits like priority boarding, free seat

selection, no change or cancel fees when changes are made seven days or more in advance of flight departure, and free bag(s) at Gold, Diamond, and Platinum levels. Like the airline, FRONTIER Miles is family friendly, and the program makes it easy for families to enjoy the rewards together, including family pooling of miles. Joining is free.

*About the Promotional Fare Offer:

Fares must be purchased by 11:59 pm Eastern time on May 31, 2024. Fares are valid for nonstop travel on select days of week. Fares are valid for travel Jun. 1, 2024, through Sep. 30, 2024. The following blackout dates apply: Jun. 28-30, 2024, Jul. 1-7, 2024; Aug. 30-31, 2024; Sep. 1-3, 2024. 21-day advance purchase is required. Round trip purchase is not required.

Maine musicians memorialize Lewiston shooting in song

TURNER, ME -- "Private Person," a new song by Maine musicians Jason J. Carey and Scott K Fish, tells the story of the October 2023 Lewiston, ME mass shootings by Robert Card, imagining how history might have changed if just one of several authorities had heeded the warnings and calls to help the troubled Card.

"Card referred to himself as a 'private person.' The night Card went on his rampage, we had already been working several months on a video documentary about mental illness, particularly about the difficulty getting sufferers proper help, because of the nature of the illness, and the lack of available resources," said Carey.

The Lewiston shooting tragedy was an awful demonstration of the worst aspects of mental illness.

A man in denial clearly in need of help

Family and friends pleading with authorities to help the man

Authorities ignoring or dismissing the calls for help

And finally, the man reaching a mental breaking point

After absorbing news stories laced with quotes from victims' family members, Card's family, law enforcement officials, military personnel, elected officials, and the general public - Fish and Carey responded to the shooting through song.

"Private Person" imagines what conversations might have gone through the shooter's head, as well as conversations about what went wrong, and how we could have done better, taking place in Lewiston and Statewide.

Fish said, "Someone with mental illness often doesn't know they're ill. That's part of what makes



sufferers tough to help."

"Add to that a shortage of trained mental health professionals, a lack of mental health facilities. We basically ask our neighbors with mental illness to fend for themselves," said Carey.

"Private Person"

makes clear that doing nothing is neither a strategy nor an option.

How many times should someone have to ask for help before help is given?

Carey and Fish hope "Private Person" will help persuade people to consid-

er the wisdom, the humanity, the decency, of providing a helping hand to individuals grappling with mental illness.

Private Person is available for purchase and downloading at: <https://pineconerecords.com/privateperson>

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

Road Waves, a sonic adventure, comes to Chocolate Church

BATH, ME -- Experience the sonic adventure that is Road Waves; a dynamic ensemble seamlessly melding the raw energy of rock, the groove of funk, and the sophistication of jazz into an electrifying genre-defying fusion. Conceived a decade ago by visionary front man Ji Sharp, the

band has swiftly ascended as a tour de force in the realm of live performances. This fiery unit has a deep bond with their audience, with each performance delivering an energetic and emotional experience that captivates and energizes listeners. Their live shows skillfully mix precision



and spontaneity, creating a memorable experience that lingers long after the music ends.

Road Waves has been a revelation, entrancing audiences across North America with their unbeatable spirit and musical flair. They invite you on an intimate and thrilling journey with ev-

ery song, leaving an indelible impression on all who partake.

<https://chocolate.na.ticketsearch.com/sales/salesevent/16589>

Road Waves
Fri 31 May 2024,
07:30 PM

The Chocolate Church Arts Center, Bath, ME

OSJL launches bike program for kids of military families

NORTH KINGSTOWN, RI -- Ocean State Job Lot (OSJL), a leading discount retailer with 153 stores across New England and the mid-Atlantic, is pleased to announce a new iteration of its 'Buy, Give, Get' program this spring which will provide Huffy bicycles to children of military families in need.

Beginning Tuesday, May 14th, any customer who buys a Huffy children's bike at any OSJL store for \$100.00 and gives it back to the store as a donation, will get a \$100.00 Crazy Deal Gift Card for free, to be used for a future purchase at any store.



"Riding a bike is one of life's simple joys, and for a kid, there is nothing like the freedom a bike affords," said David Sarlitto, Executive Director, Ocean State Job Lot Charitable Foundation. "We are thrilled to have this opportunity to provide quality Huffy bicycles to children whose parents have sac-

rificed so much, and we thank our loyal customers for their support in this effort."

Ocean State Job Lot will work with the American Legion, Veterans of Foreign Wars, Disabled American Veterans, USA Veterans, and other veteran services to distribute the bikes to military families.

This program supplements OSJL's traditional summer 'Buy, Give, Get' backpack program and its fall 'Buy, Give, Get' winter coat program. Since the start of 'Buy, Give, Get' in 2016, OSJL has provided over 300,000 coats to veterans in need and 200,000 backpacks to children in need, including those from

military families.

Some restrictions apply for the redemption and use of the Crazy Deal Gift Card. Promotion does not apply to Ship-to-Store purchases. Participants must be registered as a Job Lot Insider. Promotion may not be combined with any other discount, offer, or promotion, including but not limited to advertised sale items, Crazy Deals®, Insider coupons, and Insider Executive Deals. No rainchecks. Merchandise credit and Crazy Deal Gift Cards cannot be used as a form of tender during this promotion. Limited product exclusions apply, including Ocean State Job

Lot gift cards, third-party gift cards, clearance items, propane tanks and refills, beer and wine, kayaks, and live plants and flowers. Offer may not be applied to past purchases. All warranty and return rules apply. To find out more Crazy Deals®, please visit: <https://www.oceanstatejoblot.com/crazy-deals-faq>.

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

UMA offers new graduate certificate in DVR

AUGUSTA, ME -- The University of Maine at Augusta, a leader in distance learning for over 30 years, announces its launch of the first public graduate certificate program in Data Visualization & Representation (DVR) in Maine. In line with UMA's mission to provide high-quality distance education and innovative professional programs, students from all over the state can pursue a graduate certificate in DVR, online, gaining in-demand skills in this rapidly growing industry.

While Data Visualization includes charts and graphs, it can also be health infographic posters, maps of snowfall averages, or a comparison of the top 20 most visited tropical vacation sites. "You might be more

interested in business," says Peter Precourt, Professor of Art and Coordinator of the DVR Graduate Certificate Program. "You might be interested in making infographics. You might need to share information with stakeholders of your community group or organization." There is something in this program for almost everyone and the possibilities are nearly endless with, as stated in US News and World Report, an estimated 149 zettabytes (each zettabyte a trillion gigabytes) of data being created, captured, copied or consumed across the globe by 2024. In this 18 credit, six course program, students take two graduate courses in data science, another two in ethical data research methods, and two in art cri-

tique and storytelling. But, according to Precourt, "what really sets this program apart is the open sharing of work in a virtual studio setting. We share our work in real time and give feedback to each other which doesn't just help you get better, but it helps prepare you to be in a public presentation, have your work be questioned, and then respond in a meaningful and thoughtful way."

Data Visualization and Representation is a rapidly growing industry. According to the U.S. Bureau of Labor Statistics, the field of Data Science, which includes Data Visualization Development, is projected to grow 35% from 2022-2032, with over 17,000 jobs to be added annually, and earnings ranging from about \$58,000 to

over \$170,000 per year.

For more information about the Graduate Certificate in Data Visualization and Representation contact Peter Precourt, program coordinator, at peter.precourt@maine.edu or visit <https://www.uma.edu/academics/programs/dvr/>.



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Casco FCU new addition breaks ground in Gorham

GORHAM, ME -- It was a beautiful day for the official groundbreaking for Casco Federal Credit Union's addition to their Main Street Gorham location on May 7, 2024. The groundbreaking was a communitywide event and celebration of the new updates and of the existing building. "This is an exciting year for Casco FCU because along with this addition that will give us space to grow, we are

also celebrating our 70th anniversary," stated Marti Allen, Casco FCU President/CEO. "This opportunity to expand will allow us to continue to invest in our community. Our team at Casco FCU is focused on merging 70 years of experience with the needs of our members."

Allen went on to add, "Of course this would not be possible without Great Falls Construction, and we are thankful for their



Pictured left to right – CJ Glenn VP of Operations, Nicki Davis Executive VP/CLO, John Zerillo Chairman of the Board, Marti Allen President/CEO, and Jim Stone Treasurer/Secretary.

entire team. Relationships are important to our credit union and to be able to do business with another local business such as Great Falls, makes this even more special." On hand were representatives from Great Falls Construction, Casco FCU Board of Directors, and the Town of Gorham Economic Division. The addition is expected to be completed in the fall of 2024.

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with Maine Author Kalee Gwarjanski

May 25, 2024
10:30 AM

CRAFT TIME

BOOK SIGNING

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Presumpscot Regional Land Trust celebrates new trail system

WINDHAM, ME -- On Saturday, May 4th, Presumpscot Regional Land Trust celebrated the Grand Opening of the East Windham Conservation Area in partnership with the Town of Windham, the Greater Portland New England Mountain Biking Association, & the Run-aways Run Club.

It was a truly beautiful day as participant groups explored the new trail system and mountain biked, ran on the trails, and hiked. What a fantastic showcase for this multipurpose, extensive new trail system.

A very special thanks to the Lands for Maine Future Program, the 400 supporters who donated, the board for Presumpscot Regional Land Trust, the Windham Town Council, Barry Tibbetts and Linda Brooks of the Town of Windham, as well as Amanda Lessard and Rachelle Curran Apse who all



helped make this Conservation Area possible. We are grateful for the contributions and collaborations

of all those involved in making the East Windham Conservation Area a reality.

We hope you enjoy this new, valuable outdoor recreational resource for the community.



Gorham Pride collaborates on Let Us Be Perfectly Queer!



GORHAM, ME -- Gorham Pride and @windhamraymondpride are collaborating with @wmpgfm to bring you Let Us Be Perfectly

Queer! A fabulous podcast focused on opening up the conversation on various topics within our community! Co-hosted with Kate and @letta-

thequeen And last week in our first episode Kate and Letta talked about Maine's Queer History and the foundation of Pride!

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 dis-

played 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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Bridgton Hospital nurse anesthetist wins award

BRIDGTON, ME -- Seth Rabinowitz, CRNA, a nurse anesthetist at Bridgton Hospital, is this year's winner of the Winnie R. Moore Award.

The Winnie R. Moore Award was established to recognize clinical nursing excellence. Recipients exemplify qualities such as leadership, mentorship and commitment to caring for the Lakes Region. It's named after

Winnie Moore, RN, who spent most of her career in Bridgton, working as a nurse at Northern Cumberland Memorial Hospital which later became Bridgton Hospital. She was the director of nursing at Bridgton Hospital for 29 years and also served on the hospital's board of directors.

For years, Seth Rabinowitz has been delivering anesthesia care to



Seth Rabinowitz surrounded by his fellow team members

Bridgton Hospital's surgical patients. His expertise is widely acknowledged and sought out by providers there.

"Seth has been instrumental in advancing Bridgton Hospital's surgical services," said Bridgton Hospital President Stephany Jacques. "He collaborates closely with our nurses and provides a stabilizing presence for the entire team. He is well de-

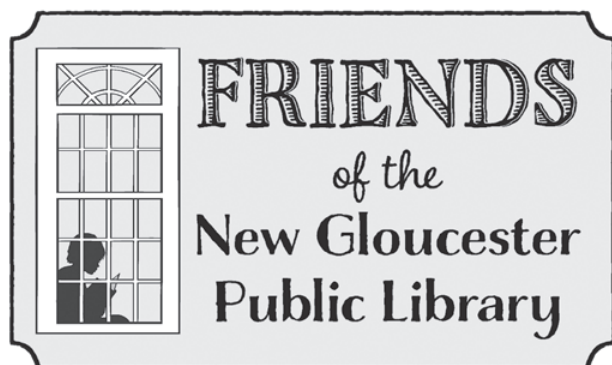
serving of this award.

The award presentation took place during the annual Winnie Moore Breakfast at Bridgton Hospital which is part of Central Maine Healthcare's Nurses Week celebrations. During the ceremony, past Winnie R. Moore Award winners pass a candle along until it reaches the current year's recipient, representing a passing of the torch.

Public invited to spring book, bake sale

NEW GLOUCESTER, ME -- The Friends of the New Gloucester Public Library announce their spring book and bake sale, to be held on Sunday, June 9, 2024, from noon to 3 p.m. at the New Gloucester Community Building, 381 Intervale Road in New Gloucester. Members of the Friends are invited to a preview sale that morning from 11 a.m. to noon. Everyone is welcome to join the Friends that day, if they are not already a member.

The Friends book sales are a cherished tradi-



tion in New Gloucester that may have begun as early as 1960, when discarded books were placed on sale at the library in order to generate a little income. In

the Friends book and bake sales of today, members of the community come together to visit and nibble on homemade cookies and bars while browsing the se-

lections and getting a jump on summer reading.

The public is invited to donate books to the sale by bringing them to the New Gloucester Public Library, located at 379 Intervale Road, during open hours. Of particular interest are children's books, and adult fiction and non-fiction. Please limit donations to two cartons or four grocery-sized bags. Containers will not be returned and library staff will not be available to assist in unloading donations. All materials should be clean and free of

odors, mold, and mildew. The Friends are not accepting Reader's Digest Condensed books, encyclopedias, text books, magazines, VHS tapes, DVDs, or CDs.

While the library has always had a core group of volunteers, the formal organization known as the Friends of the New Gloucester Library was established in 1989. Today a non-profit 501(c)3 organization, the Friends help fund library programming, purchase books and other materials, and sponsor the library's free museum and

park passes. Recent projects include the Friends' popular book and bake sales, offering a raised-bed vegetable garden class, supporting summer-reading programming and book clubs, landscaping library grounds, and participating in town events, such as the Community Fair and Tiny Timber tree lighting. In 2019, the work of the Friends received the Spirit of America Foundation Award, a tribute presented to Maine municipalities, individuals, and organizations for commendable community service.

UMA selected as Remain's 2024 Envision Resilience partner

AUGUSTA, ME — The Envision Resilience Challenge, a multi-university design studio and community engagement initiative founded by philanthropist Wendy Schmidt and her husband, former Google CEO Eric Schmidt, announced today that its fourth year of programming will take place in Maine. University of Maine at Augusta (UMA) has been selected as one of eight university partners to participate in this year's challenge. Other participating universities include Cornell University, Harvard University, University at Buffalo, University of Michigan, University of Virginia, Yale University, and the program's first international partner, University of Toronto.

UMA's Bachelor of Architecture (B.Arch.) program offers the only professional architecture degree in Maine and the only public 5-year professional degree in northern New England. UMA teaches architecture through en-

gagement, educating, and empowering students to explore, investigate, and analyze the built environment. Examples of how students engage in local communities, as well as its accreditation by the National Architectural Accrediting Board program can be found at uma.edu/barch.

Over 25 years ago, Professor Roger Richmond envisioned the architecture program as a two year-plus associate's degree which grew to a full Bachelor of Arts degree in 2001. While maintaining high quality core values of Space, Scale, and Light, and the necessity to Design with Intention, the program began to use more advanced tools and language of architecture. The goal was always to best prepare graduates for further study, professional practice, or immediate employment, and to have successful graduates leave the University with an awareness of the importance of architecture in the development of society, and ar-



Architecture students with 3-D building models

chitecture's power to affect the quality of individual lives.

Portland, South Portland, and the Casco Bay Islands have been chosen as study sites for the 2024 fall design studio, which will convene community stakeholders and teams of students studying architecture, landscape architecture, urban planning, and environmental science. Like coastal communities around the world, Portland and South Portland are at the forefront of a changing climate. The Gulf of Maine waters are warming, and sea levels are rising at three to four times the global average. Winter storms this year have flooded downtowns, damaged wharves, washed away historic

structures and set record high tides.

The 2024 Envision Resilience Portland and South Portland Challenge has worked with the local community to identify several sites that will be the focus of the student teams:

- Portland Working Waterfront
- Portland Industrial
- Portland Public Open Space & Parks
- South Portland Waterfront
- South Portland Industrial
- Casco Bay
- Casco Bay Islands

Building on the success of its previous challenges, the Envision Resilience Challenge will bring to the Greater Portland Region a leading network of students, faculty,

and researchers to engage with municipal and community leaders, business owners, local stakeholders and nonprofit and science organizations. Student participants will spend the fall 2024 semester diving deep into local challenges, researching pathways forward, and proposing adaptive and imaginative solutions to the current and future impacts of climate change.

"Climate change is the defining issue of our time—but instead of fearing the future, this program asks us to reimagine the future we would like to see and then work toward it," said Wendy Schmidt, founder of Remain. "The Envision Resilience program reminds us that when we collaborate and approach challenges with creativity, we can work toward a brighter future. The eight participating university teams bring the ability to merge spatial and social histories, community input and speculative futures that will become hopeful visions for Portland, Maine, and other communities facing similar challenges."

"Being selected to participate in the 2024 Envision Resilience Portland and South Portland Challenge is a great honor. Our students are going to benefit greatly from the incredible resources that Remain provides as part of the Challenge Studio. The ability to collaborate with

the other seven universities will be a great learning experience," says UMA Professor of Architecture Patrick Hansford, a practicing architect with over 38 years of experience, whose most recent project was a shelter for victims of domestic violence and homelessness in his hometown of Troy, Ohio. "Our community design studio focuses on service. Being part of this year's Envision Resilience Challenge will afford our students the opportunity to work with community partners in Portland and South Portland to address important issues facing Maine, New England and beyond."

Following the fall semester design studio, the Envision Resilience Challenge facilitates community programming, events, and an exhibition to showcase the design outcomes to the region. To date, the program has worked with 346 students, 70 community advisors from eight coastal communities and 22 student teams from 13 universities. The public is invited to follow along throughout the duration of the challenge at www.envisionresilience.org and via social media (@envisionresiliencechallenge). To learn more about the previous studios, explore the design outcomes of the 2021 Nantucket, 2022 Narragansett Bay and 2023 New Bedford and Fairhaven student teams.

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TurfMutt Foundation: We need more yards, parks, green spaces

ALEXANDRIA, Va. — For 15 years the TurfMutt Foundation has advocated for the care and use of yards, parks, and other green spaces. These outdoor areas facilitate “backyarding,” the act of taking every day activities that we normally do inside into the outdoor spaces around us such as dining, working, relaxing and more. This not only makes life more enjoyable, but it also improves the health and well-being of people, pets and the planet.

“Over the years, we’ve seen the benefits to families, communities and wildlife by having accessible green space to help

balance our man-made environments,” said TurfMutt CEO & President Kris Kiser. “The benefits of nature — which starts right out our backdoors — are vast, and there is a wealth of scientific evidence to support the argument for growing our green space.”

Here are the top 5 reasons we need more managed green space in our backyards and communities:

Environmental Benefits

Plants, shrubs, trees, and grass are “environmental superheroes” that capture and filter rainwater, produce oxygen, and absorb carbon. The dense canopy and fibrous root system



in a lawn sequesters carbon so well that it outweighs the carbon used for maintaining the grass by as much

as seven-fold. An average-sized home lawn in the U.S. has the potential to sequester 20.3 to 163.4 kg C/lawn/year. Planting trees results in less runoff and erosion, allowing more recharging of the ground water supply and resulting in less sediment and chemicals in streams.

Physical Well-Being

The physical health benefits of spending time in green space are vast. A review of research published between 1976 and 2017 found consistent associations between greater urban green space exposure and decreased mortality, heart rate, and violence, as well as between greater urban green space exposure and increased attention, mood, and physical activity. Living near green spaces could add 2.5 years to your life, according to research published in the peer-reviewed journal Science Advances. Additionally, people living near green spaces, including parks, age slow-

er than those in dense urban environments.

Mental Health

Spending time in green space also makes us happier and improves our mental well-being. According to a systematic review of research, green spaces decrease the risk of psychiatric disorders, including depression, anxiety, dementia, schizophrenia, and ADHD. Additionally, visits to parks, community gardens, and other urban green spaces may lower city dwellers’ use of drugs for anxiety, insomnia, depression, high blood pressure, and asthma.

Financial Advantages

Having more green in your yard can add more green to your pocketbook. According to a study conducted by the Harris Poll for the TurfMutt Foundation, nearly three-quarters of Americans overall (72 percent) say a spacious yard would be at the top of their wish list if they were looking for a new home. A beautiful landscape improves curb appeal, which

can increase home value by as much as 17 percent. Each front yard tree adds one percent to a homeowner’s sale price, while large specimen trees can add 10 percent to property values.

Wildlife Corridors

Wildlife — including pollinating birds, butterflies, bees — have had to adapt to the human-made environment. Having the proper green space that blooms throughout the year in backyards and community parks plays a critical role in helping animals and insects thrive by reconnecting fragmented habitats into a connected ecosystem. To find the best plants to support backyard critters in your area, consult the National Wildlife Federation’s Native Plant Finder.

Backyarding is most beneficial when practicing the “right plant, right place” principle. This means selecting plants that support your family’s lifestyle and ones that will thrive in your climate zone with minimal work on your part. Refer to the USDA’s Plant Hardiness Zone Map to find the plants, shrubs and trees that are best suited for your yard. If pets are in the picture, you will want to choose pet-friendly plantings. The ASPCA has a list of non-toxic plants that are safe for pets.

For more photos, go to: <https://www.dropbox.com/scl/fo/u7goydpvizo-gtlscz1dyp/AAUK-wPFjUNzZ2-cfJaNt-tY0?rlkey=j-t0zz8qlh7m-w15u67ml1el1-gn8c&dl=0>

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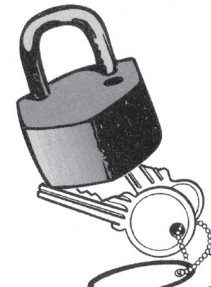
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May 23
AUBURN -- Free public lecture titled, Be Set Free at 7:00pm at the Hilton Garden Inn Riverwatch sponsored by First Church of Christ, Scientist, Lewiston-Auburn. This talk is part of the church's efforts to embrace the community with healing love and prayer in the wake of last fall's shooting. Speaker, Nicole Virgil, CS will examine liberty from a Biblical perspective and show how people can find freedom from all kinds of restrictions--physical, emotional, and circumstantial--that seem beyond their control.

For questions, call 207-782-0012, cschurchauburn@gmail.com

May 24
BAR MILLS -- Don Roy Trio with the Arnotts at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Friday, May 24 at 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org.

May 25
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, May 25, 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.

May 25
BAR MILLS -- Vaudeville at SRT: Michael Trautman in Body Talk at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday May 26 at 2:30 PM. Tickets: \$10 adults, \$5 children 5 to 18, children under 5 free at www.sacorivertheatre.org

May 25
GRAY -- The First Congregational Church of Gray Saturday Night Church Supper, Saturday, May 25, 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 Kidney, Red Hot Dogs, Breads, Assortment of Desserts & Beverages.

May 25
AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, May 25th 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.

May 27
NEW GLOUCESTER -- Memorial Parade & Memorial Service on Monday May 27, 2024 in New Gloucester. We invite you to join us Veterans, Church Groups, Cheerleaders & Dances Groups, Walkers/Marchers, Floats, Classic Vehicles. We start line-up at 8:00 A.M. at Memorial Elementary School on Intervale Rd, New Gloucester, Me. Parade steps off at 9:00 A.M. Sharp! Parade will march to Veterans Memorial Park. The Memorial Service at the Veterans Park. A time to "Honor Our Veterans" and Reminder Loved Ones that pass from our ranks.

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
GORHAM -- Gorham Garden Club Plant sale, June 15th 9AM -12 PM. Location: Baxter Library next to the Gazebo, 71 South St., Gorham, Maine

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 Flagg 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.

July 13
GORHAM -- The Maine Iris Society will hold its annual auction of bearded iris rhizomes on Saturday, July 13th, starting at 1:00

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pm at the Treworgy Homestead and Garden located at 120 Flagg Meadow Road in Gorham, Maine. A complimentary self-guided tour of the Treworgy Garden is included. This event 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 fami-

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

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

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

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

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

NORTHERN SUPREME CLEANING. Junk removal • Yard cleanup. Everything & anything! Residential & Commercial Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing. *Trust us for a superior cleaning experience!* Call (207) 595-6347 or email NorthernSupremeCleaning@gmail.com

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@1stchoicetoclean.com www.1stchoicetoclean.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 start-up 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

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.

NOVEMBER 18-20, 2024 - CHRISTMAS IN NEW YORK CITY - Trip includes 2 nights lodging with 3 days in New York City. Breakfasts each morning and 1 dinner in a Manhattan Restaurant is included. We will have a backstage tour of Radio City Music Hall and a guided tour of Lower Manhattan, Times Square, Greenwich Village, Little Italy, Ground Zero and the Financial District. You will also visit the 9/11 Memorial Museum and Rockefeller Center. On Wednesday afternoon it's off to Radio City Music Hall to see the Christmas Spectacular featuring the World-Famous Rockettes. A \$200 deposit per person is due upon registration. Trip price is \$749.00 per person double occupancy which includes guided tours, Radio City Spectacular, included meals and bus driver tip. Make checks payable to White Star Tours.

DECEMBER 13-15, 2024 - WHITE MOUNTAIN HOTEL & RESORT - Trip includes 2 nights lodging with 5 meals. We will visit the Rocks Estate in Beth-

lehem, NH with a Moose and Bear educational program. We will stop at the Bethlehem post office where you will be able to stamp your Christmas cards with the Star of Bethlehem seal and have them mailed from Bethlehem. Trip also includes 1 afternoon comedy show and 2 evening shows. All room and meal taxes and gratuities are included.

Price for a double is \$629.00 per person. Deposit is \$100.00 per person at time of registration. Make checks payable to White Mountain Hotel and Resort.

APRIL 12-20, 2025 - A WEEK IN SPAIN: BARCELONA, MADRID & SEVILLE - Trip includes 7 nights lodging, 7 breakfasts and 3 dinners, 5 sightseeing tours and two train rides. Highlights are Sagrada Familia, Royal Palace, Prado Museum, Cordoba, Olive Oil Tasting, Food Tasting and Royal Alcazar. Deposit to reserve your spot is \$300.00 with trip protection available for \$449.00.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 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 program 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

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on back

Exp. date ____ / ____ / ____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO:

NUMBER OF WEEKS TO RUN: _____

Gorham artists asked to help Mainers keep up with basic needs

MAINE -- Art for Opportunity was a wonderful art event and successful fundraiser for Maine Needs last Fall and @apresdrinks

is willing to let us use their beautiful space to do it again! If you are an artist and want to be part of helping

us raise funds to be able to keep up with the cost of basic needs for people all over Maine, we'd be so grateful for your contribution!

MAINE NEEDS 2ND ANNUAL

ART FOR OPPORTUNITY

a silent auction fundraiser

SEPT 18TH 2024 APRES, PORTLAND

CALLING ALL MAINE ARTISTS!

paintings	ceramics
photography	jewelry
textile art	metal
sculpture	wood carvings

Submissions open June 1st, 2024. If you would like to contribute your art, please fill out the submission form by August 15th, 2024.



MAINENEEDS.ORG/ARTFOROPP



ANN-MARIE KEENE * CORY NICHOLSON * MARK TURCOTTE * NIC DUFAULT

STANDUP * COMEDY * NITE

JUNE 1ST * 2024

CHOW: 1800 HRS
(Dinner: 6pm)

SHOW: 1900 HRS
(Show: 7pm)

AMERICAN LEGION POST 197

300 Conant Street * Westbrook

\$25 - DINNER + SHOW
\$15 - JUST THE SHOW

Purchase tickets at the Legion 12-9p daily

MORE INFO: 207-854-9044 * OR * RHONDA.SANTAMORE207@GMAIL.COM



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MAY 16 & 23 | 2 P.M.

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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.

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