

## Check out Story Hour at North Gorham Public Library



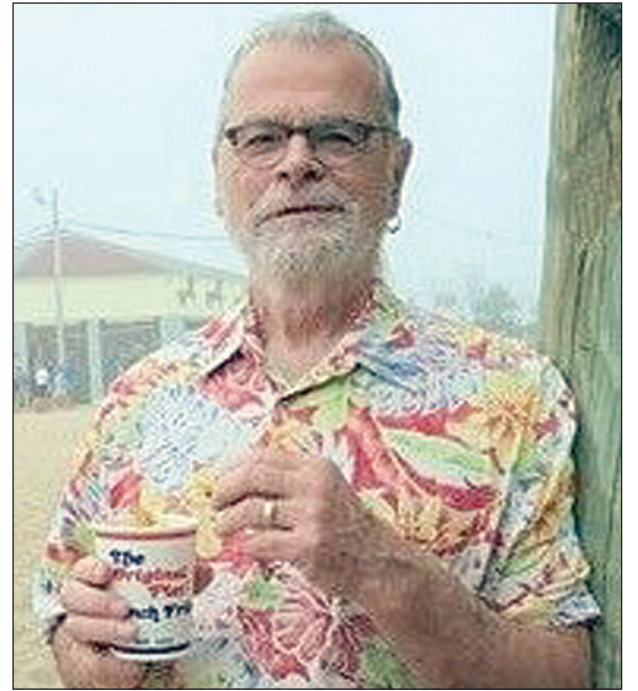
**GORHAM, ME** – North Gorham Public Library’s weekly Story Hour with Paula Boyce continues to grow! She reads a story, brings a craft for the children to work on, and leads them in singing and dancing. Story Hour happens every Wednesday morning in the library from 10:30 to

11:30. Bring your children (and your own inner child) and join the fun! Check our Facebook page weekly to see what book Paula will be reading.

## Maine photojournalist, author Tim O’Brien coming to Gorham

**GORHAM, ME** -- In The Maine Roadshow: A Roadside Tour of the State’s History, Culture, Food, Funk & Oddities, award-winning photojournalist Tim O’Brien ventured far off the beaten path to explore the lesser known aspects of the state’s historic and significant attractions, while keeping an eye out for interesting and often hidden roadside oddities and attractions. The results provide the reader a robust understanding of the diversity of what Vacationland has to offer.

For nearly six decades, Tim O’Brien has worked as a communications specialist in the entertainment industry chronicling theme parks, amusement parks and attractions, circuses, carnivals and sideshows. Tim is an accomplished photographer and public speaker,



having lectured extensively at industry seminars, schools, libraries, and various civic groups. He has appeared on the “Martha Stewart Show,” “Good Morning America,” and in more than a dozen theme

park documentaries on the Travel Channel, The Discovery Channel and National Public Television. Catch him at Gorham’s Baxter Memorial Library Wednesday, June 26th 6pm.

## Gorham senior property tax assistance applications available

**GORHAM, ME** -- Applications are now available for the Town of Gorham Senior Property Tax Assistance Program. This program was estab-

lished to provide property tax assistance to persons 65 years of age and over who reside in the Town of Gorham. Under this program, the Town of

Gorham will provide refund payments to those individuals who maintain a homestead in the Town of Gorham and meet the criteria established by this

article. To obtain an application, please visit the Town Clerk’s Office at the Gorham Municipal Center (75 South Street) or go to the

Town’s website. Completed applications can be submitted to the Town Clerk’s Office now through the deadline of August 1, 2024. If

you have questions and/or need assistance completing your application, email [seniorrebate@gorham.me.us](mailto:seniorrebate@gorham.me.us), or call 222-1671.

## Evergreen CU expands community partnerships

**PORTLAND, ME** – Evergreen Credit Union has established two new Community Partners, Maine Mayhem Football and Maine Footy United Women’s Soccer.

As Maine Mayhem’s Platinum Sponsor, Evergreen CU is directly helping the team pursue a National Championship in the Women’s Football Alliance (WFA), which has over 60 teams across the country.

“Last year the Mayhem were the Northeast Regional Champions. We are striving for even greater success this year,” said Kate Archambault, Maine Mayhem’s Treasurer. “We can’t achieve that goal without the support of our community partners like Evergreen Credit Union.”

Maine Footy is looking forward to their first home game on June 1. The team is celebrating their

second ever season. “Not only do we have a top team, but we’ve funded a second team for the best high school girls in southern Maine. That’s a new concept for anybody—that the program is funded and



free.” said Todd Sniper, Maine Footy’s Director of Football & Board Director. “Without our fantastic sponsors, like Evergreen Credit Union, this doesn’t happen.”

Evergreen Credit

Union’s Community Partners program was created in 2016 to develop deeper connections with organizations and nonprofits that echo Evergreen’s mission. “Our team invests time and energy into our Community Partners so we have the privilege to help further their missions,” said Jason Lindstrom, Evergreen’s President/CEO.

Evergreen is Maine’s 5th largest credit union,

servicing 6 counties in southern Maine. To learn more about Evergreen’s Community Partners and their efforts, visit [egcu.org/community](http://egcu.org/community).

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

### Bridgton Hospital Specialty Clinics

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# Newsmakers, Names & Faces

## Maine Justice Foundation opens applications for tax credit

AUGUSTA ME

– The Maine Justice Foundation is pleased to announce that applications for the 2024 Access to Justice Tax Credit Program will open on June 1, 2024. The Foundation will accept applications from eligible attorneys from June 1- 17, 2024. Please visit <https://www.grantinterface.com/sl/TQAslr> to apply.

In an effort to encourage lawyers to provide services to underserved areas of our State, the Legislature enacted this program in 2022. 36 M.R.S. Section 5219-ZZ provides that the Maine Supreme Court or its designee shall certify up to five qualified attorneys annually for participation in the Access to Justice Tax Credit program. The Court has designated the Maine Justice Foundation to administer the program and established a Standing Committee to assist and advise the Foundation in the process. The Standing Committee includes representatives of the Maine Justice Foundation, the Maine State Bar Association, and the Maine Trial Lawyers Association.

Now in its third year, the program will authorize up to five additional eligible attorneys to receive a \$6000 tax credit in 2024 and in each year thereafter through 2027. To be eligible, attorneys must commit to practicing law in an underserved area for at least five years, must be rostered by the Maine Commission on Indigent Legal Services to accept court appointments to represent clients in an underserved area, and



must agree to perform pro bono legal services in an underserved area.

In 2022 & 2023, the Foundation received submissions from eligible applicants statewide representing Penobscot, Hancock, Waldo, Aroostook, Somerset, Androscoggin, and Cumberland Counties. The attorneys selected through this process to date include Cassandra Rogers and Benjamin Everett of Presque Isle, Taylor Kilgore of Turner, Gregory LeClerc of Standish, Ryan Rutledge of Skowhegan, Britany Sawyer of Arundel, Shamara Bailey of Patten, Lynn Madison of Rockland, Stephen Smith of Augusta, and Cheryl Saniuk-Heinig of Rockland. These attorneys can continue to claim this credit for up to five years provided they maintain their eligibility. This benefit will be expanded for up to five additional eligible attorneys each year through 2027.

“This is one more tool we can employ to support access to justice for Mainers in need,” states Michelle Draeger, Executive Director of the Maine Justice Foundation. “This benefit will encourage attorneys in underserved areas to help their neighbors in underserved areas to ac-

cess justice through quality legal representation. We are honored to administer this program and look forward to working with the Court to report on the positive benefits associated with it to the Legislature. We can collectively solve access to justice issues in our state by employing multiple creative strategies such as this tax credit,” says Draeger.

The Maine Justice Foundation, founded in 1983 as the Maine Bar Foundation, is the state’s leading funder of civil legal aid for poor and vulnerable Mainers. Find us online and support access to justice through donations to various funds at [www.justicemaine.org](http://www.justicemaine.org).

FMI: Contact Michelle G. Draeger, Executive Director: 207-620-1351, [mdraeger@justicemaine.org](mailto:mdraeger@justicemaine.org).

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

## 2024 Maine Iris Society’s 59<sup>th</sup> annual Flower Show

AUBURN, ME –

The Maine Iris Society will hold its 59th Annual Flower Show on Saturday, June 15th from 1:30 – 4:00 pm at the Auburn Middle School, 38 Falcon Drive in Auburn, Maine. Many exciting varieties of irises will be on display as well as peonies and hosta leaves. Admission is free and open to the public.

Potted plants will be available for sale this year along with the very popular \$1.00 rhizomes.

The Maine Iris Society exists to develop the science of horticulture, specifically through the propagation and culture of the



genus, Iris, and to stimulate and foster interest in irises through education of the public and our members.

Annual membership dues are \$8.00 per individual and \$10.00 for two in the same household. Members receive the

informative MIS newsletter. Annual events include tours of member gardens, a picnic and plant swap, a photo contest, plant sales and auctions and an annual meeting that typically features a special speaker.

## Summer alert: Blood, platelet donors needed now

PORTLAND, ME — The American Red Cross critically needs blood and platelet donors now following a concerning trend over the past month – fewer donors rolling up a sleeve to give lifesaving blood. In fact, about 20,000 fewer blood donations were collected over the past month than needed to maintain the Red Cross national blood supply.

Make an appointment to give now by visiting [RedCrossBlood.org](http://RedCrossBlood.org), calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

Severe weather and historic travel in May contributed to fewer blood donations. According to the Transportation Security Administration (TSA), five of the busiest travel days ever happened this month and more record-breaking travel is expected all season long – a busy time when many regular donors may

be unable to give. Additionally, as the U.S. approaches what AAA calls the “100 deadliest days” of summer for auto accidents, it’s critical hospitals have lifesaving blood products on hand for all trauma and accident victims who count on transfusions when there is no time to waste. In some of the most dire situations, medical teams may need to use hundreds of blood products to save a life.

Help build the blood supply

The Red Cross has teamed up with Tetris, creators of the iconic, best-selling video game, to celebrate their 40th anniversary and build the blood supply for patients in need. In commemoration, all who answer the call to help May 20-June 9, 2024, will get an exclusive Tetris® + Red Cross T-shirt, while supplies last, plus be automatically entered for a chance to win a trip for two to New York to

meet Tetris creator, Alexey Pajitnov. See [RedCrossBlood.org/Tetris](http://RedCrossBlood.org/Tetris) for details.

Pajitnov, a recent first-time blood donor, says now is the time to help patients play on. “I think it’s very important to not just talk about people united together and helping each other, but doing it with your real action, and that’s what I tried to do this time. So, play Tetris and donate blood!”

How to donate blood  
Simply download the American Red Cross Blood Donor App, visit [RedCrossBlood.org](http://RedCrossBlood.org), call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver’s license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) or use the Blood Donor App.

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# Newsmakers, Names & Faces

## Letter to the Editor: MePA shares PRIDE this June

This June the Maine Psychological Association (MePA) shares our PRIDE by showing our support and celebrating the LGBTQIA+ community across the state of Maine!

The Pride celebration tradition originated as a way to commemorate the 1969 Stonewall Uprising, a pivotal moment that catalyzed the modern gay liberation movement in the United States. The events at the Stonewall Inn ignited a series of protests and demonstrations that brought attention to the fight for LGBTQIA+ rights and equality. Pride celebrations now also honor the work of Marsha P. Johnson and Sylvia Rivera, trans women of color who created safe havens for trans youth and fought for the inclusion of trans people in the gay liberation movement. Maine's first Pride parade was in 1987; June has been the official Pride month in the United States since 1999.

In the past several years, we have seen unprecedented attacks on people who identify as LGBTQIA+, particularly on transgender and gender diverse youth. Psychologists' allyship and commitment to affirming care for all is more important



than ever before, as research continues to show that when LGBTQIA+ youth feel recognized, supported and valued by their communities their mental health improves and suicide risk decreases.

This year the American Psychological Association (APA) and MePA have enacted research-based policies and position statements supporting the LGBTQIA+ community (<https://mepa.org/mission-leadership/>). In February 2024, APA joined other major medical organizations by affirming psychologists' support for access to quality health care for all regardless of

their gender identity.

As an organization, MePA is proud to stand with the LGBTQIA+ community, during Pride month and throughout the year. Throughout the state, psychologists will be participating in Pride-related events, showing our support for our communities and our commitment to LGBTQIA+-affirming care. We hope you will join us!

To learn more about MePA or to find a psychologist near you, please visit: <https://mepa.org/>

Jeff Matranga  
Maine Psychological Association Board President

## 44<sup>th</sup> annual R.B. Hall Day activities announced

**BRIDGTON, ME** -- Robert Browne Hall was a Maine composer of marches and other wind music during John Philip Sousa's era. Though not as well known nationally, his tunes are still recognizable and his legacy is celebrated every year on the last Saturday in June. This year, Bridgton Community Band cordially invites you to a day of music on June 29th, from 9:00 AM to 6:00 PM, at the Stevens Brook Elementary School on route 302 in Bridgton. There will be community bands from all over Maine as well as a noontime 'massed band' where everyone is welcome to play and R.B. Hall's own cornet will be featured!

There will be food vendors, crafters, bucket drumming, activities for kids, and one of a kind R.B. Hall t-shirts for sale! Free to all - bring a lawn chair!

This event will take place rain or shine - as we will go inside the school if need be. Hope to see you there!

For more information: Feel free to contact Ellen Lucy at [ellenlucy@gmail.com](mailto:ellenlucy@gmail.com) or 207.274.8185.

Schedule for out-

**44th Annual State-wide Music Festival**  
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Free admission - Fun for the whole family! Bring lawn chairs!  
Saturday, June 29, 2024  
8:00 am - 8:00 pm  
Stevens Brook Elementary School  
14 Francis Bell Drive, Bridgton, Maine 04009  
Celebrating the Life and Music of Maine Composer, R.B. Hall  
Sponsored by the Bridgton Community Band and Bridgton Recreation Department

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doors: (Adjusted slightly if it rains and we are inside)  
8:50 AM - Opening ceremony  
9:00 AM - Fanfare Concert Band  
9:40 AM - Sacopec Valley Community Band  
10:20 AM - Westbrook City Band  
11:00 AM - Maine Pops Concert Band  
11:40 AM - World Premiere of Hall Day Fanfare  
12:00 Noon - Massed

Band (All welcome!)  
12:50 PM - Bangor Band  
1:30 PM - Casco Bay Wind Symphony  
2:10 PM - Bath Municipal Band  
2:50 PM - Sebasticook Valley Community Band  
3:30 PM - Hallowell Community Band  
4:10 PM - Harold Crosby Community Band of Dexter  
4:50 PM - Bridgton Community Band

## Albin, Randall & Bennett welcomes Logan Donahue, CPA

**PORTLAND, ME** - Albin, Randall & Bennett is pleased to announce that Logan D. Donahue, CPA, has joined the firm as Audit Senior Manager.

Logan provides professional assurance services for businesses ranging from small tech start-ups to multinational



corporations in the health-care, life sciences, and consumer and industrial markets. She is a graduate of Bentley University where she earned both her bachelor's and master's degrees in accounting.

Prior to joining ARB, Logan began her career and worked for ten years at a Big Four public accounting firm in Boston, Massachusetts, where she advised both public and private audit clients.

Logan lives in Scarborough, Maine, with her husband and kids.

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# MIFF to honor directors Mary Harron, Jos Stelling

**WATERVILLE, ME**—The Maine Film Center is pleased to announce filmmaker Mary Harron as the recipient of the 2024 Midlife Achievement Award and Jos Stelling as the 2024 Lifetime Achievement Award-winner at the 27th annual Maine International Film Festival (MIFF), held July 12–21 in Waterville, Maine.

“It’s always an honor to celebrate the works of filmmakers who have made such tremendous contributions to cinema, and to be able to present them with our famous, one-of-a-kind MIFF Moose award,” said Mike Perreault, executive director of the Maine Film Center. “Moviegoers will have the rare chance to spend a few days rediscovering the work of and engaging in conversation with Mary Harron and Jos Stelling—truly an amazing opportunity.”

The Festival is excited to present its signature Midlife Achievement Award to Canadian director



**Jos Stelling**

Mary Harron. Since her acclaimed 1996 feature debut *I Shot Andy Warhol*, a storied career in film and television has yielded a catalogue of compelling stories that challenge their viewers with psychologically complex, often unsettling characters, but offer tremendous reward in their clever visuals, wit, and genuine human insight. Harron will join the Festival this year for screenings of her films *Daliland* (2022, starring Ben Kingsley as Salvador Dali), *Charlie Says* (2018, offering an

unflinching profile of the women under Charles Manson’s sway), *The Moth Diaries* (2011, an unorthodox twist on a vampire story set in a girls’ boarding school), and cult classic American *Psycho* (2000, starring an unhinged Christian Bale in a tour de force role).

Harron returns to MIFF for the first time since appearing as a special guest in the festival’s ninth year in 2006 with *I Shot Andy Warhol* and 2005’s *The Notorious Bettie Page*.

“Mary Harron is a distinctive and major voice in



**Mary Harron**

the American independent cinema world, whose films touch on characters, often from real life, such as Salvador Dali and Bettie Page, who live on the edge,” said MIFF Programming Director Ken Eisen. “Our guest at MIFF’s ninth festival, she returns 18 years and three terrific features later, to accept our Midlife Achievement Award.”

Claiming this year’s Lifetime Achievement Award is pioneering Dutch filmmaker Jos Stelling, who in 1999 received MIFF’s inaugural Midlife Award. A glance back through the Festival archives suggests this is Stelling’s second Lifetime recognition. Indeed, the au-



teur was brought to Waterville in ’99 to receive that prize, but in his acceptance speech quipped that it was more of a “Midlife” honor, thus renaming the award which in subsequent years went to Terrence Malick, Sissy Spacek, Jonathan Demme, Peter Fonda, Ed Harris, and many more since. A quarter century down the road and with his final film set to make its U.S. premiere at MIFF, Stelling is ready to accept his long overdue Lifetime Achievement Award.

“This year, Dutch director Jos Stelling, whose absolutely unique directorial style has graced theaters and festivals from Cannes to Venice with a pioneering blend of humor, imagery, and surrealism, returns to MIFF for the first time since 1999, the festival’s second year,” Eisen said. “We will feature the North American premiere of what he says will be his last film, *Natasja’s Dance*, as Stelling receives our Lifetime Achievement Award.”

Many of Stelling’s inimitable films, including *The Pointsman* (1986), *The Flying Dutchman* (1995), and *The Girl and Death* (2012), have previously screened at Railroad Square Cinema, the former home of the Maine Film Center and the Festival, to much local acclaim. Stelling will return to the Waterville Opera House in July for the U.S. premiere of his self-proclaimed swan song, *Natasja’s Dance*. MIFF returns to the Paul J. Schupf Art Center and the Waterville Opera House for its 27th edition July 12–21, 2024. Festival passes and packages are now available for preorder online at [MIFF.org](http://MIFF.org). A full festival lineup will be announced soon.

## Sen. Collins attends southern Maine Memorial Day celebration

Springvale, ME —U.S. Senator Susan Collins delivered the keynote address at the Southern Maine Veterans Cemetery during its Memorial Day

event. “For more than a century and a half, Americans have faithfully kept the trust,” said Senator Collins in her remarks. “From

the founding of our nation to today, it is estimated that more than 41 million American men and women have served in uniform and some 1.2 million have

made the ultimate sacrifice. This Memorial Day, here and throughout the nation, we honor those who gave their all for all of us.”

Senator Collins was introduced by Army Reserve Sgt. Curtis Mills, treasurer of the Southern Maine Veterans Cemetery. Senator Collins and Sgt. Mills met 20 years ago when Sgt. Mills was being treated at Walter Reed Hospital after surviving a roadside bomb that detonated beneath his Humvee while he was serving in Iraq.



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# Seniors Not Acting Their Age

## Perfection on the Machias



Morgan Baxter canoes the waves at the bottom of Carrick Rips



Ken Gordon kayaks left at Little Falls



Rick Farnsworth clears a path through a fallen tree

I started paddling multi-day expeditions on the Machias River 45 years ago. In my opinion, it's the finest river trip in Maine, arguably the eastern United States.

About twenty years ago, I began organizing spring Penobscot Paddle & Chowder Society trips on the Machias. I schedule them for late April or early May because my experience indicates that's the most likely timeframe for a quality water level and acceptable weather. Another important factor, that's normally before the dreaded blackflies arrive.

The formula is not foolproof. My friends and I have endured long periods of rain, a couple snowstorms, low water, and an unusually early appearance of Maine's super gnats. Those of us who descended the Machias in late April 2019 will not forget the near flood level waters. Six unplanned portages are still etched in our minds.

In early April, I start evaluating Machias River water levels and the Washington County weather forecast. Estimating the water level is a tricky task. For some inexplicable reason, the U. S. Geological Survey has allowed the Machias River gauge to cease operating while continuing to maintain the Old Stream gauge, a minor tributary. To forego the numerous benefits of mea-

suring one of the largest watersheds in the region defies logic.

In recent years, I've kept a record of Old Stream gauge readings when descending the Machias. As a result, I have a fairly reliable although imperfect indicator of what to expect for water levels. As a general rule, I'm looking for Old Stream gauge readings of 50 cubic feet per second (CFS) or more to paddle below the Airline and higher amounts above.

Based on my experience, the best weather for a spring Machias trip consists of cold nights and seasonably moderate daytime temperatures. Precipitation is unwanted. Cold nights are the arch enemy of blackflies whereas they seem to proliferate during extended periods of warm weather.

Lately, road closures have complicated trip planning. Access to upper portions of the Machias watershed has become increasingly limited and the road to Holmes Falls, in the middle of the river, was closed last year.

This spring, a superb weather forecast and ideal water levels arrived right on schedule, the last week of April. Three Machias River veterans enthusiastically agreed to join me. We planned to meet at the Airline Campground near Wesley and select an itinerary based on road access.

I drove to the region early to determine road options. The news wasn't good. Roads to Holmes Falls, Cranberry and Fifth Lakes, and the West Branch were gated. I did enjoy a couple of quality bike rides and was able to eliminate some options under consideration. We decided to begin about a mile above Carrick Rips near the confluence with the West Branch and paddle to Machias, a four-day trip.

After dropping off shuttle vehicles, we transported two canoes and two expedition kayaks to a location next to the river about three miles downriver from First Lake. We launched under clear skies with temperatures in the 50s, perfect Machias weather.

The flatwater above Carrick Rips was interrupted by a downed tree blocking the entire river. Canoeist Rick Farnsworth waded into the cold water with a handsaw and cleared a path.

We scouted potentially treacherous Carrick Rips on the right. Our plan to start right and move hard left into a wave train to avoid a dangerous boulder at the bottom worked to perfection. The West Branch joined soon after adding substantial volume to the river.

A series of entertaining rapids followed to the Airline. I had previously



Rick Farnsworth finishes Airline Rapid

scouted challenging Airline Rapid so we paddled in tandem down the right side and then ferried to river left where we stopped for lunch at the campground.

A few miles of flatwater interspersed with a couple of rapids brought us to complex Little Falls. After carrying gear and carefully scouting the steep pitch, we all maneuvered left with success.

The campsite at Little Falls is, in my opinion, the finest site on the river. Stopping for the night was a no brainer. Our outdoor gourmet, Rick Farnsworth, baked delicious pizza in a reflector oven for dinner.

During the cold evening, the coming days were

the topic of conversation. Wigwam Rapids, Little Holmes Falls, and Great Falls were some of the challenges ahead.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates five more exciting river trips in Maine.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at [www.northcountrypress.com/maine-al-fresco](http://www.northcountrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals –

New England." Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

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# Arts & Entertainment

## Saco River Theatre launches SRT, Jr Summer Theater Camps

**BAR MILLS, ME** -- Saco River Theater (SRT), a 501(c)3 organization located in Bar Mills, announces an expansion of their programming to include "SRT, Jr", featuring two one-week theater camps in August.

The children's theater camps will be led by local theater professional Karen Ball. The camps will provide an enriching experience where children can explore their creativity

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

"Circus Ship Follies" Camp will take place August 5 to 9 for students entering grades 3-5. Set sail on a weeklong creative adventure of workshops, games, rehearsals, and stagecraft that help your child develop an un-



derstanding of how the magic of theater is creat-

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

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

and Music in Birmingham, UK. Some of her acting credits include Hamlet, Titania, and Lady Macbeth. The cost for each camper is \$300. Register at SRT, Jr. — Saco River Theatre

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

ed. Over the course of the week, campers will bring to life a page-to-the-stage adaptation of Circus Ship, by Chris Van Dusen, with a performance for families to end the week.

"Heroes and Villains"

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

## 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!

Lewiston-Auburn Community Little Theatre presents

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# Five health tips to make the most of Women’s Health Month

By Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of New England

It’s fitting Women’s Health Month occurs each spring, a time often associated with renewal and rebirth.

As we celebrate the women in our lives and the important role they play in our families and our communities, Women’s Health Month also provides an opportunity to think about ways to help encourage women of all ages to prioritize their health. Women may face unique and varied health care needs based on age, race, culture and other factors, so a holistic approach to well-being is important.

Often the caretakers and CEOs of their families’ health care needs, some women prioritize the well-being of their partners, parents and chil-

dren while neglecting their own. In fact, a survey of American women found that nearly half of respondents had in the previous year skipped a preventive health care visit, such as an annual checkup, vaccine or recommended screening.

At the state level, Maine ranks No.21 for the overall health of women (ages 18 to 44) based on more than 40 measures of health and well-being, according to the United Health Foundation America’s Health Rankings® 2023 Health of Women and Children Report.

To recognize Women’s Health Month, consider these five tips to help support the health of women, especially expectant and new mothers:

**Work in a Well-Woman Visit:** Nationally, more than two-thirds (70.5%) of women (ages 18 to 44) re-

ceive an annual well-visit, slightly below the 76% in Maine. These annual visits can include important screenings, guidance and immunizations based on age and risk factors. They can also provide an opportunity to discuss with your health professional how to encourage a healthier lifestyle.

**Mammograms Matter:** One in eight American women will get a breast cancer diagnosis at some point in her lifetime, and most cases are detected by a mammogram before symptoms appear. Research shows the five-year breast cancer survival rate has increased in recent years, now reaching more than 90%. For patients diagnosed with early-stage breast cancer, the five-year survival rate is close to 100%. Given rising cancer rates for younger women and data showing

screenings can save lives, new federal guidance recommends women get a mammogram every other year starting at age 40, compared to prior recommendations that these tests start no later than age 50.

**Take Charge of Your Health:** This can mean eating well, staying active, getting sufficient sleep and limiting stress as much as possible. For expectant mothers, the U.S. Surgeon General advises that no amount of alcohol is safe during pregnancy, and smoking is unsafe for you and your baby. For support, your health plan may offer programs and online resources at no additional cost that can help you adopt a healthier lifestyle or improve the management of chronic conditions (if needed), which is important for expectant women.

Encourage Healthy,

**Full-Term Deliveries:** For women thinking about starting or expanding their families, it’s important to access quality pre-conception, prenatal and postnatal care. Importantly, this type of support may help improve health outcomes for both moms and babies. It may also be helpful to identify people who can provide support before, during and after delivery. One option is a doula. These non-clinical professionals can provide emotional, informational and physical support for women and families during their pregnancy and delivery journeys. Doulas have been found to improve clinical outcomes, especially for people of color.

**Know Your Maternity Benefits and Rights at Work:** If you work full-time and plan to return to your job after your baby is born, it is helpful to know

your company’s maternity leave policy. The Family and Medical Leave Act (FMLA) enables mothers and fathers who have worked at least one year for a company with 50 or more employees to take up to 12 weeks of unpaid time off. Many employers also offer full or partial paid leave. According to the National Partnership on Women and Families, your employer may be required to give you the same — or a substantially equivalent — job back after your leave.

By considering this information, we can continue supporting the health of women and honor them for their important contributions to our communities.

## OSJL supports military kids with ‘Buy-Give-Get’ bike program



**NORTH KINGSTOWN, RI** – Ocean State Job Lot (OSJL), a leading discount retailer with 153 stores across New England and the Mid-Atlantic, is proud to announce the successful conclusion of its inaugural ‘Buy-Give-Get’ bike program.

The program, which ran from May 14th to May 22nd, invited customers to buy a children’s bike for \$100.00 at any OSJL store, give it back to the store, and get a \$100.00 Crazy Deal Gift Card for

future purchases. The overwhelming generosity of OSJL customers has made it possible to provide 1,800 bikes to children of military families across the Northeast.

“We’re deeply grateful to our loyal customers for their incredible support of our first-ever ‘Buy-Give-Get’ bikes program,” said David Sarlitto, Executive Director of the Ocean State Job Lot Charitable Foundation. “Thanks to their generosity, we’re able to bring joy and the simple

pleasure of riding a bike to children whose parents have sacrificed so much.”

The donated bikes will be distributed with the help of partners such as the American Legion, Veterans of Foreign Wars, Disabled American Veterans, USA Veterans, and other veteran services. Significant events include donations at Vets Fest in Philadelphia, PA, and at Walter Reed Medical Center in Washington, DC, where bikes will be given to the children of recovering veterans.

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# Maine State Ballet presents “Dancer’s Choice”

FALMOUTH, ME – Join us for “Dancer’s Choice,” a performance created, chosen, and performed by Company members of the Maine State Ballet. Experience our dancers’ unique and personalized talents as they bring their interpretations and dance creations to life. The evening will culminate with the neo-classical ballet “Britten,” promising a grand finale to the evening.

Company dancers have selected their own variations spanning from cherished classics to inno-

vative neoclassical pieces. Featured selections include segments from Swan Lake, Sleeping Beauty, and Carmen. Additionally, some dancers have taken on the role of choreographer and will be debuting their original choreography.

“Britten” is a neo-classical ballet choreographed by Artistic Director Linda MacArthur Miele, inspired by Benjamin Britten’s “Simple Symphony.” Famed for its captivating melodies and inventive incorporation of themes Britten craft-



MSB Dancers Choice Corps de Ballet

ed in his youth, this piece follows the tradition of George Balanchine’s storyless ballets showcasing musicality, precision, and



MSB Dancers Choice Rachel Paradis

striking formations. Performance Schedule Dates: June 20-21, 2024

& children at [mainestateballet.org](http://mainestateballet.org) or 207-781-3587.

Maine State Ballet, a non-profit based in Falmouth, Maine, is one of the state’s leading arts organizations whose mission is to uplift the Maine community through inspiring dance education and performance. Maine State Ballet houses the Maine State Ballet Company, the 140-seat Lopez Theater, and its School for the Performing Arts, with over 100 years of dance instruction in ballet, tap, and jazz.

# Bees Deluxe makes Monday a special occasion

ROCKLAND, ME -- Everybody gets the blues — but nobody plays them like Bees Deluxe. Catch the British-Boston band as they bring the genre-bending brand of music that they call “acid blues” to the Rock Harbor Brewery in Rockland Maine.

Highly musical, wildly improvisational and endlessly entertaining, Bees Deluxe pushes the limits of convention with a sound that is distinct yet rooted in the rich history of the blues. With a repertoire of off-beat originals—

some featured on their new album, *Hallucinate*) and fresh takes on tunes by blues legends like Etta James, BB King, Freddie King, Billie Holiday, Robert Cray and more, Bees Deluxe takes their audiences on a deep and thoroughly enjoyable dive into the blues.

Fronted by British guitar phenom Conrad Warre, who toured with Joe Jackson and The English Beat and was a regular on stage at the legendary CBGB’s, the band has captivated audiences around



the country and has shared the stage with blues royalty like Ronnie Earl, Walter Trout, Mike Zito, Dave

Maxwell, Joanne Shaw Taylor and Matt Schofield. Their new, all-original album, *Hallucinate*, is getting rave reviews and international airplay.

“This is what Steely Dan would sound like if they played the blues,” says John Kereiff of The Rock Doctors Hot Wax Al-



bum Reviews.

“Hallucinate’, is one of those albums that come along very infrequently, a complete outline of musi-

cal genius,” gushes Indie Pulse Magazine.

The Monday Night Blues Series is produced See *Bees*, next page

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# Students participate in pre-apprenticeship signing

**SKOWHEGAN, ME** – On Friday, May 31, 2024, at Sappi's Somerset Mill in Skowhegan, two graduating seniors from Somerset Career & Technical Center, Anthony Alberico and Trenton Huff, signed their intent to complete a certified pre-apprenticeship, their first step toward a career as electrical & instrumentation technicians.

The signing ceremony celebrated these students and their career goals, and highlighted the unique pre-apprenticeship to registered apprenticeship pathway that has been created in partnership with Sappi North America and Somerset Career & Technical Center.

During the week-long pre-apprenticeship this summer, graduating seniors will receive job readiness training, OSHA-10 certification, and job shadow experience. Pre-apprentices that successfully complete the program will be guaranteed an interview into Sappi North America's Electrical & Instrumentation Technician's apprenticeship program.

Those that are accepted as apprentices will continue their career pathway by earning a degree through the Maine Community College System while they work as paid apprentices. This new unique pre-apprenticeship pathway links students in Maine to good-paying jobs and higher education.

"The implementation of certified pre-apprenticeship programs in Maine in 2023 has helped cement registered appren-



**Pictured from left: Back row: Bryan Butler, Electrical and Instrumentation Planner/Supervisor at Sappi; Michaela LaPorte, Workforce Development, Somerset Career & Technical Center; Amy Herrick, Sappi, Senior Project Manager, Training; Laura Fortman, Commissioner of the Maine Dept. of Labor; Megan Welter, Associate Commissioner of Public Education at the Maine Dept. of Education; and David Dorr, Director of Somerset Career & Technical Center Front row: Pre-apprentices Anthony Alberico and Trenton Huff**

ticeship programming as an integrated, sustainable workforce development strategy," said Laura Fortman, Commissioner of the Maine Department of Labor. "Now, the number of pre-apprenticeship programs and pre-apprentices has only continued to grow, with this partnership becoming the latest certified pre-apprenticeship. As graduating seniors, these students have so many opportunities in front of them, and we are excited to support them on their career journey in collaboration with Somerset Career and Technical Center, Sappi, and the Maine Community College System."

"The Somerset Career & Technical Center continues to look for new opportunities for students to gain experience in their chosen career path. This

partnership with Sappi is the start of many new opportunities that are going to benefit our students as well as Sappi and other community partners," said David Dorr, Director of Somerset Career and Technical Center.

"I am very excited for this opportunity," said Anthony Alberico, Somerset Career and Technical Center graduating senior and new pre-apprentice. "This will indefinitely assist me in future endeavors, and expose me to more industrial electrical systems. Thank you, Somerset Career and Technical Center and Sappi, for this amazing opportunity."

"We are incredibly proud to partner with the Maine Department of Labor on our new Electrical and Instrumentation Technician Registered Maine

# MAINE DEPARTMENT OF LABOR



Apprenticeship (the first of its kind in the state) and with Somerset Career & Technical Center on the new Pre-Apprenticeship," said Amy Herrick, Senior Project Manager of Training at Sappi. "Our investments in equipment and infrastructure can only be successful if we also invest in our workforce with great training, and these partnerships help us at the Sappi Somerset Mill continue our efforts to raise the bar in that endeavor."

"The Maine Department of Education is committed to supporting learning opportunities that are engaging and relevant for all students," said Megan

Welter, Associate Commissioner of Public Education at the Maine Department of Education. "This program bridges pre-apprentices' experiences at Somerset Career and Technical Center with real-world learning experiences in the Sappi North America workplace where they will build their skills and knowledge that will serve as a foundation for their future success."

"It is truly an honor and privilege to have the recognition and support from the Maine Department of Labor, alongside the partnership with Somerset Career & Technical Center," said Bryan Butler, Electrical and Instrumenta-

tion Planner/Supervisor at Sappi. "I look forward to many years of friendship and all of us working together to create a path for students looking to embark on a career in the electrical field."

"Somerset Career and Technical Center and the Maine Apprenticeship Program are opening up so many opportunities, and I'm thrilled to be a part of it," said Trenton Huff, Somerset Career and Technical Center graduating senior and new pre-apprentice.

"On behalf of the IBEW Local 1768, we are excited to welcome in the pre-apprenticeship program to attract young local talent and help develop their skills to enjoy a long fulfilling career," said Michael Brown, Local 1768 Union President.

In June 2023, the first pre-apprenticeship program was certified by the Maine Department of Labor. Through 2023, a total of 30 new pre-apprenticeship programs were certified, 672 pre-apprentices were enrolled, and 490 individuals successfully completed their programs. Certified pre-apprenticeship programming is now offered in a wide variety of sectors, including healthcare, construction, automotive technology, manufacturing, aquaculture, and hospitality.

More information on pre-apprenticeship and registered apprenticeship can be found here: [www.maine.gov/apprenticeship](http://www.maine.gov/apprenticeship)

## Bees

*Continued from previous page*  
by Paul Benjamin who brings the best of national, regional and local acts to the intimate stage of Rock Harbor Brewery every Monday night. \$20 Cash at the door. Don't miss this show. Bees Deluxe redefines the blues and brings something new to every show.

Can't make it to Rockland Maine? Check out Bees Deluxe's tour schedule here.

Mon June 10 - Rock Harbor Brewery, Monday Night Blues, Rockland ME

Fri June 14 - Porch Southern Fare & Juke Joint, Medford MA

Thu June 20 - Stanhope House (w. Peter Vetteska & Blues Train), Stanhope, NJ

Fri June 21 - The Lizzie Rose Music Room (w. The Daniel Keiser Band), Tuckerton NJ

Sat June 22 - Tree House, Charlton, MA

Sat July 13 - Stitch

Bar & Blues, NY, NY

Sat July 20 - Black Eyed Sally's Hartford, CT

"Hallucinate" is available on all major music platforms and at live shows.

For more information, interview requests, review copies of the album please contact Carol Band (617) 930 2067 and/or email [carol@carolband.com](mailto:carol@carolband.com)

For photos and band information, visit [www.beesdeluxe.com](http://www.beesdeluxe.com)

## Community garden at Gorham's Cressey Road Christian Church

**GORHAM, ME** -- Available on a first come first served basis: 3 sets of Bucket Steps with 12 Buckets each.

This is a Work in Progress and we hope in the near future to have 5 foot raised vegetable boxes and vegtrugs (raised boxes). So be the first to get in on this

new garden in Gorham.

To learn what you can have, email your name, address, phone number to Lorraine at [lindcabin@gmail.com](mailto:lindcabin@gmail.com)

This should be a fun time and a help for your family. You can raise vegetables your own table. You don't have to be a member

to have a garden. Again, email Lorraine at [lindcabin@gmail.com](mailto:lindcabin@gmail.com)

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

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# For Memorial Day, King interviews Army mechanic

**WASHINGTON, D.C.** — On this Memorial Day, U.S. Senator Angus King, a member of the Senate Veterans Affairs (SVAC) and Armed Services Committees (SASC), released his latest episode of “Answering the Call: Maine’s Veteran Voices.” In the 14th interview of the series, produced in partnership with the Library of Congress’ Veterans History Project, Senator King spoke with Leslie Brown of Presque Isle. Brown was a U.S. Army jet engine mechanic who served for nearly three decades and faced two deployments during Operation Enduring Freedom. During the interview, King asked Brown about her experiences serving at Army installations across the world and her work today supporting veterans in northern Maine.

“Leslie’s story is one that inspires and embodies the selfless service of so many of our veterans,”

said Senator King. “Following in the footsteps of her father, an Air Force mechanic, Leslie succeeded in her field and became a highly respected leader. Today, she still continues to serve by supporting her fellow veterans back home in Maine. As we commemorate Memorial Day, we honor and recognize all the men and women who made the ultimate sacrifice, as well as thank our heroes back here at home, like Leslie. It is a privilege to share these stories of unwavering dedication to our country.”

Leslie Brown grew up in Woodland, Maine, the daughter of an Air Force mechanic. After graduating Caribou High School, Leslie briefly attended the University of Maine Fort Kent and later went on to enlist in the Army where she began training to become a jet engine mechanic, following in the footsteps of her father.

After completing training, Brown was sent to Germany where she served as helicopter mechanic for nearly six years. During her tour in Germany, she witnessed the fall of the Berlin Wall, met her husband and welcomed two children.

After her tour ended in Germany, the family moved back stateside to Fort Campbell, Kentucky. After leaving Kentucky, Brown’s career took her all across the country: Hunter Army Airfield in Savannah, Georgia; Schofield Barracks in Honolulu, Hawaii; Fort Drum in Jefferson County, New York and Fort Irwin in San Bernardino County, California.

She also was stationed twice in South Korea — both times were considered “hardship tours” where she went alone and her family remained stateside. The first tour was in the late 1990s, and, during her second tour a few years

later, she was in charge of a helicopter engine shop but also had additional duties such as teaching English to Korean soldiers who assisted the Army.

During her career, Brown was deployed two times to Afghanistan during Operation Enduring Freedom. The first time she was deployed to Forward Operating Base Salerno where she helped with humanitarian aid efforts and her unit was awarded humanitarian medals for their work. During her second deployment, Leslie received news that her husband had passed away. She immediately returned to the states where her son was finishing high school and her daughter had recently enlisted in the Army. After her son graduated high school, Brown returned to Afghanistan to finish out her deployment. After her tour in Afghanistan ended, she made the decision to retire and moved back to

northern Maine.

Today, Brown serves as a veterans outreach program counselor with the Maine Department of Labor where she has the opportunity to work directly with veterans like herself — connecting them to support and resources at the Department of Veterans’ Affairs (VA) and within the northern Maine community.

The Veterans History Project is an effort by the Library of Congress to collect, preserve and distribute the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of war. The interviews and primary documents from the project are then used by researchers, historians, students, and filmmakers across the country. Senator King joins many other members of Congress who’ve participated in the project.

Representing one of the states with the highest rates of veterans per capita, Senator King is a staunch advocate for America’s servicemembers and veterans. Senator King uses this interview series to learn and share the stories of the lives, service, and sacrifices of Maine’s veteran community. He has been among the Senate’s most prominent voices on the need to address veterans suicide, and has repeatedly pressed for action from top Department of Defense officials on this issue. An advocate for amplifying veteran voices, Senator King held a field hearing focusing on long-term care in Maine. Additionally, he recently led a bipartisan letter calling for more support for victims of military sexual trauma, as well as a letter urging further investments in traumatic brain injury research, the signature wound of the Iraq and Afghanistan wars.

## MaineHealth announces retirement of CFO Al Swallow

**PORTLAND, ME** -- MaineHealth today announced that Chief Financial Officer Albert G. Swallow III will retire in early 2025.

A dedicated MaineHealth leader for over 30 years, Swallow began his journey in 1994 at Maine Medical Center, where he held various leadership roles for more than two decades until he was

appointed to his current role in 2015. Throughout his tenure, Swallow has played a key role in many significant initiatives, including the unification of MaineHealth in 2019 and navigating the financial challenges posed by the COVID-19 pandemic.

“Al has had an unwavering commitment to our vision of ‘working together so our communities



# MaineHealth

are the healthiest in America,’ and his impact will be felt for many years to come,” said Chief Executive Officer Andy Mueller, MD.

A Maine native and graduate of Thomas College, Swallow has also

been a prominent leader and mentor within the community. He has served as chair of the boards of the Portland Regional Chamber of Commerce and the United Way of Greater Portland, and as a board member for the

Maine State Chamber of Commerce, Hospice of Southern Maine, Cancer Care Center of York County and the Maine Health Management Coalition. In recognition of his decades of service, the American Heart Association honored

Swallow with the Crystal Heart Award in March 2024.

“Al’s contributions to our state and our health system are immeasurable. We are incredibly grateful for his dedicated service and leadership,” said Mueller.

MaineHealth will begin the search for Swallow’s successor later this spring.

## UMA launches new music technology program

**AUGUSTA, ME** – To further complement its popular existing music program, the University of Maine at Augusta (UMA) is offering a new innovative Music Technology degree program. The Bachelor of Arts in Music Technology is designed to empower the next generation of musicians and artists with innovative tools and skills to navigate the evolving landscape of the music industry.

As recognized by the University of Maine System (UMS) Board of Trustees January 29 meeting, UMA is the only UMS university physically equipped with the recording facility space

and associated technology needed to deliver a program of this kind. Notwithstanding, the program enjoys the full support of every other university in the System, including the School of Computing and Information Science at the University of Maine (UMaine), which houses the Bachelor of Arts in New Media, as well as the University of Maine at Farmington’s (UMF) Division of the Arts. UMA Music Technology students will have access to three UMF Music courses, and UMaine will offer its upper-level New Media coursework to those students as well.

In an age where tech-

nology is reshaping every facet of our lives, UMA recognizes the importance of integrating these advancements into music education. The Music Technology program at UMA is set to redefine traditional music education by providing students with a comprehensive curriculum that merges musical artistry with cutting-edge technological expertise. As with other music programs at UMA, the Music Technology courses can be completed online, in person, or in a hybrid format (combination of online and face-to-face).

“At UMA, we believe in preparing our students not just for today’s

music industry, but for the future. This new program is a testament to our commitment to innovation and excellence in music education and in preparing students with the appropriate technical skills to succeed,” said Dr. Anita Jerosch, Associate Professor of Music and Music Program Coordinator.

The program is structured to equip students with a diverse set of skills, ranging from music production and sound engineering to digital composition and interactive performance. Utilizing UMA’s facilities and industry-standard software, students will have hands-on experience in creating,

producing, recording, and using audio electronics for various fields of music business.

A key highlight of the music programs at UMA is its emphasis on collaboration. In addition to course collaboration with other UMS universities, students have the opportunity to work on interdisciplinary projects, collaborating with peers from various disciplines such as business, education, and sociology to mirror the real-world scenarios that musicians face today. Similar to other existing music students at UMA, collaboration is also experienced online with course projects and opportunities for online participation in a variety of ensembles from Rock to Classical and everything in between.

The faculty at UMA’s Music program bring a wealth of industry experience to the classroom. “Students are learning from the best, gaining insights into the latest trends and technologies

shaping the music industry. I’m very proud of the expertise UMA brings in its music faculty which ranges from audio engineering to hip-hop mixing to immersive 3-D audio,” said Joseph Szakas, Provost and Chief Academic Officer at UMA.

UMA’s commitment to accessibility is reflected in the program’s flexibility. Whether students are aspiring producers, sound designers, or interactive media artists, the Music Technology Program caters to a broad spectrum of interests within the realm of music and technology. For more information, visit [www.uma.edu/musictech](http://www.uma.edu/musictech).

UMA transforms the lives of students of every age and background across the State of Maine and beyond through access to high-quality distance and on-site education, excellence in student support, civic engagement, and professional and liberal arts programs. For more information, please visit <https://www.uma.edu/>.

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# Westbrook-Gorham Rotary awards 9 scholarships

**GORHAM, ME --** Westbrook-Gorham Rotary was thrilled to present nine scholarships and one toolship at the Westbrook Regional Vocational Center Awards night on May 23rd. President-Elect Phil Spiller and Vocational Service Chair Judith Reidman were on stage to hand out the awards.

In addition, in memory of long-time Westbrook-Gorham Rotarian Hal Thomas, we presented a 12V Lithium Ion 3D-plane laser level kit to WRVC Electrical Instructor Rudy Clark. A graduate of the University of Maine, Hal was an electrical engineer with his own business, Thomas Engineering, based in Westbrook. The equipment was purchased with memorial donations. We thank the Thomas Family for designating us for receipt of these funds.



## Group de discussion en français! with Gorham's BML

**GORHAM, ME --** Please join us for a program that is brand new to Baxter Memorial Library! French Discus-

sion Group meets the first Tuesday of every month at Baxter Memorial Library, and the fourth Thursday of the month at Scarborough

Public Library from 5:30-6:30.

For beginners and experts, and everyone in between!!!

## Join Maine book club with North Gorham Public Library

**GORHAM, ME --** Have you heard of the Maine Public Book Club hosted by Bill Nemitz? It's called All Books Con-

sidered. See the poster of the 2024 books they're reading. Would you like to read them, too? You're in luck because

except for Soft Features, North Gorham Public Library has all of them. Stop by the library and start reading!

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September <i>The Berry Pickers</i> Amanda Peter	October <i>Fire Exit</i> A NOVEL MORGAN TALTY	November <i>No Hidden Life</i> GEOFF LARSON

For more info and to sign up for the book club visit [www.mainepublic.org](http://www.mainepublic.org)

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# SPRING INTO SUMMER READING

June 12TH

2-3PM- CHEWONKI OWLS  
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2-6PM- TOUCH A TRUCK

FREE HOTDOGS AND SNOWCONES  
SIGN UP FOR SUMMER READING!

# ART EXHIBIT

Curated by  
Lakes Region Senior Center  
Art Studio

## JUNE 1 - JUNE 30

North Gorham Public Library



# Android co-founder headlining Maine Innovation Exchange

ORONO, ME — Entrepreneurs seeking ideas, support networks and resources for revolutionizing their business and adapting to an evolving economy are invited to attend the Maine Innovation Exchange, headlined by Android co-founder and venture capitalist Rich Miner and TimberHP President and CEO Joshua Henry.

The Maine Innovation Exchange will be held from 9 a.m.-5 p.m. on Thursday, June 13 at the University of Maine's Innovative Media Research and Commercialization (IMRC) Center. In addition to the keynote speech from Miner and Henry, the

all-day event will feature talks from other executives, startup founders, scientists, engineers and business experts. Sessions will explore artificial intelligence and other emerging technologies, the economic ramifications of climate change and other environmental threats, opportunities for collaboration and inspiring stories of innovation in Maine's heritage and burgeoning industries.

Register and learn more by visiting the Maine Innovation Exchange website. The event is hosted by UMaine's Office of Strategic Partnerships, Innovation, Resources and Engagement (SPIRE).

# Swim season is almost here! Red Cross shares water safety tips

PORTLAND, ME — The American Red Cross encourages families to prepare for the fast-approaching summer swim season by learning to be "water smart." Research shows that participation in formal water safety and swim lessons can reduce the risk of drowning by 88% for one to four-year-olds.

swim through Red Cross lifesaving aquatics programs. These programs incorporate the latest science-based curriculum and industry best practices, helping to keep individuals and families safer while enjoying water activities. Through this work, over the last century, the Red Cross has helped to reduce accidental drownings by nearly 90% nationwide. In 2023, nine Maine providers enrolled 3,225 youth in Red Cross aquatics and water safety classes.

the Red Cross. **IMPORTANT WATER SAFETY TIPS** This summer, remember these four water safety tips.

1. Don't go in! You could be in danger of drowning yourself.

2. Reach or throw, don't go! In the event of an emergency, reach or throw an object to the person in trouble and tell them to grab on.

3. To help children from all backgrounds in kindergarten through 5th grade learn vital water safety behaviors without having to be in or near the water.

"Before families head out to pools, beaches and lakes, it's important for all family members to learn and review critical water safety skills," said Stephanie Couturier, chief executive officer, Red Cross Northern New England Region. "Knowing fundamental Red Cross water safety skills will help you feel more prepared for fun outings in, on and around the water."

"Preventing unsupervised access to water, providing constant, active adult supervision and knowing how to swim are critical layers of protection to help prevent drowning," said Connie Harvey, director of Aquatics Centennial and Survival Programs for

Nobody should ever swim alone – adults and teens as well as children. Never leave a young child unattended near water, and do not trust a child's life to another child.

"We encourage families to educate themselves on safer water habits, to learn to swim and know how to handle emergencies," said Harvey. "Our aquatic training providers offer swim education and classes for both children and adults. We recommend that you also learn first aid and CPR, so you'll know what to do until help arrives."

Educators, swim instructors, parents, caregivers and others can teach critical water safety lessons to children before the swim season kicks off. **WHALE TALES** are short, engaging and age-appropriate lessons that cover important water safety topics in different environments such as pools, waterparks, oceans, lakes and rivers. The free downloadable resources include lesson plans, course presentations and engaging materials such as videos and activity sheets and can be accessed at [redcross.org/WHALEtales](https://redcross.org/WHALEtales). If you're a parent or caregiver teaching your own children, visit [redcross.org.watersafety-forkids](https://redcross.org.watersafety-forkids).

**COMMUNITY PARTNERSHIPS** Our Aquatics Centennial Campaign, launched in 2014 to recognize 100 years of Red Cross leadership in swimming and water safety, is active in nearly 100 communities across the country. The program works to reduce drowning rates in locations where drowning rates are above the national average alongside valued community partners.

Each year, more than 2.5 million people learn to

It's best to always designate a "water watcher" who will keep a close eye and constant attention on children and weaker swimmers in, on and around water until the next water watcher takes over.

**WHALE TALES FOR CHILDREN** The Red Cross recently revamped its Longfellow's **WHALE TALES** Water Safety for Children program. The no-cost program is designed

**GET STARTED TODAY** Go to [redcross.org/watersafety](https://redcross.org/watersafety) for swim program information and a variety of resources. The Red Cross Swim app can help children and adults learn with kid-friendly video and activities on mobile devices. Do your part. Be "water smart."

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# \$11.5M goes for public housing throughout Maine

WASHINGTON, D.C. – Today, U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that 17 Public Housing Authorities (PHAs) in Maine have been awarded a total of \$11,648,244 through the U.S. Department of Housing and Urban Development's (HUD) Public Housing Capital Fund Formula Grant program to support the development, financing, and modernization of Public Housing projects and for management improvements.

"The dedicated staff at housing authorities throughout Maine work hard to link seniors, individuals with disabilities, and low-income individuals and families with access to an array of programs that help them improve their living conditions and achieve economic independence," said Senator Collins. "With this funding, housing authorities across the state will continue their work within their local communities to ensure that the needs of their residents are met."

The grant funding is allocated as follows:  
Portland Housing Authority - \$3,335,695  
Bangor Housing Authority - \$2,014,299  
Lewiston Housing Authority - \$1,274,622

South Portland Housing Authority - \$746,295  
Waterville Housing Authority - \$708,966  
Presque Isle Housing Authority - \$663,710  
Auburn Housing Authority - \$468,412  
Brewer Housing Authority - \$441,799  
Sanford Housing Authority - \$402,841  
Bar Harbor Housing Authority - \$370,928  
Van Buren Housing Authority - \$320,724  
Fort Fairfield Housing Authority - \$257,184  
Old Town Housing Authority - \$246,869  
Ellsworth Housing Authority - \$151,713  
Southwest Harbor Housing Authority - \$134,925  
Tremont Housing Authority - \$58,832

Mount Desert Housing Authority - \$50,430  
The HUD's Public Housing program ensures safe, decent, and affordable housing, and creates opportunities for residents' self-sufficiency and economic independence.

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**Summer 2024**

**NORWAY** -- Art Exhibition "If You Lived Here, You Would ...." at the award-winning Gingerbread House, Main Street, Norway, Maine. The show will dialogue with the history of this incredible edifice, which pours out of its every nook and cranny. "If You Lived Here You Would..." is a consideration of the home's past that offers a glimpse into its potential future through a selection of sculptures, paintings, drawings, and mixed-media pieces—brought to western Maine for the very first time—by a group of internationally recognized and acclaimed artists.

**June 6**

**LEWISTON** -- 3:30 PM – 5:30 PM Community Block Party, Community Concepts, 240 Bates Street

**June 7**

**LEWISTON** -- From 10:00am - 11:30am, the Lewiston Public Library Children's Department will be offering the program Baby Keepsakes: Following in Your Footsteps in honor of Father's Day. Caregivers will be able to create a personalized keepsake using their baby's footprint on top of their adult shoe print. This activity will take place in the back of the Children's Department on the third floor of the library. The program is recommended for babies ages birth to 2 years and their caregivers. Siblings

# Calendar

Send your submissions to the Editor. More online.

are also welcome to attend.

This program is free and there is no registration. Participants are invited to bring a clean adult shoe for this program.

**June 7-8**

**BATH** -- Studio Theatre of Bath (STB) is thrilled to announce "Impossible Destinations: Postcard Edition", our 3rd Impossible Dream Musical Revue, at the Chocolate Church Arts Center (CCAC) in Bath.

From the CCAC's main stage, STB's Impossible Dream Singers will journey from a tropical island to southern pines, past cable cars to the streets of London and other wonderful sites before we ultimately arrive in Sin City. Please join our celebration of our favorite travel and adventure themes from classic standards and Broadway showtunes, as well as popular music of the last 60 years.

**June 7**

**LEWISTON** -- 5:30 PM, Unveiling of Robert Shetterly Portrait of Dr. Bernard Lown in the Bates Mill Atrium

Dr. Lown was an LHS graduate, renowned cardiologist, won a Nobel Peace Prize, invented the defibrillator, was a peace advocate and author. Lewiston

named a bridge after him, the Bernard Lown Peace Bridge, in 2008.

**June 11**

**LEWISTON** -- June 11 is Primary Day, which means residents will vote by ward. As such, all regular polling places will be open from 7 AM - 8 PM. For questions about polling locations, please visit [www.lewistonmaine.gov/elections](http://www.lewistonmaine.gov/elections) or call the City Clerk's Office at (207) 513-3124.

**June 13**

**Sampson AFB Veterans** and persons with a connection to those who took Air Force Basic Training there will have a get together Thursday, June 13 at the Governor's restaurant at noon time for lunch. All veterans of any branch or era are welcome to join us and share your experiences with us. FMI call 207-657-4909 Bob Sawyer or email [wwmtkwkr1933@gmail.com](mailto:wwmtkwkr1933@gmail.com)

**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](mailto: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.

**June 20**

**SOUTH PARIS** -- University of Maine Cooperative Extension and McLaughlin Garden and Homestead will host a panel on how climate change impacts plants on Thursday, June 20, 2-3:30 p.m. at 97 Main Street, South Paris.

**June 26**

**LEWISTON** -- Birds and Flora of New Zealand talk will be happening at Lewiston Public Library on Wednesday, June 26, 2024, from 11:30 am to 12:30 PM. FMI: <https://lplonline.org/events/lpl-to-host-the-stanton-bird-club/>

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**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.

**July 13**

**GORHAM** -- The Maine Iris Society will hold its annual auction of bearded iris rhizomes on Saturday, July 13th, starting at 1:00 pm at the Treworgy Homestead and Garden located at 120 Flaggy 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.

**July 13, 14**

**LEWISTON** -- Sat. July 13, at 7:30 PM and

Sun., July 14, at 2 PM Late and Alone – An unforgettable one-man tribute to Johnny Cash featuring his greatest hits and stories from his life and career performed by Scott Moreau. The Public Theatre, 31 Maple Street - [www.thepublictheatre.org](http://www.thepublictheatre.org)

**July 17**

**AUBURN** -- Read ME Summer Book Discussions at the Auburn Public Library, Wednesday, July 17, 2024 -- 4:00-5:00 p.m. (Moon in Full)

**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](mailto:edcenter@seniorsplus.org).

## 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](http://GYBSA.COM) FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

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