

Town of Gorham releases holiday closure, fireworks info



GORHAM, ME -- The Gorham Municipal Center, Administrative Offices and Baxter Memorial Library will be closed on Tuesday, July 4th in observance of Independence Day.

Trash Collection Schedule

There will be no changes to the trash collection schedule during the week of this holiday. As a reminder, if your collection day falls on one of the holidays below, your trash will be picked up the next day:

Thanksgiving Day, last Thursday in November

Christmas, December 25th

New Years Day, January 1st

Fireworks Information

The Town of Gorham Consumer Fireworks Ordinance was made effective September 6, 2012

to regulate the use of consumer fireworks to ensure the safety of the residents and property owners of the Town of Gorham and of the general public. As folks look forward to a fun and festive Independence Day holiday, please remember that a permit is required for ALL consumer fire-

works use, and the use of consumer fireworks is only allowed on the following days and times:

July 4th, beginning at 12pm (noon) and ending at 11pm;

Please read the Town of Gorham Consumer Fireworks Ordinance at the Town's website for additional dates and information.

To apply for a fireworks permit or check on the status of a fireworks permit application, visit the Town's website.

We wish you a happy, safe, and fun Fourth of July!

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 veg-trugs. 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.

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 established 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.

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

Food truck Summer Thursdays bring dinner to Gorham

GORHAM, ME -- Food truck Summer Thursdays hosted by the Economic Development Division are back, starting with the first event on the summer solstice – Thursday, June 20.

Folks can catch a rotating selection of food trucks every Thursday through September 28th at the Little Falls Recreation Area (664 Gray Road, Gorham).

We offer a different selection of vendors each week (~7-8 total) from 4pm – 8pm, and the setting is very family-friendly complete with ample green space, music, and lawn games. It's the perfect way to spread out and enjoy a Maine summer afternoon at its finest.

This year, the Town is offering space to local organizations and businesses to engage the community and get the word out about exciting

offerings and opportunities available to the Gorham.

We are grateful for the support of Gorham Savings Bank, which is

sponsoring the purchase of 150 lawn chairs for visitors to utilize each Thursday. Beach blankets and chairs are still welcome!

SUMMER THURSDAYS!
FOOD TRUCKS @
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- * MEET ON THE STREET * HILLSIDE CREATIONS * MOW'S MUNCHIES *
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- * ROAMING EATS * SANDWICH SHACK * TOP IT ICE CREAM *
- * ZEPHYR ICE *

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Newsmakers, Names & Faces

Be a powerful force for good this summer

PORTLAND, ME — As we celebrate the busy Fourth of July holiday week, the American Red Cross asks donors to be a powerful force for good by giving blood or platelets now and in the weeks to come. You can be the difference between someone's storm and their sunshine. Donors are critically needed right now after a sharp decrease in donations since late spring. All blood types are needed, especially donors giving type O blood and those giving platelets.

Full summer calendars and holiday plans may prevent regular donors from being able to give. Additionally, significant summer weather threats such as hurricanes, flooding and tornadoes can result in travel hazards and blood drive cancellations that could impact the blood supply. Help keep lifesaving blood products stocked on hospital shelves and book a time to give blood or platelets by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

The Red Cross has teamed up with Universal Pictures for the theatrical release of TWISTERS to help avoid a summer blood shortage. All who come to give blood or platelets July 1-31 will get a Fandango Movie Ticket* by email. Plus, those who come to give July 1-14 will also receive a one-of-a-kind TWISTERS and Red Cross umbrella, while supplies last. **BONUS:** Those who come to give blood in July will also automatical-

ly be entered for a chance to win a 2025 Ram 1500 Big Horn®. See RedCrossBlood.org/Twisters for full details.

Swarms of tornadoes and extreme flooding in recent months have tragically taken lives and destroyed entire communities. Most recently, millions of people have endured one of the longest lasting and strongest heat waves in years, including large portions of the Midwest. Unfortunately, in states like Arkansas, Ohio and Nebraska, many communities are still picking up the pieces and recovering from the second most active tornado season on record, according to the National Weather Service's Storm Prediction Center.

"The Red Cross is grateful to have partners like Universal Pictures who are not only lending this support to encourage blood donations during this critical time of year but have also generously donated to help support disaster relief," said Jennifer Pipa, vice president of Disaster Programs for the Red Cross. "Because of the climate crisis, the Red Cross is now launching twice as many relief operations for major disasters than we did a decade ago. And disasters are not only straining our relief operations but also our ability to collect lifesaving blood donations. So far this year we have collected 20,000 fewer blood donations due to severe weather."

In just the first five months of the year, the Red Cross has responded to 20 tornado related disasters

across 13 states. Unfortunately, meteorologists expect more powerful and destructive storms to continue in the months to come as the effects of the climate crisis continue. This year's outlook is part of a years-long trend of more frequent and intense climate disasters, such as hurricanes, wildfires, severe storms and floods.

Dare to be a force of nature this summer. Give blood or make a financial donation to the Red Cross by visiting RedCross.org.

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 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 or use the Blood Donor App.

Maine Mayhem advance to WFA DIV III North East Championship



MAINE -- The Maine Mayhem finished the 24' season 5 - 1 and traveled to New York to face the Knockout for the WFA DIV III North East Championship! It's a rematch of last year's title, where Maine won by an extra point!

The winner will move on to the WFA DIV III National Conference Championship July 13th!

The WFA announced the 2024 All Americans that includes the entire league at all levels. The Maine Mayhem is proud of have 10 athletes this year! Lead by their very own, Gianna Charest, earning 1st team honors! Congratulations!

Player Name	Team
GIANNA CHAREST	1st TEAM - STRONG SAFETY
MAHALA SMITH	2nd TEAM - TAILBACK
CHELSEA WATSON	2nd TEAM - CORNERBACK
CHLOE BRYZKI	2nd TEAM - LINEBACKER
EMILY BRYZKI	2nd TEAM - DEFENSIVE END
BEVERLEE RUSSELL	3rd TEAM - DEFENSIVE TACKLE
FRANKIE CURTIS	3rd TEAM - DEFENSIVE END
TAYLOR BRYZKI	3rd TEAM - LINEBACKER
MAGGIE SCHOFIELD	3rd TEAM - QUARTERBACK
REBECCA SILVA	3rd TEAM - FREE SAFETY

USDA: Star-spangled grilling, smoking food safety practices

WASHINGTON, D.C. — On July Fourth, the aroma of barbecue will fill the air as the festivities

bring together family and friends to celebrate with quintessential American cooking pastimes: grilling and smoking. Food is the biggest staple when it comes to celebrating Independence Day, aside from the fireworks. Whether you're sizzling burgers on the grill or slow-cooking ribs in the smoker, the U.S. Department of Agriculture's (USDA) Food Safety and Inspection Service is urging everyone to take food safety precautions during food preparations.

"Fourth of July is a great time to use the grill and smoker to cook delicious meats and poultry," said Under Secretary for Food Safety Dr. Emilio Esteban. "Whichever method you use, reduce your risk

See USDA, page 10

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Newsmakers, Names & Faces

MCCS to invest in short-term workforce training

SOUTH PORTLAND, ME – Maine’s community colleges announced a significant new investment in short-term workforce training programs today that support new and incumbent workers in Maine’s largest industries, most of which face significant workforce

shortages.

The Maine Community College System (MCCS) has already trained more than 26,000 students through these short-term programs since 2022. The classes prepare students for both entry-level work, such as basic welding or con-



struction, and for career advancement by training incumbent workers in updated skills, such as training HVAC workers to install heat pumps, or auto

workers to fix e-vehicles.

MCCS has always offered extensive workforce training through its two-year associate degree and one-year certificate

programs, but, in recent years, there has been an urgent need and high demand for faster training that takes less than a year to complete and is free or discounted for the student. These classes are offered year-round through the system’s Harold Alfond Center for the Advance-

ment of Maine’s Workforce. The classes are offered at the colleges, online, and through third-party industry-approved instruction.

The courses are currently funded with a four-year, \$60 million public-private investment that sunsets at the end of 2024.

Secure your invitation to Bridgerton Experience Maine

The Promenade Ball & Garden Party

Saturday, July 13, 2024
11 a.m. - 10 p.m.

The TL Barn
8 Tove Lizette’s Way, West Paris, ME 04289

Cost \$75/includes Promenade Ball, Garden Party, Food, and activities (croquet, outdoor life size chess, etc..) Interact with actors & actresses portraying your favorite character and more surprises to be announced!

Professional Photography (onsite 8x10 prints) by donation
Carriage rides will be available by donation
Dance to the Soundtrack & learn dances as seen on the show
Cash Bar inside and outside

It is requested that you dress in your finest attire and join us for a day and evening event of elegance and revelry. Will you be the “Diamond” at this event? “A Diamond is precious precisely because it’s rare.”

The hum of lively chatter and the tinkling of glasses will fill the air, creating an atmosphere of pure refinement.

Maybe you would like to delight in taking part in the delightful Garden Party amidst the verdant grounds of TL Barn. Guests will stroll through the meticulously manicured Promenade, sipping refreshing lemonade and indulging in delectable finger sandwiches. The soft notes of the soundtracks will provide a melodic backdrop, setting the stage for charming discussions and lighthearted laughter.

Naturally, I will be in attendance at both events, notebook in hand, ready to record the evening’s most scandalous moments for my loyal readers. Who will arrive on the arm of an unexpected

companion? Whose reputation will be thoroughly ruined by an indiscretion on the dance floor or in the garden? The suspense is positively palpable.

My dear friends, if you have not yet secured your invitation, I urge you to do so post-haste. These are events that simply cannot be missed. I shall see you all there, ready to observe the delightful drama that is sure to unfold. The tickets will be released at 10:30am on

Saturday, June 8th Bridgerton Experience MAINE Page!

Yours Truly,

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

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By Melissa Lynn Donahue Swett

The social season is in full bloom, and you are welcome to the most anticipated event of the summer - the Promenade Ball and Garden Party at TL Barn in West Paris, Maine.

First, we have the illustrious Promenade Ball, hosted by the esteemed “Queen”. This elegant gathering is sure to

be the crowning jewel of the season’s festivities. A “Diamond” will be chosen during the evening! There will be dance lessons for those interested and activities all around. The magnificent TL Barn, with its rustic charm and picturesque setting, will play host to the crème de la crème of high society. Gowns of the finest silks, imported from the fashion houses of Paris, will

twirl across the polished dance floor as gentlemen in their tailored suits lead their partners in the latest waltzes.

One can only imagine the intriguing conversations that will take place as old acquaintances are reunited and new connections are forged.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jonathan Knowlton
Licensed Agent

Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.

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Seniors Not Acting Their Age

A Wilderness Expedition on Grand Cascapedia



A tandem canoe team finishes a rapid on the Grand Cascapedia



Branch Cascapedia flows out of Lac Huard



Spectacular views are common on the Grand Cascapedia

I don't have a bucket list. At my age, my singular outdoor objective is longevity. If I had one, the Grand Cascapedia River on the Gaspé Peninsula in eastern Quebec would be on it.

On several occasions while driving along the beautiful river that flows east out of the Chic Choc Mountains on my way to winter skiing and mountaineering adventures, I speculated about the possibility of paddling it. In 2011, a group of us passed the Cascapedia at high water en route to a Bonaventure River expedition, which parallels it. Although the Bonaventure is more renowned, the extremely scenic mountain

river looked majestic and exciting.

For several years, I've paddled many of Maine's northern rivers in May with a group of friends. The supply of appealing in-state rivers nearly exhausted, we needed to expand our horizons. The Cascapedia came to mind. Actually, to be precise, it came to my mind.

The Cascapedia is one of the most famous salmon fishing rivers in the world. However, it's very difficult to find information about paddling it. After quite a bit of research, I stumbled onto an indication that an old paddling friend, Andy Abello, was a veteran of a Cascapedia River expedition.

Contact with Andy was very productive. Not only had he paddled the Cascapedia but wanted to join me on a trip. Andy lavished praise on the Grand Cascapedia calling it an exceptional tripping experience. He provided topographical maps of the entire itinerary and also shared information on a campground at the mouth of the river in New Richmond that would run shuttles.

I found a website that measures the Grand Cascapedia water level and provides a record of flow. Late May and early June are when the historic peak levels occur. Based on the Bonaventure endeavor, I concluded that might be

before the evil blackflies arrive.

Four of the usual suspects wanted to participate. We began monitoring water levels and weather. What appeared to be an optimum combination of the two was identified in late May. A trip was on!

Unfortunately, Andy was unable to join us. We were disappointed to lose his companionship and knowledge. However, we had paddled unknown rivers before and Andy had provided a wealth of information.

Five of us met at a motel in New Richmond after a rainy eight hour drive. We immediately drove to Camping New Richmond Campground to meet with the owner and our shuttle driver, Bruno. The very likeable "can do" guy encouragingly reported that the river was high and blackflies doubtful. We loaded our boats on his trailer in anticipation of an early departure the next morning.

Doing business with Bruno has additional benefits. Paddlers can take off the river at the campground and vehicles are secure during the voyage.

The sixty-mile drive along the Cascapedia and deep into the eastern Chic Choc Mountains to remote

Lac Huard is nothing short of spectacular. Bruno entertained us with a bevy of amusing river tales during the journey. On a somber note, I began feeling mildly ill.

The one-mile paddle across the picturesque mountain tarn under partly sunny skies was quickly accomplished. We entered a fast moving stream called Branch Cascapedia where several easy rapids were encountered. A couple of sizeable tributaries soon joined forming Grand Cascapedia.

A strong tailwind pushed us along at a very brisk pace. In fact, we were moving so fast, I had difficulty identifying our location on the topo maps. The rapids increased in length, frequency and complexity but were otherwise very stimulating and manageable.

The rugged beauty of the area is truly remarkable. Eagles were plentiful and signs of wildlife abundant. The miles quickly passed and late afternoon was almost unexpected when it arrived. Since the winds had increased in strength, we sought a forested campsite that provided protection from the gale. An excellent location was located in a stand of hardwoods and alders on the north side of an exten-

sive gravel beach.

Settling in for the evening, we contemplated the coming days. The word "falls" was written in a section of the river on the next topo map so we needed to be on the alert for that unknown eventuality. I was feeling worse.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates more whitewater exploits on the six best river expeditions 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 or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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

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MIFF celebrates in-state film productions

WATERVILLE, ME—The Maine International Film Festival (MIFF) returns to Waterville, Maine, for its 27th annual edition July 12–21, showcasing a diverse slate of 100 films. This year’s program, drawn together in part from the record number of submissions received in the festival’s history, includes films from more than 40 countries, representing MIFF’s growing international standing. Even as horizons broaden, MIFF remains committed to celebrating the best of Maine-made cinema and supporting filmmakers with its annual Tourmaline Prizes.

On the closing night of the festival, the juried Tourmaline Prizes, named for Maine’s state gem, will be awarded to the best Maine-made feature film (\$5,000) and short film (\$2,500). Adjudicating this year are: Wangeci Murage, a Nairobi-based broadcast media executive and creative content specialist; Sian Evans, founder of Farthest Films, Smash Inc. and Filmcompany, as well as a member of the Documentary Producers Association; and Se Young Kim, Colby College assistant professor of cinema studies specializing in contemporary East



Asian and U.S. cinema.

The 2024 Tourmaline Prizes are sponsored by the Maine Film Office and the Unity Foundation.

“We’re honored to showcase the incredible works produced in Maine each year,” said Mike Perreault, executive director of the Maine Film Center. “It truly takes a community—and not a little grit—to make a film in Maine, and it’s always a joy to witness the vibrancy and reconnections that people make when they come together at the festival to see these films on the big-screen for the first time. We’re also proud to be able to recognize achievement through our juried competition and cash prizes.”

Competing in this year’s feature film category are documentary Carlo... and His Merry Band of Artists, drama The Ghost



Competing in this year’s feature film category are documentary Carlo...and His Merry Band of Artists, drama The Ghost Trap, and horror-thriller The Ruse.

Trap, and horror-thriller The Ruse.

Making its U.S. premiere, Carlo...and His Merry Band of Artists examines the life and legacy of the late Central Maine figurative artist and activist Carlo Pittore, as told through the memories of some of his closest friends and fellow artists, featuring Central Mainers Natasha Mayers, Herb Hartman, Abby Shahn, Pam Smith, and Kathy Bradford.

The Ghost Trap is enjoying its New England premiere and serving as MIFF’s Centerpiece film this year. Gorgeously shot on Maine’s stunning coastal seawaters and based on the novel by K. Stephens, the film follows a young lobsterman whose happy life is threatening to fall apart as his loving girl-

friend suffers a debilitating head injury and a rival lobstering crew grows increasingly hostile.

Rounding out the trio is horror-thriller The Ruse, making its world premiere in the Waterville Opera House July 18. An in-home caregiver takes a new job in a remote seaside house and quickly finds herself in the midst of chaos, dealing with an unruly patient, mysterious neighbors, and terrifying supernatural occurrences. The Ruse stars legendary horror actress Veronica Cartwright (Alien, The Birds, Invasion of the Body Snatchers) and was shot entirely in Blue Hill.

Nineteen films compete in this year’s shorts competition, divided into three screening groups:

Maine Narrative



Shorts

Today We Climbed a Hill

Detox
Baby Shrooms

The Selectman
Come Stay
High Tides
The Boat Inspector
Franklin

Maine Documentary

Shorts

Sludge: A PFAs Uprising

Offering

The Comeback Mill
Waldo County Woodshed

Chasing Freedom
Filling the Gaps

Maine Music Shorts

Surrounded by Woods
LEAF Plays the Portland House of Music

A Phantom Song

An Extraordinary Place

On Saturday, July

20, MIFF will also present Make It In Maine: The Latest Developments Impacting the Production and Distribution of Films Made Here. This free panel discussion will touch upon the challenges that face filmmakers undertaking productions in Maine, as well as the benefits they reap by filming in the Pine Tree State. Moderated by Louise Rosen, managing director of Louise Rosen Ltd. and co-president of Maine Film Association, this program is presented by the Maine Film Center, Maine Film Association, and Greene Block + Studios.

To learn more about the made-in-Maine films and the dozens of others screening at MIFF this year, visit MIFF.org. Passes and tickets are available now.

Sen. Collins, Usher discuss Type 1 diabetes screenings

WASHINGTON, D.C. – U.S. Senator Susan Collins met with musician Usher in Washington to discuss screenings for Type 1 diabetes (T1D).

Usher’s son lives with Type 1 diabetes, and he shared his story with Senator Collins while also advocating for improved access to diabetes screening for families to increase early detection. Senator Collins recently introduced the Strengthening Collective Resources for Encour-

aging Education Needed (SCREEN) for Type 1 Diabetes Act with Senator Jeanne Shaheen to improve early detection and screening for Type 1 diabetes. This bill would direct the CDC to conduct a national public awareness campaign about the signs and symptoms of T1D for both health care providers and the public, as well as the benefits of early detection and screening. Senator Collins and Usher discussed how screening and early detection can



give families the time to plan and prepare for life

with the disease and provide opportunities for in-

dividuals to participate in clinical trials or consider therapies to delay clinical onset.

“Early detection of Type 1 diabetes can prevent life-threatening conditions like diabetic ketoacidosis and potentially allow for the use of therapeutics to delay the clinical onset of the condition, helping to improve patients’ quality of life and reliance on insulin,” said Senator Collins. “It was a pleasure to talk about the importance Type 1 diabe-

tes screening with Usher in Washington and hear about his impressive son. I thanked Usher for lending his voice and platform to increasing awareness of the burden of Type 1 diabetes.”

Senator Collins is the founder and co-chair of the Senate Diabetes Caucus and has long-led action in the Senate to advance priorities that will lower the costs of insulin, improve treatment and detection, and prioritize diabetes research.

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Arts & Entertainment

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!

Scouting America hosts 4th of July BBQ for all



Pine Tree Council Presents

4TH OF JULY

BBQ 5-6PM
OPEN AREA PROGRAMMING 6-8PM
CAMPFIRE AT 8PM
FIREWORKS AT 9:00PM ISH

Located at Camp Hinds
Per person: \$15
Group of 4 or more: \$50

Register at: 

https://scoutingevent.com/218-2024_Hinds_4thBBQ



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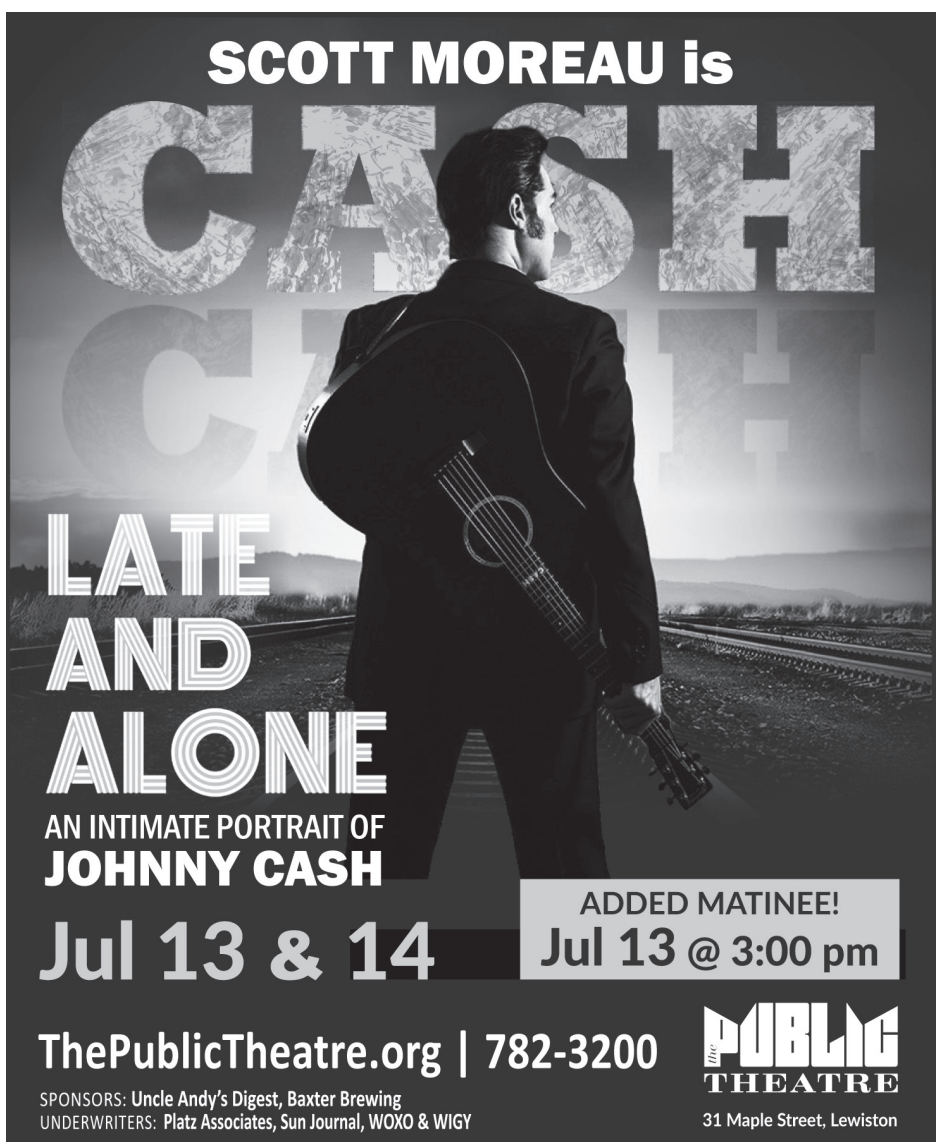
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TUESDAY, JULY 16 - JC & THE ACES	TUESDAY, AUGUST 13 - PHIL 'N THE BLANKS
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www.WestbrookCommunityCenter.org • www.Facebook.com/WestbrookCommunityCenter

RAYMOND, ME -- Scouting America, formerly known as the Boy Scouts, is hosting a 4th of July BBQ event at Camp Hinds in Raymond. We are inviting everyone to join us in celebrating this special occasion, which will feature a variety of food, water games, a campfire, and fireworks display to end the night. This is our first ever 4th of July event, and it will be a day of fun and enjoyment for all ages!



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Five well-being tips for Men's Health Month

By Dr. Gerald Hautman, Chief Medical Officer for Population Health, UnitedHealthcare

June served as Men's Health Month, offering an opportunity to recognize fathers, grandfathers and great grandfathers, and the important role they play in our families' well-being.

For some men, focusing on their health may be a secondary concern, but it doesn't have to be that way. This time of year provides a chance to help raise awareness of the health challenges men face and encourage them to take action to improve their well-being.

For instance, compared to women, men have a lower life expectancy (73 years vs. 79 years) and may experience some health conditions at higher rates, including heart disease, high blood pressure and high cholesterol. From an economic standpoint, productivity losses related to men's health issues may cost U.S. employers and

society as a whole over \$156 billion annually.

By highlighting these facts and encouraging men to take an active role in their well-being, it may be possible to help address these health issues earlier and avoid complications that can diminish quality of life. With that in mind, here are five tips men can consider that may help improve their well-being this summer and throughout the year.

Make preventive care a priority. Men are 50% less likely than women to seek medical care, and 72% said they would rather do household chores – such as cleaning the bathroom – than go to the doctor. To help reverse these trends, now is the time to schedule an annual wellness visit with your primary care physician, providing an opportunity to take charge of your health and detect any potential health issues or diseases earlier. Men can be on the lookout for a variety

of health issues that tend to increase in frequency as they age, including kidney stones, gout and certain cancers.¹ If getting to the doctor is a challenge due to a packed schedule or other issues, consider a virtual visit, which may be a good option for both primary and urgent care.

Stay active and enjoy the summer weather. Getting active may be a great way to prioritize your physical health and mental well-being, and you may have fun while doing it. Federal guidelines recommend men ages 18 to 64 get 150 minutes of moderate-intensity activity, 75 minutes of vigorous activity or a combination of both per week, along with strength training. For men 65 and over, it's usually good to add in balance activities that may help reduce the risk of falls.⁶ To help make physical activity as fun as possible this summer, consider golfing, tennis, swimming or hiking to get moving

and spend time with family and friends. Along with the physical benefits, an active lifestyle may have positive impacts on your mental well-being too.

Reduce risky behavior. Research shows that men may take more risks than women. For example, men are more likely to be addicted to alcohol and tobacco than women; men are more likely than women to binge drink; and men use illicit drugs at higher rates than women. What's more, some men may be prone to push themselves physically, such as attempting a marathon, triathlon or an extreme sport. It's a good idea to check with your physician before you engage in any extreme sport and start a slow and steady training routine.

Get competitive in a healthy way. Men who take fewer risks and channel their competitive spirit in a healthy way may enhance their well-being and quality of life. One strategy is to pair up with

a workout partner or join a group fitness class, which research shows may support improved mental and physical health compared to exercising solo. Also, check if your employer offers a wellness program that enables people to earn rewards for achieving certain fitness goals or offers discounts on gym memberships. To help maintain overall health, it's important for men to "compete with themselves" and set realistic – and specific – exercise and diet goals.

Know when to take it easy. Taking time to destress may be a beneficial part of any healthy lifestyle, whether it's a backyard barbecue, a staycation or working on a hobby. Taking time to rest and recover may support physical and mental well-being. Importantly, research shows that men may be less likely to get care for mental health concerns, so it's important to look for signs that you or someone you love may

need support, such as irritable or angry moods, unexplained aches and pains, self-criticism and bad or dangerous behavior. Additionally, some men may be more inclined to push themselves during physical activities. Whether you're engaging in a friendly pickleball match or training for an upcoming endurance race, like a 10K, listen to your body and take it slow if you need to.

As we celebrate summer and the important role men play in our families and our communities, considering these tips may be a good way for men of all ages to make health a priority this year.

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NVME free online business planning class applications open

AUGUSTA, ME—New Ventures Maine (NVME) has an open call for Venturing Forth, a free, online comprehensive business planning class starting Tuesday, September 3, 2024.

For new entrepreneurs or existing business owners, Venturing Forth helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The 60-hour course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, legal aspects, and more. In-class activities, guest speakers, and homework assignments lead to the completed business plan and road map for success. This comprehensive course



"I took the NVME Venturing Forth course in 2019 and I learned more about being an entrepreneur and all of the logistics of starting a business than I did in four years of business school."-Amanda Hatley, Founder & Director, She Summits Co.

includes three follow-up networking sessions.

Individuals complete an online application and attend an orientation and individual

interview to participate in the class. The application is accessible online and is due by Noon on Tuesday, August 27. Class size is limited to 15.

"This class is designed to support small business owners in all aspects of creating their business plan," said NVME Microenterprise Specialist Alicia LaFosse. "Participants will not only learn through the class content, but they'll also learn from their peers and from entrepreneurs in the community as they hone their vision and create their plan."

The Venturing Forth class will meet via Zoom at the following dates and times:

September 3 - October 15: Tuesdays and Thursdays, 9:30 a.m. - 12:00 p.m.

October 22 - December 3: Tuesdays only, 9:30 a.m. to 3:00 p.m.

(No class will be held on Tuesday, November 26.)

Anyone with a business idea or current business is welcome to apply.

The class also qualifies for three pass/fail credits from the Univer-

sity of Maine at Augusta upon approval of a completed business plan.

To request or complete an application, register for the orientation, or learn more, contact Alicia LaFosse at 207-621-7457 or alicia.lafosse@maine.edu or visit the New Ventures Maine website.

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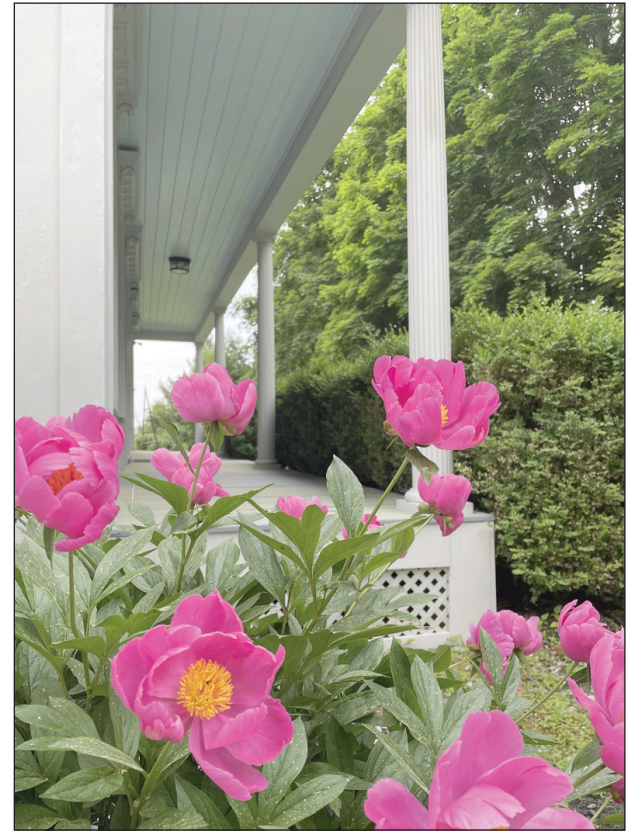
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Wiscasset Homes on Tour is Saturday, July 13, 11am-4pm



Riverlawn, built in 1898, is one of the gracious homes featured on Wiscasset Homes on Tour, Saturday, July 13, 11am to 4pm. (Photo courtesy Wiscasset Creative Alliance.)



Wiscasset Homes on Tour's collection of fascinating homes and abundant gardens tells the story of life in early Wiscasset, Maine. Saturday, July 13, 11am to 4pm. (Photo courtesy Wiscasset Creative Alliance.)

WISCASSET, ME – The collection of homes featured on Wiscasset Homes on Tour, Saturday, July 13, 2024, from 11am to 4pm, embody elegance, country-living, and a Village way-of-life. Together they decipher the historic components of a small,

self-contained community by representing wealth, commerce, and agriculture. Not far out of Wiscasset Village is a 2.5-acre estate with lawns and plantings that sweep down to the Sheepscot River. Owners of this magnificent homestead have brought the 1898

home into the 21st century with a high-end kitchen made for entertaining, a billiard room, a swimming pool, and a gracious patio with river views immediately behind the house. The effect is luxurious and stunning! In a different com-

pass direction, but not far from Wiscasset Village, is an 1889 farmhouse with Victorian details. The original modest structure has expanded over the last hundred years and now features six bedrooms and six bathrooms. A rolling lawn, suggesting a mown field, leads to the Sheepscot River.

In the heart of Wiscasset Village, a stately and handsome Federal-style home, built in 1799, is representative of the early merchant class who chose to live in the community's center where residents pro-

vided the labor and ingenuity that drove the commercial life of the town. Today, this well-loved home is filled – inside and out – with the owners' many personal collections.

Additional homes and gardens, including afternoon tea and home-made sweets in a native plant-rich Village garden, await tour-goers.

Tickets for Wiscasset Homes on Tour are \$30 each with an optional pre-ordered lunch at \$18. Visitors are encouraged to purchase tickets online in advance of the tour. Tickets can also be purchased on

the day of the tour, July 13, from 10am to 3pm, at the parking lot at 36 Water St., Wiscasset, ME. All tickets will be picked up at this location. Cash, checks, and plastic accepted.

More tour details, ticket purchase, and the lunch menu for pre-order can be found on www.WiscassetCreativeAlliance.org. For questions, call 214-232-3699 and please leave a message which will be answered promptly.

'Homes on Tour' is a fundraiser for Wiscasset Creative Alliance to support the Alliance's community programs.

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St. Mary's Bank announces 2024 scholarship recipients

MANCHESTER, NH — St. Mary's Bank, the nation's first credit union, proudly announces the winners of its scholarship awards for the 2024-2025 academic year. This year, fifteen exceptional students were awarded scholarships of \$1,000 each. Nine scholarships were granted to members, while six were awarded to the child of a St. Mary's Bank employee.

A reception honoring the students was held on June 17 at the St. Mary's Bank headquarters on McGregor Street in Manchester. The scholarship recipients include: Faith Ampuja, Western New England University



Alexandra Lominy; Pam Roy; Kelsea Batchelder; Diane Fitzpatrick; Prince Ojha; Alex Haney; Stephen Denio; Ken Senus, President and CEO; Jack Rechtsteiner; Catherine Casey; Hailey Michaud; Stacey O'Rourke; Jason Simard; Faith Ampuja; Michelle Jordan; Jake Powers

Stephen Denio, Gordon College
Prince Ojha, University of New Hampshire
Kimberly O'Rourke, Auburn University
Brady Fullam, Rivier

University
Halima Mahdi, Southern New Hampshire University
Mairead Kirby, New England College
Margaret Nalen,

Tufts University
Diana Sullivan, University of Rochester
Catherine Casey, University of Hartford
Alex Haney, University of Massachusetts

Lowell
Hailey Michaud, Keene State College
Jack Rechtsteiner, Liberty University
Eilish Gunther, University of Massachusetts Amherst
Jonathan Stodolski, Curry College

"We are incredibly proud to recognize this year's scholarship recipients," said Ken Senus, President and CEO of St. Mary's Bank. "These young individuals show an inspirational dedication to academics and community service, and we are excited to support them as they pursue their goals throughout their higher education."

St. Mary's Bank re-

ceived over 70 applications this year, each rigorously reviewed by the St. Mary's Community Outreach Committee led by Chairman Diane Fitzpatrick, President and CEO of the Boys and Girls Club of Manchester and member of the St. Mary's Bank Board of Directors. Other committee members include St. Mary's Bank member Alexandra Lominy and St. Mary's Bank employees Jake Powers, Michelle Jordan, Jason Simard, Pam Roy, and Kelsea Batchelder. The evaluation criteria included school and community involvement, work experience, and thoughtful responses to essay questions.

Bar Mills Community Church hosting quilt show

Quilt Show *and more...*
Saturday, August 10, 2024
 9:00 am – 2:00 pm Admission: \$5

We would like to invite you to join us at the bi-annual Quilt Show and more....
 Come and enjoy the beautiful quilts and pick up supplies to make your own quilt and stay for lunch under the tent. Lunch is \$10.
 If you would like to display your quilts at this event or would like more information about the event, Contact: Judy 929-5555 or judysjul@gmail.com

Vendors

Camp Wool Church Marketplace Maine State Button Society Paisley Pines Quilt Shop
 Southern Maine Chapter of the Embroiderers' Guild of America

Bar Mills Community Church
 13 Hermit Thrush Drive, Buxton, ME 04093
 barmillscommunitychurch.org

BUXTON, ME -- We at Bar Mills Community Church located on 13 Hermit Thrush Drive, Buxton would like to invite you to join us at the bi-annual Quilt Show and more.... Come and enjoy the beautiful quilts and pick up supplies from local vendors to make your own quilt and stay for lunch under the tent.

Lunch is \$10.
 If you would like to display your quilts at this event or would like more information about the event, contact: Judy 929-5555 or judysjul@gmail.com.

Admission to the

quilt show is \$5.
 Here is a list of vendors: Camp Wool, Church Marketplace, Maine State Button Society, Paisley Pines Quilt Shop, Southern Maine Chapter of the Embroiderers' Guild of America

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

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Chewonki Foundation names new president, Nancy Kennedy

WISCASSET, ME -- Chewonki Foundation, a 501(c)(3) non-profit organization dedicated to nature-based education, is pleased to announce Nancy Kennedy as its new President.

Kennedy has served at Chewonki for nearly a decade in several roles including the Director of Girls Programming, Vice President for Camp Chewonki, Executive Vice President, and as the foundation's Acting President for the past two years. She brings a wealth of experience in youth development, outdoor education, and nonprofit administration.

"Chewonki Foundation is a complex organization," said Chewonki board chair André Heard. "Nancy's leadership has been shaped by institutional history, lived experience, and the culture of Chewonki. She is ready to

lead on day one, and that is exactly what Chewonki needs now."

"Nancy brings many special qualities to the foundation, including an unmatched ability to connect with others, a willingness to learn through her work, and a deep respect for equity and inclusion in the Chewonki community," said Marion Howard, Trustee and Co-chair of the foundation's president search committee. "We are collectively thrilled that Nancy has accepted, and we are confident in her ability to lead all of us into the next phase of Chewonki's evolution."

In her role as President, Kennedy will oversee Chewonki's strategic direction and operations, expand the existing summer and school-year youth programs, foster partnerships, and promote the organization's mission to "inspire transformative



growth, teach appreciation and stewardship of the natural world, and challenge people to build thriving, sustainable communities throughout their lives."

"I am thankful to the board for the opportunity to embrace the President's role. This month marks my ninth year of working

at Chewonki: nine years of laughter and tears; nine years of "I love you's" and big hugs, nine years of travel, meeting people, learning, and welcoming people; nine years of working alongside dedicated colleagues who, like me, are trying our best to extend the Chewonki mis-



sion to more participants: a mission of inspiring lifelong learning in nature that calls each of us to learn how to be in sustainable community with ourselves, with one another, and with this beautiful world."

Kennedy received her BA from the University of Maine, her Masters of Divinity from Bangor Theological Seminary, and a PhD from the University of New Hampshire. She served as a Mentor in the Olympia Snowe Women's Leadership Institute, as a board member for Valo, and is a member of the board of the Wiscasset

Chamber of Commerce. Kennedy previously provided senior leadership at Kieve-Wavus as the Director of Wavus Camp for Girls where she oversaw several initiatives to improve the campus and create programming for the girls camp, and veteran's groups. Kennedy also serves in various capacities as a faith leader for several organizations. Kennedy will be the fourth President in the foundation's history, following Tim Ellis, (President 1966-1991), Don Hudson (President 1991-2010), and Willard Morgan (President 2010-2022).

DHHS supports communities impacted by winter storms

AUGUSTA, ME — The Maine Department of Health and Human Services (DHHS) announced that it received \$1.7 million in federal grants to foster resiliency for individuals impacted by severe weather this past winter.

The two grants totaling \$1,703,932 were awarded by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) via the Federal Emergency Management Agency (FEMA). They will help DHHS strengthen community outreach and support long-term recovery services to Maine people in 11 counties impacted by the severe winter storms in December 2023 and January 2024.

The grants will fund outreach and support by community health coalitions across Maine. The coalitions will help provide opportunities for community connection and re-

covery, public education, as well as professional development for first responders, town officials, and those who work with Maine people in the aftermath of severe weather events. The coalitions will serve as points of connection and aid in referral to services.

As part of the grant application, DHHS worked with partners on the ground to learn about the long-term effects of the two winter storms.

"Across Maine, homes, livelihoods, and communities were devastated by the significant winter storm damage from flooding, downed trees, and evacuations," said Acting DHHS Commissioner Sara Gagné-Holmes. "Maine people also suffered less visible impacts on their health and wellbeing. These grants will help Maine people and communities come together to support healthy coping, stress management, and

access to services as we work to recover from these storms over the long term."

"These resiliency funds come at an important time, both to help Maine people recover from the intense storms of this winter, and as the connections between climate change and risks to public health become more urgent to address," said Hannah Pingree, co-chair of the Maine Climate Council. "As recent research for the Maine Climate Council has found, there is a need for increased investment in public and behavioral health related to climate effects. These funds reflect this need and will help ensure Maine people have the necessary supports to prepare for, and recover from, extreme storms."

"We recognize that disaster events can have longstanding psychological and emotional impacts," said Maine Emergency Management Agency Director Pete Rog-

ers. "We're hopeful that these additional resources will further aid those impacted by the December and January storms."

Counties to receive support include Androscoggin, Franklin and Oxford and all of the coastal counties – York, Cumberland, Sagadahoc, Lincoln, Knox, Waldo, Hancock, and Washington. The grants will be managed by DHHS' Office of Behavioral Health as part of the StrengthenME initiative which celebrates and supports resilience.

The federal grants are part of the Mills Administration's broader work to bolster Maine's response and resilience to severe weather.

In the past legislative session, Governor Janet Mills proposed, and the Legislature enacted, as part of the supplemental budget \$60 million in storm recovery funding – the single largest investment by any Administration in Maine

history. For more information about available funding and supports for storm recovery, please visit the state's flood resources and assistance hub. In May, Governor Mills also signed an Executive Order to establish a new commission that will develop the State of Maine's first plan for long-term infrastructure resilience, following the two devastating winter storms and a record eight storm-related Federal disaster declarations in Maine over the past two years.

The 24-member commission will engage with communities, industries, and organizations across Maine to understand challenges following storms, identify and bridge gaps in resources like funding, financing, and insurance, how to improve the resilience of energy systems, propose new approaches to improve disaster recovery and response, and strengthen resilience supports at the state, regional, and lo-

cal levels.

StrengthenME resources are available at any time to Maine people affected by severe weather and other stressors. A variety of stress management supports to promote health and wellbeing are available at StrengthenME.com. Services are easy to access, anonymous, and community focused.

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Continued from page 2

of foodborne illness by using a food thermometer to measure the safe minimum internal temperature, and reduce cross-contamination by using sep-

arate utensils for raw and cooked meat and poultry."

Here are grilling and smoking food safety tips to keep in mind during your celebratory cookout:

Thaw meat or poultry first. Smoking uses

low temperatures to cook food, and frozen food would take too long to reach a safe internal temperature before bacteria can start to multiply. Frozen foods can be grilled safely, but they will take longer and may cook unevenly.

Marinate in the refrigerator. Marinating tenderizes and flavors meat and poultry before grilling and smoking. Always marinate in the refrigerator and NOT on the counter. If basting meat and poultry during grilling or smoking, and you want to use some of the marinade

as a sauce, you should put aside a portion of the marinade that has not been in contact with the raw meat or poultry. If using a marinade that has already been used on raw meat or poultry, boil first to destroy harmful bacteria.

Keep raw meat and poultry separate. Use different cutting boards and utensils for raw meats and poultry and food that is fully cooked or is ready to eat to avoid cross-contamination with bacteria.

Keep the smoker and grill at a safe temperature. If you are using a smoker or grill to smoke meats,

you will need two types of thermometers: one for the food to determine safe internal temperature and an oven-safe thermometer to monitor that the air temperature in the smoker or grill stays between 225 and 300 F throughout the cooking process.

Cook meats to a safe internal temperature as measured by a food thermometer.

Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145 F before removing meat from the heat source. For safe-

ty and quality, allow meat to rest for at least three minutes before carving or consuming.

Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160 F.

Cook all poultry to a safe minimum internal temperature of 165 F.

If you have food safety questions, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHHotline@usda.gov or chat live at www.ask.usda.gov 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

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\$7.7M in rebates for clean school buses across Maine

MAINE – The Biden-Harris Administration announced the recipients of the U.S. Environmental Protection Agency’s (EPA) 2023 Clean School Bus Program rebate competition, funded by President Biden’s Investing in America agenda. The rebates will help selectees purchase 38 clean school buses in 15 school districts across Maine. The Clean School Bus Program will help Maine accelerate the transition to zero-emission vehicles and replace older, diesel-fueled school buses, which have been linked to asthma and other conditions that harm the health of students and surrounding communities.

EPA Administrator Michael S. Regan, NAACP President Derrick Johnson, and U.S. Representative Bennie Thompson joined schoolchildren, district leaders, and community members in Jackson, Mississippi, to make the announcement and highlight how the program will reduce greenhouse gas emissions, save schools money, and better protect children’s health, especially in communities already overburdened by pollution. The investment will also drive demand for American-made batteries and vehicles, boost domestic manufacturing, and create good-paying jobs for Americans.

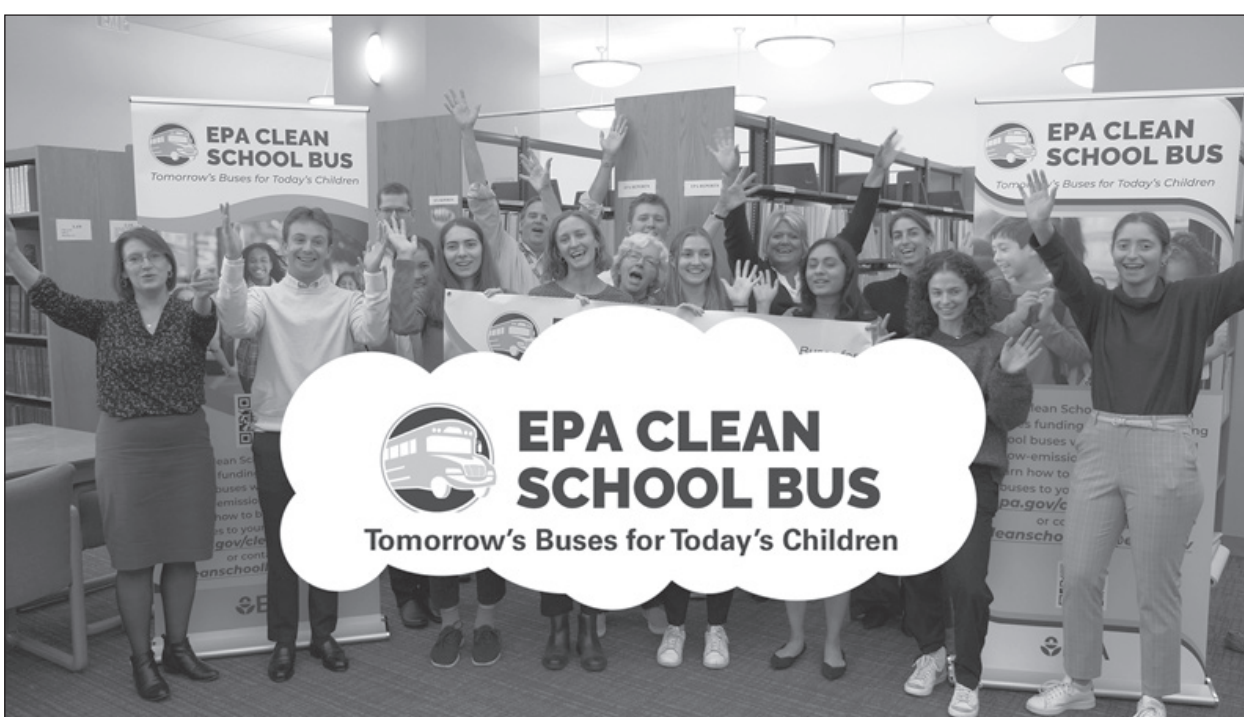
“President Biden believes every child deserves the opportunity to lead a healthy life and breathe clean air, and his Investing in America agenda is designed to deliver just that,” said EPA Administrator Michael S. Regan. “With today’s latest round of funding, we are transforming the nation’s school bus fleet to better protect our most precious cargo—our kids—saving school districts money, improving air quality, and bolstering American manufacturing all at the same time.”

“Today’s announcement helps ensure that 15 school districts in Maine can breathe easier and benefit from the reduced emissions of 38 clean school buses,” said EPA Regional Administrator David W. Cash. “Thirty-eight clean school buses means 38 fewer tailpipes blowing diesel exhaust and particulate matter into our air. It’s a win-win-win-win-win-win-win—cleaner air, healthier environment, fighting the climate crisis, parents not worrying that their kids are breathing in fumes as a diesel bus comes by, clean energy jobs, and school districts saving money. Our Clean School Bus program is making a real difference in the lives of children and families across New England.”

“Maine students, families, and educators rely on school buses for safety and efficiency, but diesel exhaust from existing fleets is damaging to air quality, our environment, and to human health—especially for children,” said Congresswoman Chellie Pingree, Ranking Member of the House Appropriations Interior and Environment Subcommittee. “As a stalwart supporter of clean energy, I am overjoyed to see millions of dollars in Bipartisan Infrastructure Law investments coming to Maine schools through the EPA’s Clean School Bus Program to make our communities safer and healthier. This funding puts us further down the path to achieving net-zero emissions, and it’s a huge win for our state, our country, and our planet.”

The 2023 Clean School Bus rebates will help selectees purchase 38 clean school buses in 15 school districts across Maine:

Fayette Public Schools has been selected to receive \$200,000 in rebate funding to purchase



one clean school bus.

Biddeford Public Schools has been selected to receive \$1,000,000 in rebate funding to purchase five clean school buses.

RSU 28/MSAD 28 has been selected to receive \$1,220,000 in rebate funding to purchase six clean school buses.

Education in Unorganized Territory has been selected to receive \$690,000 in rebate funding to purchase two clean school buses.

Brunswick Public Schools has been selected to receive \$70,000 in rebate funding to purchase two clean school buses.

Cape Elizabeth Public Schools has been selected to receive \$600,000 in rebate funding to purchase three clean school buses.

Yarmouth Schools has been selected to receive \$1,000,000 in rebate funding to purchase five clean school buses.

RSU 57/MSAD 57 has been selected to receive \$600,000 in rebate funding to purchase three clean school buses.

RSU 75/MSAD 75 has been selected to receive \$200,000 in rebate funding to purchase one clean school bus.

Kittery Public

Schools has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

RSU 17/MSAD 17 has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

Saco Public Schools has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

RSU 85/MSAD 19 has been selected to receive \$345,000 in rebate funding to purchase one clean school bus.

Brooksville Public Schools has been selected to receive \$200,000 in rebate funding to purchase one clean school bus.

RSU 51/MSAD 51 has been selected to receive \$400,000 in rebate funding to purchase two clean school buses.

In September 2023, the EPA announced the availability of at least \$500 million for its 2023 Clean School Bus rebates. The rebate application period closed in February 2024 with an overwhelming response from school districts across the country seeking to purchase electric and clean school buses. Given the level of demand, including from low-income communities, Tribal nations and U.S. territories, the EPA doubled the initial amount of available funding in this round to a total of nearly \$1 billion.

This third round of funding will build on the previous investments of almost \$2 billion via the Clean School Bus Program’s 2022 Rebates and 2023 Grants to further improve air quality in and around schools, reduce greenhouse gas pollution fueling the climate crisis, and help accelerate America’s leadership in developing the clean vehicles of the future.

The selections announced today will provide funds to school districts in 47 states and Washington D.C., along with several federally recognized Tribes and U.S. territories. Prioritized school districts in low-income, rural, and Tribal communities make up approximately 45 percent of the selected projects and will receive approximately 67 percent of the total funding. The program advances President Biden’s Justice40 Initiative, which aims to deliver 40 percent of the overall benefits of certain federal investments to disadvantaged communities that are marginalized, underserved and overburdened by pollution.

The EPA is also partnering with other federal agencies through the Joint Office of Energy and Transportation to provide school districts with robust technical assistance to ensure effective implementation.

The EPA is continuing to review selected applications and may make additional awards from this announcement. The EPA is working with those applicants and will notify them of an award if their application meets all program requirements. As additional selections are finalized, the EPA will update the CSB Awards webpage.

The EPA will also make selections through additional rounds of funding, as well as through other funding programs. For example, the EPA is currently accepting applications for the 2024 Clean Heavy-Duty Vehicles Grant Program until 11:59 PM ET on July 25, 2024—with the EPA offering up to \$932 million in available grant funding and anticipates approximately 70 percent of the available funding to help pay for new, zero-emission Class 6 or 7 school buses. The EPA encourages school districts not selected for the 2023 CSB Rebate Program—and those that did not apply—to participate in currently open funding programs, and future CSB funding rounds.

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

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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.

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.

July 15

PORT CLYDE, ME -- Barbara Prey Projects is pleased to open their 24th season with **ABSTRACTING FROM NATURE** by celebrated artist Barbara

Calendar

Send your submissions to the Editor. More online.

Ernst Prey featuring two distinct series; never before seen oil paintings and newly released limited edition prints highlighting her distinct American vision.

July 1 — 15 | 10:00 am – 5:00 pm, daily
Main St., Port Clyde, ME 04855, 207-372-8087

July 5-7

MAINE -- The DaPonte Quartet is joined by violist Marcus Thompson and cellist Scott Kluksdahl in a delightful evening dedicated to the two gorgeous sextets of Johannes Brahms.

Friday July 5 at 7:00, Portland Conservatory of Music, 28 Neal St., Portland, ME

Saturday July 6 at 7:00, Bayside Community Hall, 813 Shore Rd. Northport, ME

Sunday July 7 at 4:00, Surry Arts & Events at the Barn, 8 Cross Rd., Surry, ME

Additional information and tickets available from dapontequartet.org

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 Flag-

gy 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 -- 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 identification, climate-smart practices, regenerative grazing, and more from forage producers and As-

sistant 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/>

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

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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

July 13

EAST POLAND -- The Poland Historical Society will be visiting the Empire Grove Campground located off Em-

pire Road in East Poland on Saturday, July 13 at 10 AM. Reverend Raymond Anderson will present the history of the campground followed by a walking tour of the grounds. Established in 1834, camp meetings continue to be held, maintaining the campground's original purpose and mission for 190 years. This event is free and open to the public.

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)

July 19-21, 25-28

BAR MILLS -- The Original's present Private Lives, a play by Noel Coward at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, July 19, 20, 25, 26, 27 @ 7:30 PM and July 21 & 28 at 2:30pm. Tickets: \$15 General Admission at www.sacorivertheatre.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
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OCTOBER 6 – 14, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK – Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all en-

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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