

Honorable Mention goes to Gorham student in poster contest

AUGUSTA, ME — The Maine Center for Disease Control and Prevention (Maine CDC) today announced the winners of the 2024 Lyme Disease Awareness Month poster contest. The Maine CDC holds the contest each year for Maine students in kindergarten to 8th grade to help raise awareness about Lyme disease and tick bite prevention. This year, the 15th year of the contest, students designed posters on the theme “Little Tick, Big Deal.”

This year’s winners are:

Zelma Young, 1st Grade, Girl Scout Troop 1561

Caroline Cook, 3rd Grade, Homeschooled Student

Keria Letendre, 5th Grade, Marcia Buker Elementary School

Kylie Welch, 8th Grade, Katahdin Middle and High School

Congratulations to all the winners, as well as honorable mention awardee:

Leila Schmoyer, 7th Grade, Gorham Middle School

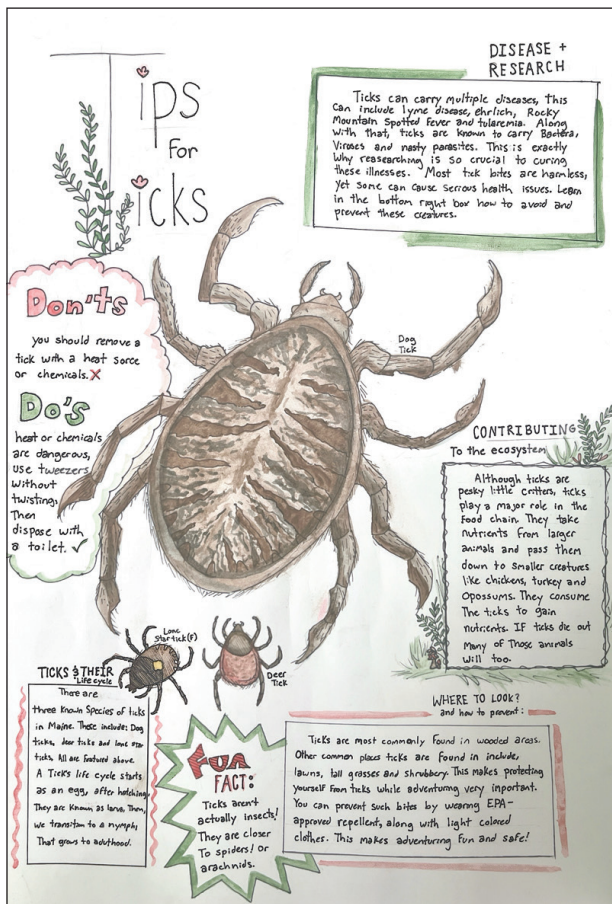
Visit the Maine CDC’s website to view the winning posters. Each poster illustrated at least one tick prevention tip:

Know tick habitat and use caution in areas where ticks may live.

Use an EPA-approved repellent.

Wear protective clothing.

Perform tick checks



Honorable Mention: Leila Schmoyer, 7th grade, Gorham Middle School

daily and after any outdoor activity.

Each winner received a Maine State Parks family day pass for themselves and tick removal kits for their classmates. The Maine CDC thanks all participants for their contributions to Lyme Disease Awareness Month.

Visit www.maine.gov/lyme for more information on Lyme disease and other tickborne diseases.

Check out the tick and mosquito school curriculum for youth in third through 8th grades at www.maine.gov/dhhs/schoolcurricula

Watch tickborne disease videos on Maine CDC’s YouTube channel: www.youtube.com/user/MainePublicHealth.

Explore Maine tickborne disease data through the Maine Tracking Network. Visit the Maine Tracking Network and click on “Maine Tracking Network: Tickborne Diseases” in the menu on the left.

Guide to a Good End at Gorham’s Baxter Memorial Library

GORHAM, ME -- Join us for this Guide to a Good End workshop, brought to us by Hospice of Southern Maine:

Grief Before and After a Loss June 25, 3 PM

In this presentation we will talk about the many faces of grief including when it can occur and the many ways it affects us. We will talk about the



entire spectrum of grief, from anticipatory grief experienced prior to a loss to the ways we struggle when we experience loss. Grief is natural, normal and hap-

pens to everyone and we will learn how to recognize grief in ourselves and in others. We will also provide a list of recommended support resources.

Community garden at Cressey Road Christian Church, Gorham

GORHAM, ME -- If picking your own grown juicy tomato and crispy greens is on your bucket list, try gardening at Cressey Road Christian Church Community Garden in Bucket Step planters, ready for planting, no fees, and PFAS free.

Bucket Steps were

built by Eagle Scout candidate Christopher Bolton with help from his troop, scout leader Kelly Deprez, and Rick Smart. Bucket Steps have 3 rows, with 4 buckets each. You may share a bucket step unit with someone. Bucket Steps are user friendly planters with minimal bending required.

This is just a beginning as we continue building raised garden units offering planting boxes and vegtrugs. Bucket Steps are available now on a first come, first served basis. To use one of these planters, please contact Lorraine lindcabin@gmail.com for guidelines and an application.

Clothes galore at Gorham’s Mission of Hope Clothes Closet

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

We focus on clothes and accessories (gloves, scarves, hats, etc.) and

welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you!

There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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

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, or call 222-1671.

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Newsmakers, Names & Faces

Community college grads able to transfer to six Maine Colleges

AUGUSTA, ME – Community college graduates in Maine can now transfer directly to degree programs at six of Maine's independent four-year colleges under the new Maine Transfer Guarantee announced last week.

"The Maine Transfer Guarantee takes the guesswork out of higher ed planning for many Maine students and families," said David Daigler, president of the Maine Community College System. "This provides clear benchmarks and guideposts to students and their families mapping out what can often be a confusing higher ed journey. Now they know exactly how to get from their associate degree to a four-year degree and beyond."

Under the program, community college graduates meeting GPA requirements are guaranteed admission in programs at College of the Atlantic, Husson University, Thomas College, Saint Joseph's College of Maine, Unity Environmental University, and University of New England. More detailed information is available at the Maine Transfer Guarantee student portal.

The agreement is the latest statewide Transfer Guarantee program coordinated by the New England Board of Higher



Education. Other New England Transfer Guarantee programs exist in Connecticut, Massachusetts, Rhode Island, and Vermont. A New Hampshire program will launch this year.

"The Maine Transfer Guarantee is a big step forward in simplifying transfer with the goal of helping students stay on track to earn the bachelor's degree they seek by removing barriers that previously slowed them down, such as credits lost in the transfer process that add both cost and time to degree," said James Herbert, president of the Maine Independent Colleges Association and president of the University of New England.

Maine's community colleges already have guaranteed transfer agreements with Maine's public universities, including a block transfer agreement that guarantees transfer of up to 35 credits of general education requirements, and Advantage U, which guarantees community college Liberal Arts graduates admission with advanced standing to a

Maine public university.

The New England Transfer Guarantee initiative, aimed at establishing systemic state transfer programs, is funded by the Teagle Foundation, the Arthur Vining Davis Foundations, the Davis Educational Foundation, and the Lloyd G. Balfour Foundation.

Maine's seven community colleges have the lowest tuition and fees in New England and serve more than 30,000 students a year through early college, short-term workforce training, associate degree, certificate, and advanced certificate programs.

More information about the Maine Transfer Guarantee is available at <https://transfer.mccs.me.edu/>

Maine Transfer Guarantee Partners

"Increasing access to four-year degree pathways will play a key role in helping to ensure the well-being of Maine's diverse communities and overall economic health. College of the Atlantic is pleased to partner with the Maine Community College Sys-

tem on this innovative, vital program," says COA President Dr. Darron Collins '92.

"We are pleased to continue our longstanding history of welcoming transfer students to Husson University with this new guaranteed transfer agreement for Maine community colleges. This will ensure that students seeking to continue their education will have access to scholarships and also receive transfer credits at Husson," said Lynne Coy-Ogan, president-elect, provost, and senior vice president for academic affairs at Husson. "It is our hope that this opportunity will encourage more students to choose Husson as they continue their education beyond community college."

"Saint Joseph's College has a long history of supporting transfer students who have graduated from Maine's community colleges. We are excited to be part of the Maine Transfer Guarantee agreement ensuring that more Maine students can seamlessly transition from



cessible and affordable for even more students," said Thomas College Provost Thomas Edwards.

"The Maine Transfer Guarantee is a big step forward in simplifying transfer with the goal of helping students stay on track to earn the bachelor's degree they seek by removing barriers that previously slowed them down, such as credits lost in the transfer process that add both cost and time to degree," said James Herbert, President of the Maine Independent Colleges Association and President of University of New England.

"We are proud to be a part of the Maine Transfer Guarantee, which opens up new opportunities for community college graduates to seamlessly continue their education at Unity Environmental University or any partnering institution. This initiative aligns perfectly with our mission to provide accessible, high-quality education focused on environmental stewardship. By reducing barriers to transfer, we can help more students achieve their academic and career goals, ultimately contributing to a more educated and environmentally conscious workforce," said Unity Environmental University President, Dr. Melik Peter Khoury.

their community college to Saint Joseph's College. Maine students have terrific higher education options and we are proud to be one of them," said Saint Joseph's College of Maine President Joseph Cassidy.

"Thomas College is pleased to join the Maine Transfer Guarantee. Higher education is the path toward a strong economic future for Maine students and the Maine economy. This guarantee helps remove barriers and makes a baccalaureate degree ac-

Maine National Guard to complete Community Projects

AUGUSTA, ME -- The Maine Army National Guard will complete three community outreach projects throughout Maine during its 2024 annual training season.

The projects are re-

quested by communities as part of the Innovative Readiness Training (IRT) program - a federal initiative which enables the National Guard to train on their mission-related tasks while helping local

communities with desired improvement projects.

The MEARNG completed one such project for the Maine Department of Agriculture Conservation and Forestry, and Bureau of Parks and Lands, in March. The 1136th Transportation Company transported 293 pallets of firewood from Maine's correction-

al facilities through remote terrain to five state parks. This endeavor totaled 21,600 miles and 489 manhours.

"It's incredibly rewarding to give back to the state and people that support us," said Brig. Gen. Diane Dunn, Adjutant General of the Maine National Guard and Commissioner of the

Department of Defense, Veterans, and Emergency Management, "While our Soldiers get to train on their specific skills throughout the year, the IRT program is special because the projects within it are a win for the Soldiers who joined to support their communities and a win for the communities who need

our expertise and capabilities."

This summer, the 262nd Engineer Construction Company (ECC) and 136th Engineer Vertical Construction Company (EVCC) is supporting Lake George Regional Park by completing renovation and restoration work on the West Social Hall, to include the installation of Americans with Disabilities Act-compliant access ramps that access some of the Park's Cabins. The units will also build a roadway from the existing parking area to the Social Hall.

The 185th Engineer Support Company (ESC) is supporting the city of Brewer in development of a firing range for the local police department.

Finally, in Augusta, the 262nd ECC and members of the United States Marines is supporting Maine Bureau of Veterans' Services and Maine Veterans' Cemetery System to expand the Maine Veterans Cemetery.

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Newsmakers, Names & Faces

Feed Maine Telethon raises donations for fellow Mainers

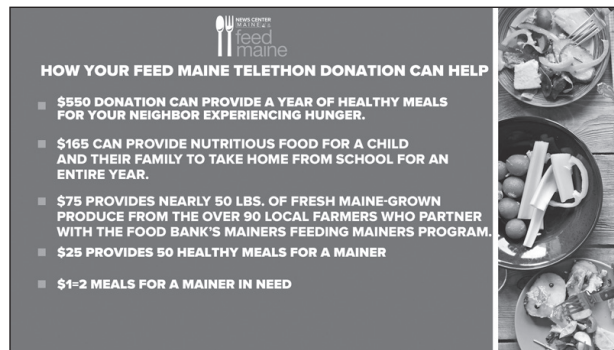
PORTLAND/BANGOR, ME — NEWS CENTER Maine along with our partner Good Shepherd Food Bank held NEWS CENTER Maine's seventh annual Feed Maine Telethon on May 2 to raise more than \$180,000 to help feed Mainers in need.

During the NEWS CENTER Maine's Feed Maine Telethon volunteers received hundreds of pledge calls to help feed fellow Mainers. To date, this Feed Maine Tele-



thon has raised \$180,284 to help provide meals to Mainers. That number includes Hannaford's Matching Mainers hour where Hannaford matched

donations up to \$25,000. There was also a donation from Reny's Charitable Foundation. All funds raised from this telethon will provide food for



360,568 meals. Through the years, NEWS CENTER Maine and its viewers have helped provide 4,252,127 meals to Mainers in need.

The demand to help hungry Mainers still exists. The need for food is higher now than during the pandemic due to inflation, high costs of living,

and the reduction of the pandemic-era SNAP benefits. This is why NEWS CENTER Maine's Feed Maine campaign runs all year long.

The Good Shepherd Food Bank and its partners distributed a record 33.6 million meals last year. Much of that distribution happens at local food pantries in communities throughout the state.

The opportunity to donate and help feed a Mainer in need is still open at FeedMaine.com.

Cumberland Co. donors needed to protect Red Cross blood supply

PORTLAND, ME — As World Blood Donor Day was on June 14, the American Red Cross stresses that blood and platelet donors are critically needed right now to combat a drastic shortfall in donations over the last several weeks. Donors of all blood types are needed, especially those with type O blood and donors giving platelets.

Record-breaking summer travel and severe weather conditions are expected to persist all season long, which may prevent donors from being able to give. When fewer people donate, less blood is available for hospital patients. Make a blood or platelet donation a priority this summer. Book a time to

give now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

Those who come to give June 10-30, 2024, will get a \$15 e-gift card to a merchant of choice. See RedCrossBlood.org/Do-Good for details

Upcoming blood donation opportunities June 10-30

Cumberland
Bridgton
6/27/2024: 12 p.m. - 5 p.m., Masonic Hall, 166 Harrison Road, Route 117
Brunswick
6/26/2024: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row
6/29/2024: 9 a.m. - 2 p.m., United Masonic Lodge #8, 65 Baribeau Dr



American Red Cross

Portland
6/26/2024: 9 a.m. - 3 p.m., Portland Elks Lodge, 1945 Congress St.
South Portland
6/25/2024: 9 a.m. - 2 p.m., Portland Sheraton at Sable Oaks, 200 Sable Oaks Drive
6/25/2024: 9 a.m. - 2 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy
Westbrook
6/28/2024: 12 p.m. - 5 p.m., Westbrook Community Center, 426 Bridge Street
Yarmouth
6/28/2024: 12 p.m. -

5 p.m., American Legion Post 91, 196 Main St

How to donate blood
Simply download the American Red Cross Blood Donor App, visit 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 plate-

let 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 or use the Blood Donor App.

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UMaine Extension offers food preserving program for area youth

FALMOUTH, ME—University of Maine Cooperative Extension is hosting a series of gardening and food preservation workshops in Falmouth for youth ages 9 and up beginning Thursday, July 16, 9-11 a.m. and continuing on consecutive Tuesdays through August 6.

Blueberry jam, pickles, and tomato sauce—all of these foods can be made from scratch with fruits and vegetables grown in the home garden. UMaine Extension staff and volunteers will provide instruction in this hands-on, interactive program that teaches youth how to grow and preserve

the garden's harvest.

Each session will begin in Extension's Tidewater Gardens located in Falmouth as youth harvest the fruits and vegetables needed to make jam, pickles, tomato sauce and more. Then the class moves inside to the UMaine Regional Learning Center Demo Kitchen to prepare a batch of seasonal preserved foods. Each participant will take home a jar of what they make. Current 4-H enrollment is not required for participation.

The \$10 per child fee covers all classes. Register and find more details on the program

webpage. For more information or to request a reasonable accommodation, contact 4-H Cumberland staff at 207.781.6099 or 800.287.1471 (in Maine).

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

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Seniors Not Acting Their Age

Challenging Falls on the Machias River



A canoeist avoids a dangerous hole on Great Falls



A kayaker skirts a log while descending Little Holmes Falls



Morgan Baxter lines his canoe around a pitch on Little Holmes Falls

Four of us were on the third day of a Penobscot Paddle & Chowder Society Machias River expedition. We had just spent the night camping at Holmes Falls and were headed for Little Holmes Falls, a complex challenging whitewater rapid.

For the third consecutive day, we benefited from sunny skies and mild temperatures. While fishing in a pool below the falls, canoeist, Rick Farnsworth, caught a sizeable brook trout. Fried fish would be an appetizer on the evening menu.

The short distance to Little Holmes Falls passes through a narrow impressive sector of cliffs that has the character of a small canyon. Just beyond, we arrived at a wooded island in

the center of the river called Dead Man's Island. This is an excellent place to stop as it provides an opportunity to investigate the upper falls area while paying a visit to a memorial for Obadiah Hill, a pioneer who died in 1786.

From Dead Man's Island, we had a partial view of the two entrances to the falls separated by a rocky prominence. The left channel is very difficult to scout and contains potentially boat flipping holes. The right passage is a technical rapid that can be closely inspected from rugged terrain on the right.

The right channel was our choice. We paddled through a short rapid next to the right side of Dead Man's Island and ferried to the right shore to scout.

The decision was a wise one. The narrow entry was partially blocked by a fallen log. Canoeists Rick and Morgan Baxter lined their larger boats over rocks adjacent to the initial pitch. Paddling smaller expedition kayaks, Ken Gordon and I were able to maneuver around the obstruction and complete the entire falls.

The difficult cataract behind us, we began an extended stretch of flatwater. For several miles, we benefited from a tailwind. After passing the confluence with Old Stream, the river angles southeasterly and we encountered a moderate sea breeze. The pesky headwind would continue for the remainder of the day.

We stopped on ledges next to gentle Getchell Rips

for lunch. A few more miles of flatwater brought us to Smith Landing where we bid farewell to Morgan, who needed to return home a day early.

Three remaining Chowderheads persisted into the headwind to Great Falls, the longest, most challenging big volume rapid on the river. The portage trail is on the right. We used it to access cliffs overlooking the more difficult upper sector.

From the rocky prominence, we studied the falls and debated the best route. The collective decision was to skirt large waves and intimidating holes on the right and catch a substantial eddy on river right. Our plan worked flawlessly. From the eddy, we ferried left through a wave train at the bottom.

The scenic campsite at the foot of the falls is exceptional. A triumphant descent accomplished, clouds and a few sprinkles didn't dampen our spirits. We returned on the portage trail to retrieve heavy gear Rick had left behind.

A tarp was erected in anticipation of rain. The fish was delicious.

Concerns about a change in weather were unnecessary. We awoke the following morning to clear skies and warm temperatures but no blackflies.

We encountered varying winds during our circu-



Large breaking waves are encountered on Great Falls

itous flatwater paddle to the old logging village of Whitneyville. Ancient logging booms marked the approach to a technical Class II rapid that passes under a bridge in town. Concerned about the possibility of debris in the falls, we carefully boat scouted down the steep gradient.

A short section of calm water brought us to a small island with easy rapids on both sides. Beyond, we passed under an old railroad bridge that is now part of the 87-mile Down East Sunrise Trail.

Soon after, we observed two hikers on the left shore. They were workers performing trail maintenance on the Machias River Preserve Trail that connects Whitneyville and Machias; a potential adventure for another day.

Munson Pitch, a Class II ledge drop, was next. We navigated the entertaining rapid on the left. Farther

down, the river makes a left turn and passes through easy rapids to a steep narrow gorge. Descending the lengthy stimulating falls that leads into the Town of Machias was the perfect culmination to another outstanding Machias River expedition.

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

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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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MCP announces cast of “Beauty and the Beast”

MONMOUTH, ME -- The Monmouth Community Players, along with Marquis Season Sponsor, Great Falls Federal Credit Union, season sponsors Winthrop Area Federal Credit Union, Readfield Agency, and The Axe Pit (South Portland) and show sponsors Annabessacook Veterinary Clinic and Kennebec Cabin Company, Greenhouse Games, and Birdie Gay, an Affiliate of Academy Travel are thrilled to announce the cast of their summer musical, *Beauty and the Beast*. *Beauty and the Beast* has music by Alan Menken and lyrics by Tim Rice and Howard Ashman. The original Broadway production ran for over thirteen years and was nominated for nine Tony Awards, including Best Musical. At the helm of this production are Josie French as Director, Vanessa Glazier as Assistant Director, Spring Gouette as Music Director and Alex Castonguay as Accompanist. Rounding out the team are Gina Hesse as Choreographer, Hannah McAdam as Stage Manager, Jackie MacDonald as Producer, and Danny Gay, Lighting Design.

Based on the smash hit 1991 Disney animated feature and dating back to a late 18th-century classic French fairy tale, *Beauty and the Beast* tells the story of Belle (Birdie Gay), a beautiful and intelligent young woman who feels out of place in her provincial French village. When her father, Maurice (David Marshall), is imprisoned in a mysterious castle, Belle’s attempt to rescue him leads



Jonny Bolduc and Birdie Gay as Beast & Belle

to her capture by the Beast (Jonny Bolduc), a grisly and fearsome monster, who was long ago trapped in his gruesome form by an enchantress (Ben Simpson). The only way for the Beast to become human once again is if he learns to love and be loved in return. There is a time limit too: once a magical rose loses all of its petals, all hope will be lost and he will stay a Beast forever. The Beast’s enchanted household--populated by such beloved characters as Mrs. Potts (Bryanne MacMillan), Lumiere (Owen Lewis), Cogsworth (Danny Gay), Babette (Hannah Hanson), Madame (Rachel

Scala) and Chip (Connor Coan)--watch anxiously as Belle and the Beast grow to understand and befriend one another. Their feelings grow ever deeper as the clock ticks and petals continue to fall off the enchanted rose--will they confess their love for one another before it is too late?

The multi-talented cast of humans, enchanted objects and more join from all over Central and Southern Maine, including: Birdie Gay, Danny Gay, Brayden Chasse and David Marshall of Monmouth; Jonny Bolduc, Bryanne MacMillan, Rachel Scala, Katy Albert, Archer Slater and Hannah Hanson of

Lewiston; Josh Oakes of Biddeford; Kayla Newmeyer, Phoebe Edwards, Alex Lally, Ken Mansur, Kyle Mansur, Debby Mansur, Tim MacLeod and Lucy MacLeod of Auburn; Kierra Bouchard of Lisbon Falls; Owen Lewis and Connor Coan of Gardiner; Casper Madarasz of Brunswick; Nathaniel Dennison of Whitefield; Jane Mitchell of Greene; Kaitlyn George of Windsor; Maddie Labonte of Livermore; Valorie Lake of Gray; Ginger Smith of Winthrop; Benjamin Simpson of Buckfield; Gabe Lilley of New Gloucester; Victoria Tracey of Randolph; Audrey Tucker of Wayne; and Sophia Partridge of Rome.

Beauty and the Beast will play at the Winthrop Performing Arts Center in Winthrop, July 11-21, 2024. Performances will be at 7:30pm on 7/11, 7/12, 7/13, 7/18 and 7/19, and matinee 2pm shows on 7/14, 7/20 and 7/21. There will be a special sensory friendly performance on Saturday, July 13th at 7:30pm, and an ASL production on Saturday, July 20th at 2pm. Please view the website for updated information. The Winthrop PAC is located at 211 Rambler Rd, Winthrop, ME 04364. *Beauty and the Beast* is presented through special arrangement with Music Theatre International, Inc.. Please keep your eyes on the theater’s social media pages for special events related to the production. For more information, or to purchase tickets, please feel free to email the theater at mcp-boxoffice@gmail.com, call



Hannah Hanson, Danny Gay, Rachel Scala, Owen Lewis and Bryanne MacMillan as the enchanted objects



Casper Madarasz, Josh Oakes, Kayla Newmeyer, Kierra Bouchard, Phoebe Edwards, Kyle Mansur, Tim MacLeod, Katy Albert, Ken Mansur, Debby Mansur, Andy Tolman, Jane Mitchell, Alex Lally, Archer Slater, Maddie Labonte, Nathaniel Dennison in the Mob Scene



Victoria Tracey, Lucy MacLeod, Gabe Lilley, Connor Coan, Audrey Tucker, Sophia Partridge are the kids of MCP’s *Beauty and the Beast*

them at (207)370-9566, or purchase tickets online at www.monmouthcommunityplayers.org.

Extension offers free virtual summer equine speaker series

ORONO, ME – The University of Maine Cooperative Extension welcomes anyone who owns or cares for equines to participate in the virtual Summer Equine Speaker Series.

Three events, all of which will start at 6 p.m., will be held on the following days:

July 11: Alicia Harlov from the Humble Hoof Rehabilitation Center and

podcast will share how movement and nutrition benefits horse health.

Aug. 7: Dr. Jaime Garzon, UMaine Extension’s forage specialist, will discuss hay and forage

testing, pasture care and weed management.

Sept. 13: Elissa Ballman will review various insect pests, ways to mitigate bugs and new research.

The theme for this

year is pasture and system management for healthier horses. Topics include rotational grazing, track systems, pasture health and forage management, nutrition and equine pest con-

trol. Registration is required to receive the webinar links for this free series. For more information and to register, visit the program webpage.

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Standish Community Choir kicks off season

STANDISH, ME -- The Standish Community Choir at Crescendo School of Performing Arts kicked off June 13th!

We are so excited to partner with Director Kath-

erine Lind and the SCC, opening up the opportunity for a free community choir in Standish!

This choir is open to adults and teens ages 14 and up no prior experience

required! Join us tonight at Crescendo to find out some more information about this exciting group of singers.

You can also find more information and sign up for free on our website.

Standish Community Choir

Rehearsals begin June 13th and continue throughout the Summer At Crescendo School of Performing Arts in Standish **Thursday evenings from 6:30-8pm.**

All skill levels are welcome, ages 14 and up. There is no cost to participate - Come sing with us!

Sign up at crescendoschoolofperformingarts.com/standish-community-choir

Lewiston-Auburn Community Little Theatre presents

ALICE IN WONDERLAND

ADAPTED BY JASON PIZZARELLO
 DIRECTOR - BRITNY ANDERSON • MENTOR - JOHN BLANCHETTE
 PRODUCER - JANE MITCHELL • STAGE MANAGER - BEN SIMPSON

Fri-Sat, June 14 and 15 at 7:30 pm
 Sun, June 16 at 2:00 pm
 Thu-Fri, June 20 and 21 at 7:30 pm
 Sat-Sun, June 22 and 23 at 2:00 pm

For tickets or info call 783-0958 or visit LACLT.com
 Tickets : \$25 adults • \$22 seniors & students • \$17 (children under 13) includes all taxes and fees

Great Falls Performing Arts Center, 30 Academy Street, Auburn, ME

Underwriters: Androscoggin Bank, Emerson Toyota, Maple Way Dental Care, MAINE Community Bank, Central Maine

Show Co-Sponsors: MAINE Community Bank, Central Maine

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Alice in Wonderland is produced by special arrangement with Stage Partners. (www.yourstagepartners.com)

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5 ways to support backyard pollinators this summer

ALEXANDRIA, VA — The TurfMutt Foundation, which has advocated for the care and use of yards, parks and other green spaces for 15 years, has long been an advocate of supporting pollinators like bees, butterflies, hummingbirds and bats in managed landscapes. In celebration of National Pollinator Month, TurfMutt reminds everyone about the important role backyards and community green spaces play for these small but mighty backyard critters and their pollinating powers. Pollinators are responsible for one out of every three bites of food we take, according to the Pollinator Partnership.

“Our cities and neighborhoods have disrupted the natural ecosystem pathways that pollinators rely upon, but our backyards and community parks can help by providing these important creatures a vital link to habitat and food,” said Kris Kiser, President & CEO of the TurfMutt Foundation. “We encourage every homeowner and community to

plant flowering plants and shrubs, in addition to trees and grass, in their managed landscapes.”

Here are 5 ways homeowners can support pollinators in their own backyard:

1. Remember Right Plant, Right Place

Select flowering plants that thrive in your yard’s conditions, taking into consideration things like climate zone (check out the USDA’s Plant Hardiness Zone Map), soil type, the sun/shade ratio and average rainfall. If a plant has evolved to thrive in your microclimate, it’s a good bet the pollinators in your community will prefer it, too. The Pollinator Partnership has free pollinator planting guides that anyone can download here.

2. Have a Balanced Landscape

Plant a healthy balance of real grasses, garden flowers, shrubs and trees that bloom at different times of the year. Different colored plants that have their own smell and grow to various heights

Plant It for the Planet
Choose Flowering Plants for Pollinators

Backyards, school yards, green roofs, parks, planted medians and other green spaces provides food and shelter for pollinators

Select flowering plants that thrive in your yard's conditions:
• climate zone
• soil type
• sun/shade ratio
• average rainfall

Plant a healthy balance of grasses, garden flowers, shrubs, and trees

Popular Pollinators
Butterflies, Bees, Bats, Hummingbirds

• 75% of the world's flowering plants depend on pollinators to reproduce
• About 1 out of every 3 bites of food we eat exists because of pollinators
• More than 3,500 species of native bees help increase crop yields

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will attract different types of pollinator species. By keeping this in mind and planting accordingly, you

can provide year-round pollinator support.

3. Create a “Target”

Plant in clusters to make plants an easy target for pollinators to find. This will also increase pollination efficiency. It’s easier, faster and less wasteful for pollinators to work on a single plant species in one central area versus having to seek out individual plants.

4. Right-Size Your Effort

Remember, the size of your yard doesn’t matter. Pollinator pit stops can be created anywhere from urban condominium balconies and small home yards, to large estate lots and farms. Creativity is all that is needed. Window planters, patio containers, raised garden boxes, and even hanging planters can all offer nectar to pollinators. If you have no outdoor space to call your own, consider volunteering for a local pollinator organization, at a local park or community garden.

5. Remember the “Extras”

Pollinators are hard-working and they need clean water and a place to rest. Backyard water sources can be in the form of a water feature or birdbath. You can even set out a shallow water container filled with rocks for pollinator perching.

For more, sign up for Mutt Mail, a monthly e-newsletter with backyarding tips and all the news from the TurfMutt Foundation here. To learn more about creating the yard of your dreams, visit TurfMutt.com. Look for Mulligan the TurfMutt on the CBS Lucky Dog television show on Saturday mornings.

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Pasture Walk Series covers dairy farming, forage management

ORONO, ME — University of Maine Cooperative Extension welcomes local farmers, service providers, and Ag stakeholders to participate in the 2024 Maine Pasture Walk Series.

Five events, all of which will start at 11 a.m., will be held on the following days and farms:

The Milkhouse, 445 South Monmouth Road in Monmouth, on Jul 10.

Springside Farm, 577 Anson Valley Road in New Vineyard, on Jul 23.

Faithful Venture Farm, 17 Borough Road in Searsmont, on Aug 06.

The Wolfe’s Neck



Center, 184 Burnett Road in Freeport, on Aug 13.

Grace Pond Farm, 530 Main Street in Thomaston, on Aug 20.

Attendees will learn about dairy production systems, pasture management, forage species identifica-

tion, climate-smart practices, regenerative grazing, and more from forage producers and Assistant Extension Professor Jaime Garzon.

The 2024 Maine Pasture Walk Series is open and free for all participants.

Visit the event webpage for more information and registration. To request a reasonable accommodation,

please contact Melissa Babcock at 207.581.2788 or melissa.libby1@maine.edu.

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Arts Jubilee's 2024 summer concert series

NORTH CONWAY, NH – Celebrating their 41st year of presenting live music in the Mt. Washington Valley, Arts Jubilee is pleased to announce that their 5-week concert series is returning to Cranmore Mountain Resort this summer. The outdoor concerts will run weekly on Thursday nights from July 11th through August 8th at the North Slope Base of Cranmore Mountain Resort in North Conway.

Arts Jubilee's 2024 concert lineup features Roomful of Blues (American blues and swing revival big band) on July 11th, Classic Rock Orchestra (the greatest rock anthems of the 70s and 80s) on July 18th, the New Legacy Swing Band



(New England's premier dance orchestra) on July 25th, the Not Fade Away Band (the ultimate Grateful Dead experience) on August 1st, and the Glen David Andrews Band (New Orleans blues, rock,

funk, and jazz) on August 8th. All concerts feature a local opening act at 6 pm, followed by the headliner at 7 pm. This year's opening acts include Christian Martin (July 1, 1), Rek'lis (July 18), the DellaValla



Roomful of Blues is performing July 11, 7:00 PM at Cranmore Mountain Resort in North Conway.

Bluegrass Trio (July 25), Jeremy Holden (August 1), and Mountain Top Music (August 8).

Admission is \$18 for adults, \$12 for seniors, \$5 for students, and free for kids 12 and under. You can pre-order tickets online at www.artsjubilee.org or pay at the gate on the night of the show starting

at 5:30 pm. Our concerts are 'rain or shine' with the exception of rare circumstances, so concertgoers are advised to come prepared as they would to any outdoor event. Parking is free, food and beverages are available for purchase on site, and there will be a raffle for a variety of prizes at every concert.

Seating is not provided at the venue, so concertgoers are encouraged to bring a lawn chair or blanket. Animals are not allowed on the property except for leashed service dogs. There is an elevator located next to the front gate for handicap accessibility. For more information please visit www.artsjubilee.org.

Downtown is open for 2nd Friday BRUNSWICK

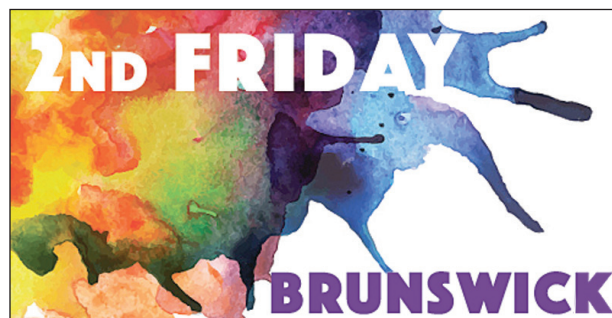
BRUNSWICK, ME -- The Brunswick Downtown Association's (BDA) 2nd Friday BRUNSWICK season began on June 14, 2024. BDA's 2nd Friday BRUNSWICK is an inclusive series of events, which includes an ArtWalk with more than 40 artists & makers selling and displaying their work on the sidewalks, outside local

businesses and in galleries. The event will include live music, dance, and theater performances taking place throughout the evening.

2nd Friday Brunswick Artwalks will take place on July 12, August 9 and September 13. Each month highlights a different area. June 14 features Pleasant Street.

Schedule & Artist Listings can be found on the Brunswick Downtown Association website: <https://brunswickdowntown.org/events/2nd-friday-brunswick/> and Facebook page <https://www.facebook.com/brunswickdowntown/> and printed in The Cryer newspaper each month.

Artist Venues: The Performance Spindeworks Art



mailto:admin@brunswick-downtown.org, or call 729-4439.

- Center Curtis Memorial Library
- The Mix Bayview Gallery
- Points of View Artists
- Root Rind & Petal: Bowdoin College
- Museum of Art
- Maiz Colombian Street Food
- Frank Brockman Gallery
- Barter Art House

For more information on this season's 2nd Friday Brunswick or to sign up as a business sponsor or venue of the 2nd Friday Brunswick, please visit the BDA website (brunswick-downtown.org) or email

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MSMT brings Broadway sensation FUNNY GIRL to Maine

BRUNSWICK, ME -- Maine State Music Theatre (MSMT) is thrilled to announce its second production of the 2024 season, the iconic Broadway musical FUNNY GIRL. In an unprecedented move, MSMT has been granted the exclusive rights to produce this beloved show following the conclusion of its Broadway tour, making MSMT the first company to bring Funny Girl to Maine audiences after its Broadway run.

Funny Girl follows the inspiring and tumultuous journey of legendary comedian Fanny Brice as she rises from the Lower East Side of New York to become one of the biggest stars of Broadway's Ziegfeld Follies. With an original book by Isobel Lennart and a timeless score by Jule Styne and Bob Merrill including unforgettable hits like "People" and "Don't Rain on My Parade," Funny Girl celebrates resilience, ambition, and the power of the human spirit.

Artistic Director Curt Dale Clark expresses his excitement about this his-



toric production: "We are honored to be entrusted with bringing Funny Girl to the Maine stage. Fanny Brice's story is one of triumph over adversity, and we believe it will resonate deeply with our audiences."

Directed and choreographed by Kenny Ingram, who helmed last year's hit 9 to 5: The Musical, MSMT's production of Funny Girl promises to capture the heart and spirit of the original Broadway production while infusing it with fresh energy and creativity. With its rich history and timeless themes, Funny Girl will delight audiences of all ages.

Leading the cast of Funny Girl at MSMT are Jenna Lea Rosen (Fanny Brice), Douglas Williams

(Nick Arnstein), Tyler Johnson-Campion (Eddie), and returning crowd-favorite Sue Cella as Fanny's mother, Mrs. Brice. Rosen recently portrayed the leading role of Mabel Normand in Mack & Mabel starring Dermot Mulroney in Los Angeles, as well as a wide variety of television, film and voiceover credits.

The cast also includes Mark Aldrich, Tommy Betz, Joe Capstick, Mary Beth Donahoe, David Gerolmo, Tauren Hagans, Michelle Beth Herman, Charis Leos, Jeremiah Valentino Porter, Mandie Rapoza, Alexander Rios, and Jason Williams.

Funny Girl also marks the mainstage debut of the MSMT Singers for the 2024 Mainstage Season: Karoline Brechter, Thomas Dalceredo, Jessica Hoadley, Calista Jones, Nate Krohmer, Christian Miller, Lav Raman, and Mark Tran Russ.

Directed and choreographed by Kenny Ingram, with Jason Wetzel (Music Director), Amy Bertacini (Production Stage Manager), Jeffrey D. Kmiec (Scenic Designer), Sam Biondiello (Lighting Designer),



Shannon Slaton (Sound Designer), Theresa Bush (Costume Designer), Luis

Garcia (Video Designer), Kevin S. Foster II (Wig Designer), Jamibeth Mar-

golis (Casting). Produced by arrangement with Concord Theatricals

Don't miss this once-in-a-lifetime opportunity to experience the magic of Funny Girl at Maine State Music Theatre. Performances will run from June 26 - July 13 at the Pickard Theater in Brunswick, Maine.

To ensure you receive See MSMT, page 14

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THIS WEEK'S FOOD TRUCK LINE-UP: JUNE 20

● Mow's Munchies	● Roaming Eats
● El Rodeo	● Great Scott's Mac
● Cheese the Day	● Crepe Elizabeth
● Midlands Creations	● Maine Maple Creemee Co.
● Sook Thai	

4:00 PM - 8:00 PM

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2024 RIVERBANK PARK COMMUNITY CONCERT SERIES

Tuesdays • July 2 - August 20 • 6-8pm

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CONCERT SCHEDULE:

TUESDAY, JULY 2 - WESTBROOK CITY BAND	TUESDAY, JULY 30 - SUGAR HILL STRINGBAND
TUESDAY, JULY 9 - DAVID GOOD	TUESDAY, AUGUST 6 - FIDDLERS THREE
TUESDAY, JULY 16 - JC & THE ACES	TUESDAY, AUGUST 13 - PHIL 'N THE BLANKS
TUESDAY, JULY 23 - BLUE STEEL EXPRESS	TUESDAY, AUGUST 20 - DARLIN' COREY

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Experience 60th family bluegrass festival

LITCHFIELD, ME- Blistered Fingers Bluegrass Festival is celebrating our 60th festival at the Litchfield Fairgrounds (30 Plains Road, Litchfield, Maine). Directions are located on the flyers or on the Web site. The festival grounds have a big stage that was built in 2010, Indoor bathroom facilities, four free hot showers and numerous water hookups throughout the grounds, and electrical hookups. There will be several vendors located on the grounds. The festival location has that ‘Welcome Home’ Country atmosphere. Everyone who attends loves our camping grounds. We also have a lot of Field picking through the whole time of the festival. We have an extra-large

tent for rain or shine cover. We have the Blistered Fingers Kids Academy. Blistered Fingers has a free, relaxed, informative three day music program for children for ages 6-18. The focus is how to play, sing and perform bluegrass music. Students can bring their own instruments and commit to the three day program. The kids all get a Free T-Shirt and perform a couple of songs as a group on the Main stage. We’re all so proud!!

The gates opened Sunday, June 16, 2024. Weekend tickets for each festival will cover four days of great music and camping from Thursday to Saturday and Sunday Morning Gospel Sing Along and Jam. Day tick-



60th Blistered Fingers Family Bluegrass Music Festival
 June 20, 21, 22 & 23, 2024
 Litchfield Fairgrounds - Litchfield, Maine

Performers:
 The Gibson Brothers (NY) S
 Country Gentlemen
 Tribute Band (MD) F, S
 Hemingway Brothers (ME) T, S
 Katahdin Valley Boys (ME) F
 Emcee - Sandy Cormier
 Sound - Blistered Fingers

Notin' Fancy (VA) T, F
Kevin Prater Band (KY) F, S
 High River F, S
Blistered Fingers (ME) T
Robinson's Gospel (MA) Sun

GPS DIRECTIONS:
 Camping: 30 Plains Rd., Litchfield, ME
 Day Parking: 2422 Hollowell Rd., Litchfield, ME

Gate Open 9:00 AM Sunday June 16, 2024
 Daily Gate Times are 9:00 AM to 10:00 PM

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 Greg & Sandy Cormier
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www.blisteredfingers.com

ets are also available at the gate.

There will be several types of vendors located on the grounds and an Extra Large tent for coverage. Just bring your lawn chairs and come have a great time. Don't just hear about it!!

Performers:
 The Gibson Brothers (NY)
 Notin' Fancy (VA)
 Country Gentlemen
 Tribute Band (MD)
 Kevin Prater Band (KY)
 Katahdin Valley Boys (ME)
 High River (NB)
 Hemingway Brothers (ME)
 Robinson's Bluegrass Gospel (MA) Sunday Morning
 And Your Host Band:

Blistered Fingers (ME)

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All four days (Thurs - Sunday) with Music & FREE camping- \$100
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Thursday only- \$25 Music 4 pm - 9 pm
 Friday only- \$40 Music 10 am - 9 pm
 Saturday only- \$40 Music 10 am - 9 pm
 Sunday - FREE with Weekend pass
 Dogs- \$10
 Power- \$35 for your entire stay

For additional information, visit the Web site at www.blisteredfingers.com or contact Sandy Cormier at blist-f@blisteredfingers.com, or (207) 873-6539.

MEMIC announces 2024 award winners

PORTLAND, ME – The MEMIC Group, workers’ compensation insurance specialists, has announced its 2024 selections for The MEMIC Awards, which honor employers and individuals demonstrating best practices in workforce safety and partnership.

Founded in 1994 and nominated annually by MEMIC safety consultants, recipients of The MEMIC Award for Excellence in Safety are considered among the best of more than 20,000 MEMIC policyholders at thoroughly incorporating workforce safety into their culture to prevent on-the-job injuries, increase labor productivity, and relentlessly improve work practices at all levels.

L.L.Bean has been selected as the winner of the MEMIC Award for Excellence in Safety for their exceptional participation and partnership in safety workshops, on-site safety assessments, and training programs. Their

commitment to clear communication, accountability, and fostering a culture of safety and care throughout the organization has set a remarkable example for workforce safety practices.

In partnership with MEMIC through their broker, Aon, L.L.Bean has not only trained thousands of employees in safety practices, but also established robust safety protocols that prioritize the well-being of their workforce. Their dedication to continuous improvement and safety excellence truly sets them apart as a leader in workforce safety.

To learn more about L.L.Bean’s dedication to workforce safety and their journey towards excellence, we invite you to watch their profile video on memic.com/awards.

Founded in 2021, the fourth-ever MEMIC Award for Workforce Partnership was presented to Cynthia Murphy, the Senior Program Manager for Coastal Enterprises, Inc



(CEI). Cynthia was chosen for her outstanding work in creating and managing the Child Care Business Lab and the Child Care Investment Fund. These programs have helped create new jobs while offering a solution to one of the largest obstacles facing Maine business owners and workers: an inability to secure childcare.

Through Cynthia’s guidance and support, 32 Child Care Business Lab graduates have launched businesses, creating new jobs and childcare spaces, while empowering parents to pursue their own career

opportunities. Her dedication to workforce skill development and community well-being embodies MEMIC’s commitment to employment growth and workforce health.

“The MEMIC Awards perfectly exemplify the partnership between MEMIC and our policyholders when it comes to workers’ compensation,” The MEMIC Group President and CEO Michael Bourque said. “At the end of the day, the relationship with our policyholders is more about protecting the health and safety of their most important asset



– their people – than it is about insurance.”

“No one wants workers to get hurt, or if they do get hurt, to lose their livelihoods over it,” Bourque said. “That’s the MEMIC difference. We relentlessly partner with our policyholders to instill best practices appropriate to their industries to avoid injuries, save money, and create a caring workplace culture. The people we’re recognizing with MEMIC Awards do it all.”

Nominees for all

awards are MEMIC-insured employers recommended by their Safety Management Consultants and Claims specialists, their independent agents, and MEMIC management. All awards are given annually.

The 2024 MEMIC Awards for Excellence in Safety and Workforce Partnership were handed out at the Annual Meeting of Policyholders in Portland, Maine on Monday, June 10. Learn more at memic.com/awards.

Congressional Gold Medal awarded to Maine Vets

WASHINGTON, D.C. – Last week, the U.S. Senate unanimously passed a bipartisan bill, cosponsored by U.S. Senators Susan Collins and Angus King, to collectively award a group of Vietnam War veterans known as

“Dustoff” crews with the Congressional Gold Medal. The legislation honoring the helicopter-borne medical evacuation teams now heads to the House of Representatives for consideration.

If this bill becomes

law, two Maine residents would be recipients of this Congressional Gold Medal.

“Dustoff medevac crews were responsible for rescuing thousands of wounded soldiers from the chaotic battlefields of Vietnam,” said Senator Collins. “Day or night, Dustoff crews worked through treacherous conditions and risked their lives to save their fellow soldiers. I am proud to join this effort, memorializing the work of these brave patriots with our nation’s highest civilian honor.”

“It is an honor to join my colleagues in recognizing the incredible bravery

of the Dustoff crew heroes who risked their lives to save thousands during the Vietnam War,” said Senator King. “For many on the ground, there were few sounds more welcome than a Dustoff helicopter on its way with a team of medics. I am proud to join this bipartisan effort to forever memorialize the patriotism and sacrifices of these courageous men.”

This year marks

the 51st anniversary of the Paris Peace Accords, which ended U.S. combat operations in the Vietnam War. Called “Dustoff” crews due to their radio call sign, these rescue teams saved wounded soldiers and America’s South Vietnamese allies from dangerous locations. Between 1962 through 1973, Dustoff crews were responsible for transporting 17,700 United States casualties. During

this period, soldiers assigned to Dustoff crews had a one-in-three chance of being wounded or killed.

The Dustoff Crews of the Vietnam War Congressional Gold Medal Act is supported by the Veterans of Foreign Wars, American Legion, AMVETS, Association of the United States Army, Army Aviation Association of America, DUSTOFF Association, and Vietnam Dustoff Association.

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Maine DOE celebrates 2024 RISE Award honorees, finalists

DEER ISLE AND PORTLAND, ME—Maine Education Commissioner Pender Makin joined School Union 76 school leaders and staff to honor Food Service Coordinator Sheila Nevells, and Deputy Commissioner Dan Chuhta joined Deering High School and Portland Public School leaders and staff to honor Administrative Secretary Liana Littig with the Recognizing Inspiring School Employees (RISE) Award for the extraordinary contributions they have made to their students, schools, and communities. Both honorees are known for their dedication to their communities and their support for colleagues and students.

Created by Congress in 2019 and overseen by the U.S. Department of Education, the prestigious RISE Award honors non-teaching school employees who provide exemplary service. Nevells and Littig were selected as the two state-level honorees out of ten finalists. Nearly 70 nominations were submitted to the Maine Department of Education (DOE) by colleagues and community members. Nevells and Littig were selected to represent Maine for consideration for the national RISE Award.

“I am in awe of Shei-

la. You are a true hero, a champion of education, and a champion of making sure kids get fed. The most fundamental thing that can happen for any of us is the food that feeds our souls and our bodies, and fuels us for learning. You have consistently gone so far above and beyond to make sure the kids in your school and community are fed,” said Maine Education Commissioner Pender Makin while presenting the honor to Nevells.

“You make my job easy. I enjoy cooking for every one of you. I enjoy talking with every one of you every day. I am humbled and very appreciative of this award,” said School Union 76 Food Service Coordinator and Maine’s 2024 RISE Award State Honoree Sheila Nevells.

“Liana’s day-to-day dedication to the students, families, and staff at Deering High School has been described by her colleagues as ‘unmatched’. You are an essential part of the school, a valued community member, and a true example of a public servant,” said Maine Department of Education Deputy Commissioner Dan Chuhta while presenting the honor to Littig.

“Everyone who knows Liana says she is remarkable. She has especially impacted our

Portuguese students and embraced them warmly, connecting them with the resources they need. She is so helpful and never makes anyone feel less than for needing help. We all adore her,” said Deering High School Assistant Principal Halima Noor.

“I feel so loved and appreciated. This is such a good place. They are so good to me,” said Deering High School Administrative Secretary and Maine’s 2024 RISE Award State Honoree Liana Littig.

RISE nominees demonstrate excellence in the following areas: (A) Work performance; (B) School and community involvement; (C) Leadership and commitment; (D) Local support (from co-workers, school administrators, community members, etc., who speak to the nominee’s exemplary work); (E) Enhancement of classified school employees’ image in the community and schools.

Maine’s Two RISE State Honorees

Liana Littig, Administrative Secretary, Portland Public Schools

From Liana’s nomination: Liana’s involvement in school and community is unmatched. She is the first person students and staff see when they walk in the door. For many of our newcomer students

who speak Portuguese, it is the first time someone in the school system stops and has a deep, kind and welcoming conversation with them in Portuguese. All students know if they have a question to find Ms. Littig in the main office because she always has the answer or knows who does! No student is turned away without receiving a thoughtful response when she is in the office.

Liana is not a gatekeeper of knowledge but rather imparts knowledge and the know-hows of all she does to better equip staff, students and parents with what they need to have a successful day at school. Liana has also become well known in the community, especially with immigrant families.

Liana’s sense of confidence and calm demeanor has ensured our students, staff, parents and building are able to withstand even the most challenging disruptions with ease. That air of confidence and calmness shrouds the entire building and allows every single person to genuinely feel like everything is under control. That is credit to Ms. Littig!

Sheila Nevells, Food Service Coordinator, School Union 76

From Sheila’s nomination: Since Sheila took over as Food Service Co-

ordinator in 2017, her work performance and leadership and commitment have been exemplary. She quickly learned all the ins and outs of USDA and our food service funding, and then took it upon herself to see that no child on our island ever went hungry. Sheila learned how to write grants, and then found every way available to provide food for everyone. CACFP, No Kid Hungry, summer food program -she went after them and worked hard to provide all these opportunities for our children and families. She organized an amazing food delivery service during the COVID lockdown and continues to provide comprehensive food service despite a number of administrative changes. Sheila goes above and beyond, and it all comes from her big heart and love for this. Sheila is a quiet leader, but the programming that she does gets some great PR. She is a role model for all of us in the school system and to our children and families who come in contact with her every day. Her work ethic, ambition and drive to help others, and her big smile and caring heart impact us all.

Sheila has also done all the extra work of getting grants and running extra programming on top of her everyday work of also

being Head Cook at Deer Isle-Stonington Elementary School. Sheila doesn’t sit in an office all day - she cooks and serves and talks to all the kids, cleans up, and then she sits in her office after hours getting all the paperwork done and finding new ways to feed our families. Sheila is Lunch Lady Extraordinaire!

Maine’s RISE State Finalists

Sarah Beam, School Social Worker, Talbot Community School, Portland Public Schools

Kerrie Edgerton, Executive Assistant to the Superintendent, Biddeford School Department

Kadija Fulli, Custodian, Portland High School, Portland Public Schools

Ben Jacobson, Food Service Director, RSU 26

David Martin, Director of Maintenance, Maine School of Science and Mathematics

Tanya Ouellette, Secretary, Sabattus Primary, RSU 4

Nicole Richard, Ed Tech, Veazie Community School

Christine Small, Nurse’s Assistant, Portland High School, Portland Public Schools

Shelley Tinker, Transportation/Bus Driver, Lubec, SAD 19

Bangor Symphony Orchestra renews Maestro’s contract

BANGOR, ME – The Bangor Symphony Orchestra (BSO) is thrilled to announce the renewal of Music Director Lucas Richman’s contract through June 2029, marking a celebrated continuation of his remarkable 14-year tenure with the orchestra. Under Maestro Richman’s direction, the BSO has reached new heights in artistic excellence and community engagement.

“Lucas Richman’s

visionary leadership has not only elevated our orchestra’s profile but has significantly deepened our connection with the community,” says Elizabeth Sutherland, President of the BSO Board of Directors. “His renewed commitment ensures that the future of the Bangor Symphony Orchestra shines as brightly as the talents we showcase.”

During his leadership, the Grammy Award-winning Maestro Richman has

been pivotal in enhancing the BSO’s programming diversity, notably championing works by female composers, including Elfrida Andrée and Jessie Montgomery, this past season. This commitment to equity in the arts has enriched the symphonic repertoire and provided our audiences with a richer, more inclusive musical experience.

In April, the BSO and Maestro Richman presented the “Paths to Dignity

Project,” a groundbreaking initiative that builds musical bridges with the unsheltered community. The project culminated in a Masterworks performance featuring Maestro Richman’s own “Concerto for Violin: Paths to Dignity,” receiving high praise from patrons and musicians alike. The concert, featuring solely Richman’s compositions, underscored his significant impact on both the BSO and the wider community.

Looking ahead, Maestro Richman will continue to captivate audiences with innovative programming, including an exciting performance of John

Williams’ legendary Star Wars: A New Hope In Concert score played live in sync with the film, scheduled for May of next year.

Renia Shterenberg, Executive Director of the BSO, added, “Lucas’ ability to blend traditional symphonic music with innovative community projects like the Paths to Dignity has been transformative. We are excited to see how his creativity will continue to enhance our programming and outreach in the years to come.”

“It has been a great honor and joy for me to collaborate with the wonderful musicians of the Bangor Symphony Orches-

tra all these years,” shares Lucas Richman. “It’s been an incredibly fulfilling partnership and I am excited about creating even more opportunities for furthering the enrichment of our region through the power of music.”

“The BSO looks forward to many more seasons of exceptional music-making under Maestro Richman’s leadership,” said Sutherland

The BSO’s 2024-2025 season has been announced and season subscriptions are now available. Both can be found online at <https://www.bangorsymphony.org/schedule/>.



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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 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 22

GRAY -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, June 22, 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 &

Calendar

Send your submissions to the Editor. More online.

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June 24, Mondays through Aug 12

LEWISTON -- ART-VAN IN KENNEDY PARK, Mondays, June 24, July 1, 8, 15, 22, 29 and August 5, 12 at 3:30PM

ArtVan will be providing hands-on creative art programs this summer in Kennedy Park for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun.

Free. All art supplies will be provided.

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/>

June 29

BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, June 29, 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.

June 29

AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, June 29th 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.

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 10, 23; Aug 6, 13, 20

MAINE -- Universi-

ty of Maine Cooperative Extension welcomes local farmers, service providers, and Ag stakeholders to participate in the 2024 Maine Pasture Walk Series. Five events, all of which will start at 11 a.m., will be held on the following days and farms:

The Milkhouse, 445 South Monmouth Road in Monmouth, on Jul 10.

Springside Farm, 577 Anson Valley Road in New Vineyard, on Jul 23.

Faithful Venture Farm, 17 Borough Road in Searsmont, on Aug 06.

The Wolfe's Neck Center, 184 Burnett Road in Freeport, on Aug 13.

Grace Pond Farm, 530 Main Street in Thomaston, on Aug 20.

Attendees will learn about dairy production systems, pasture management, forage species identification, climate-smart practices, regenerative grazing, and more from forage producers and Assistant Extension Professor Jaime Garzon.

The 2024 Maine Pasture Walk Series is open and free for all participants. Visit the event webpage for more information and registration.

July 10

LEWISTON -- Craft Night at Lewiston Public Library on July 10, 2024, from 5 pm to 6pm. FMI: <https://lplonline.org/events/craft-night-at-lpl-terracotta-lighthouse/>

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July 11, Aug 7, Sept 13

ONLINE -- The University of Maine Cooperative Extension's Summer Equine Speaker Series. Three events, all of which will start at 6 p.m., will be held on the following days:

July 11: Alicia Harlov from the Humble Hoof Rehabilitation Center and podcast will share how movement and nutrition benefits horse health.

Aug. 7: Dr. Jaime Garzon, UMaine Extension's forage specialist, will discuss hay and forage testing, pasture care and weed management.

Sept. 13: Elissa Ballman will review various insect pests, ways to mitigate bugs and new research.

Registration is required to receive the webinar links for this free series. For more information and to register, visit the program webpage.

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.

MSMT

Continued from page 9

the best prices and avoid unnecessary fees, please purchase your tickets exclusively through our official website at www.msmt.org or by calling our box office at 207.725.8769.

We strongly advise against purchasing tickets through third-party vendors, as these sellers often add exorbitant fees and surcharges, which are beyond MSMT's control and authorization.

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
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trance 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 Bethlehem, 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

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