

Gorham's Zach Lambert named Young Professional of the Year

MAINE -- At the 2025 Maine Recreation and Parks Association (MRPA) Conference on Monday, March 17, Gorham Recreation's Community Recreation and Events Manager, Zachary Lambert, was selected as the MRPA's "Dr. Bill Eckart" Young Professional of the Year for 2025.

"Dr. Bill Eckart Young Professional Award"

Dr. William Eckart retired from the University of Maine at Machias in 2011 after 31 years as Professor of Recreation Management. During his tenure, he built the program into one of the most respected programs in the country, and it was Maine's only nationally accredited recreation degree program.

Dr. Eckart was an active member of MRPA, serving as Treasurer on the Board of Directors, spearheading the professional certification program, and managing membership.

Criteria that the annual award recipient must possess is a minimum of three years working within the Recreation Field and at least a two-year period should have been within the state of Maine, with no more than ten years experience. The candidate should have a degree in the field of Recreation, or a related field, and they must maintain membership in MRPA. Candidates should have demonstrated outstanding performance on a community level through innovative programming, partnerships and civic involvement, and should exhibit networking skills, and be involved with local and regional recreational issues and committees within MRPA.



The Gorham Recreation department has had two other "young professionals" awarded over the years with the MRPA: Alan Grady and Julio Santiago.

In the Gorham Recreation staff's nomination of Zachary "Zach" Lambert for this award, they share that Zach has "hit the ground running" in his position, implementing new programs almost since the first week he arrived, with participation and offerings growing in fitness programs under Zach's leader-



ship. Zach also volunteers as the Town of Gorham Employees Wellness Committee Chairperson, leading programs that promote employee wellness through various wellness-related events such as a well-attended Urban Runoff 5k. Zach has developed successful programs including indoor rock climbing for middle school students, an adventure program for the middle school age group in addition to an annual Scare Crow Festival in the fall.

In addition to carrying the required combination of employment history/experience, education, professional affiliation, program development and professional

involvement required for MRPA's Young Professional of the Year award nomination, Zach studied for and passed the National Recreation and Park Association's Certified Park and Recreational Professional exam, obtaining the CPRP designation in September 2024.

Zach is described as being involved in and instrumental in all aspects of the Gorham Recreation department and being "a bundle of energy and kindness," keeping a positive outlook at all times that is both admired and appreciated by the Recreation staff and certainly at the Town of Gorham.

Please join us in congratulating Gorham's Zach Lambert on this deserving achievement!

Wild Blueberry Weekend launches t-shirt design contest

ORONO, ME – The Wild Blueberry Commission of Maine is thrilled to announce the launch of the 2025 Wild Blueberry Weekend T-Shirt Design Contest! As part of Maine's annual Wild Blueberry Weekend, which will take place on August 2-3, 2025, the Commission invites artists, designers, and blueberry enthusiasts of all ages to submit their most creative and eye-catching designs for this year's official event T-shirt.

The winning design, featuring the artist's signature, will be showcased on the official Wild Blueberry Weekend T-shirt, available for purchase at the event. The contest is a unique opportunity for artists to showcase their talent while celebrating Maine's iconic

wild blueberry.

How to Enter: Participants must submit their original design by June 1, 2025. Entries should adhere to the following guidelines:

Must include the words "Wild Blueberry Weekend"

Must include either the word "Maine" or a graphic representation of the state

Must NOT include the year 2025

Design size: Must fit within a 9" x 9" space

Format: Digital submissions should be in JPEG, PNG, or PDF with a resolution of 300 dpi

Submission email: Jennifer.Maskala@Maine.edu (Subject Line: Wild Blueberry Weekend T-Shirt Contest Submission)

Contest Details & Prizes: The winning designer will receive two free T-shirts featuring their artwork and a selection of Wild Blueberry goodies. The winner's signature will be included on the official T-shirt design. The selected design will be used for promotional and commercial purposes for Wild Blueberry Weekend. Winner receives special recognition at the Maine Governor's event in July 2025.

Why Enter? Maine's Fifth Annual Wild Blueberry Weekend celebrates the state's beloved native fruit, drawing thousands of visitors annually to explore wild blueberry farms, meet local farmers, and enjoy blueberry-inspired foods and experiences. This T-shirt contest is a fantastic

way to become part of the tradition and leave a lasting artistic mark on the event.

About Wild Blueberry Weekend

Now in its fifth year, Wild Blueberry Weekend has become a cherished annual tradition, inviting locals and visitors to experience Maine's rich agricultural heritage. With farms participating across Cumberland, Hancock, Lincoln, Kennebec, Knox, Penobscot, Piscataquis, Waldo, and Washington counties, the event offers farm tours, blueberry picking, fresh produce sales, and wild blueberry-themed food and beverages.

For more information on the contest and Wild Blueberry Weekend, visit wildblueberryweekend.com.

Calling all artists! We're excited to announce a T-Shirt Design Contest for the Fifth Annual Wild Blueberry Weekend, happening statewide on August 2-3, 2025. Winning designs will be available for participating farms to sell during the event!

We can't wait to see your creativity!

Winner receives:

- Two free t-shirts featuring their design!
- Signature displayed on the final t-shirt design!
- Recognition at the Maine Governor's event!
- Selection of Wild Blueberry Goodies!

Submission must be received by: **June 1, 2025**

Gorham School Committee Nomination Papers available

GORHAM, ME -- A Municipal election will be held on Tuesday, June 10, 2025 for the purpose of electing:

ONE (1) persons for School Committee to serve the remainder of this year's

term

Nomination papers will be available from the Town Clerk's Office beginning on Thursday, February 27, 2025. Completed nomination papers must be submitted to the Town Clerk's

office no later than 5:00 p.m. on Thursday, April 10, 2025.

Any registered voter of the Town of Gorham, who is interested in running for this position, must submit nomination papers with

no less than 35 or more than 50 signatures of persons who are registered voters of the Town of Gorham.

Please contact the Town Clerk's Office at 222-1670 if you have any questions.

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!

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Newsmakers, Names & Faces

100+ Women Who Care Southern Maine hits 515 members

MAINE -- Deb Bergeron, founder of 100+ Women Who Care Southern Maine, announced that the group has reached a milestone of 515 members after the February 10th meeting at the Portland Elks Lodge. "This growing group of women has collectively donated over \$685,000 since its inception in 2014. At each quarterly meeting, we select a nonprofit to receive a donation made up of equal contributions from all members. Together, we create real, lasting change in our communities- beyond what any of us could accomplish alone. The charities present stories that highlight the life-changing impact they're making, reminding us of the difference we can create when we come to-

gether." Carol Colton from The Independent Seniors Network, a nonprofit organization dedicated to supporting seniors who wish to age in their homes, presented their organization and was selected as the February recipient. Their mission is to provide services to enable seniors to maintain active, social, safe, and independent lives through a network of volunteers and community resources. These services are offered in the greater Portland area and surrounding towns, funded by minimal membership fees, donations, and grants. As a result of the award, Independent Seniors Network has now received approximately \$24,000. The two runner-up nonprofits, In Her

Presence and Grace-Street Ministry, will each receive \$2,000. The chosen nonprofit from the November 2024 meeting, Camp No Limits, shared how the \$24,000 they received has positively impacted their program. Over the past 10 years, Maine nonprofits supporting a wide range of causes have benefited, including those focused on veterans, seniors, children with disabilities, pregnant women, fishermen, terminally ill young adults, victims of domestic abuse, animal welfare, teens, immigrant families, incarcerated youth, animal rescues, and more. Women are welcome to attend meetings as guests to see if the group is a good fit for them. Each member

commits to donating \$50 each quarter to the nonprofit chosen at each meeting, although attendance is not required. At each meeting, three nonprofits—randomly nominated by members—present 5-minute pitches, followed by 5 minutes of Q&A. Afterward, the group votes to select the nonprofit that will receive the donations. Donations go directly to the nonprofit via credit card or check. The next meeting will be held on Monday, May 5, 2025, at The Elks Lodge on Congress Street in Portland, with networking starting at 5:45 PM and the meeting beginning at 6:30 PM. For more information about 100+ Women Who Care Southern Maine, visit: www.100womenwhocare-southernmaine.com.



Deb Bergeron, founder of 100+ Women Who Care Southern Maine. Carol Colton from Independent Seniors Network. Photo by: Susan Gatti

Gorham grad represents Maine at National Credit Union event

WASHINGTON, D.C. – Emma Pierce, Communications Specialist at Evergreen Credit Union born and raised in Gorham, was selected to represent Maine as part of the Filene Institute's Crash the GAC (Governmental Affairs Conference) program. Pierce joined 54 other young professionals from across the country at the nation's largest credit union conference in Washington, D.C., to network with industry leaders and develop her leadership skills. Only 1 to 2 individuals from each state are chosen to be "Crashers". Pierce quickly connected with the Crashers and easily immersed herself in the experience. "The opportunity to spend time with current and future leaders who not only

want to connect with other likeminded industry professionals but learn about the credit union movement at large is a rare opportunity," shared Pierce about being selected to Crash the GAC in March 2025. "It feels like a 'pinch-me' moment to represent the state I love through my work with Evergreen Credit Union." To be selected as a Crasher, interested young professionals need to submit backgrounds and include a 60-second video explaining why they should be selected to represent their credit union and state at the GAC. Typically, only senior-level employees attend the conference. Since 2010, the Crash the Gac program has brought emerging credit union leaders to the next



Emma Pierce, Communications Specialist at Evergreen Credit Union



level in their careers. In addition to attending the GAC, the program aims to highlight the meaningful work credit unions are doing to improve the financial well-being of their members and communities. "Crash the GAC is a brilliant program for upcoming leaders in the credit union industry. Not only do Crashers build their professional networks, but they also get to sit and learn alongside department heads and chief-level leaders from across the U.S.," said Jason Lindstrom, President/CEO of Evergreen Credit Union. "Emma has proven through her dedication and hard work with Evergreen time and time again, and she's more than ready to add to the bigger picture of the credit union movement." Evergreen Credit Union is Maine's 5th largest credit union with over \$580 million in assets and serving over 31,000 members across Maine's six southern counties. Learn more about Evergreen Credit Union at <https://www.egcu.org>.

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Newsmakers, Names & Faces

Gorham's Great Falls Construction breaks new ground

GORHAM, ME -- Maine Metal Buildings, Inc., a metal building erecting company, celebrated the ground-breaking of its new headquarters, which will include additional commercial suites for lease.

The new facility will total approximately 9,000 square feet, with Maine Metal Buildings, Inc. occupying 3,000 square feet. The remaining space will be divided into four commercial units of approximately 1,500 square feet each, available for lease.

This project will replace the company's outdated headquarters, creating a modern



facility to support future growth.

"This new headquarters is a testament to our company's tremendous growth since we started in 2016," said Tom Morton, Founder and Co-Owner of Maine Metal Buildings, Inc. "This project is integral to our continued excellence in metal building construction for years to

come."

Great Falls Construction, based in Gorham, Maine, will serve as the general contractor, overseeing the project in its entirety. Ryan Senatore and Co-Owner of Maine Architecture of Portland, Maine, is the architect, and BH2M of Gorham, Maine, is the civil engineering firm.

MEMIC announces partnership with Portland Hearts of Pine

PORTLAND, ME -- The MEMIC Group announces its official partnership with Portland Hearts of Pine, Maine's first professional soccer team. This collaboration unites two Maine organizations with shared community commitments.

Portland Hearts of Pine was founded with a clear vision: to bring professional soccer to Portland, Maine. Today, it has evolved into a thriving organization dedicated to driving economic, cultural, and community impact throughout the state. In partnership with MEMIC, Portland Hearts of Pine is focused on strengthening Maine's communities and leading with purpose to create lasting, positive change.

"We are excited to welcome MEMIC as our



Official Safety Partner," said Kevin Schohl, President and Chief Business Officer at Portland Hearts of Pine. "The wellness of our players is of utmost importance, and MEMIC has over 30 years of experience promoting safety in Maine's workplaces. As a MEMIC client, we've seen their unwavering commitment to workplace safety both on and off the field, so it was an easy choice to strengthen that relationship with this official partnership."

Founded in 1993 during Maine's workers' compensation crisis, MEMIC has spent more than 30 years revolutionizing workplace safety and

reducing lost-time injuries by more than 60%. Now, as Portland Hearts of Pine prepares for its inaugural season, MEMIC is proud to support this new chapter in Maine's sporting history.

"This partnership is a natural fit because it aligns with our mission to keep people safe and healthy—whether at work or on the field," said Lily Hanstein, Senior Vice President of Strategy & Communications at The MEMIC Group. "Portland Hearts of Pine is bringing something special to Maine, and we are thrilled to support a team that shares our commitment to building strong, resilient communities."

Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME -- If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, President, at 839-3859 for more information

Membership fee is \$20 a year with many perks.

Attention-grabbing covers with West Buxton Public Library

BUXTON, ME -- The West Buxton Public Library Creative Writers

are hosting a reception on Thursday, May 15 from 5PM - 7PM at Buxton

Town Hall, 185 Portland Road in Buxton. We hope to see you there!

Explore hidden history with Gorham Historical Society

GORHAM, ME -- Join the Gorham Historical Society on the first Sunday in April for a look at the hidden history of the Presumpscot River and Dundee Pond. See a fascinating display of objects unearthed by a local metal detector specialist. Hear stories from 100 years of hidden history revealed when Dundee Pond was drained last summer and the wild river was restored.



Sunday, April 6th at 3 pm in the barn at Cherry Hill Farm (to the left of

Sebago Brewing Company at 616 Main St. in Gorham).

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

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Seniors Not Acting Their Age

Challenging Skiing on Hammond Ridge Trails



Wonderful views of Mount Katahdin can be observed from the Hammond Ridge Trails



Skiers descend a hard-packed surface on Katahdin View Trail



Twin Pines Loop offered a freshly groomed surface

In recent years, several friends have recommended Nordic skiing on the Hammond Ridge Trails (HRT) near Baxter State Park. About a three hour drive from my home in Topsham, arranging a trip to ski the trail system is logistically difficult. A major mid-February storm that dropped 16 inches of snow on the area motivated me to plan two days of skiing in the vicinity.

On the first day, I skied the excellent Penobscot River Trails in Grindstone. While there, I met another skier, Andy Peake, who expressed interest in skiing the HRT the following day. Later that evening, longtime outdoor friend, Ken Gordon, a vet-

eran of HRT, said he would join us. A trip was on!

The HRT is owned and operated by New England Outdoor Center (NEOC) and is located a few miles north of Millinocket near the southern entrance to Baxter State Park. According to the NEOC website and Maine Trail Finder, the trails were designed by Olympian and preeminent trail builder John Morton. They report the network is a mixture of exhilarating downhill, invigorating up hills and everything in between; further stating there are 16 miles of groomed cross-country ski trails on rugged terrain that offer spectacular views.

The three of us drove

north out of Millinocket on Millinocket Lake Road for 8 miles and then followed Blackcat Road for a short distance to NEOC. After checking in, making trail donations and obtaining trail maps, we motored to a higher elevation trailhead next to River Drivers Restaurant.

We began skiing east on recently groomed Saddle Loop until reaching Hammond Ridge Trail on the left where the fresh grooming ended. The skiing was more challenging as we angled right on Saddle Loop and coasted downhill on a hard-packed surface in a sparse predominantly hardwood forest. Although rated easy by NEOC, we found the loop

moderately difficult – the firm snowpack was the reason.

After completing most of the 2.2 mile loop, we connected with Twin Pines Loop for a short distance and crossed Blackcat Road before joining Katahdin View Trail. We climbed steadily on the 1.6 mile Katahdin View Trail, also on solidified snow. The trail lived up to its name as we enjoyed wonderful views of Mount Katahdin at the top. Most of the remainder of the path was comparatively steep downhill. Given the unforgiving surface, I used the snowplow technique to control my speed for much of the exhilarating descent.

At the bottom, we rejoined Twin Pines Loop. The trail is confusing in this area. After some trial and error, we completed two road crossings and located the Lakeside Trail.

The 1.7 mile Lakeside Trail travels northeast and then loops back along Millinocket Lake. It appeared to have been groomed and tracked the previous day. Unfortunately, high winds had blown an abundance of small spruce branches and needles onto the trail slowing progress and requiring careful maneuvering. Despite the obstacles, we glided along on gentle grades back to Twin

Pines Loop.

The remainder of our trek on Twin Pines Loop was on newly groomed trail in excellent condition. This sector offered very scenic pleasurable skiing. We passed a trail junction that leads to NEOC and again crossed Blackcat Road.

Soon after, a trail to Black Cat Peak was encountered on the right. The 2.8 mile Black Cat Peak Trail is rated the most difficult skiing in the trail network. Ken had skied the precipitous route during a previous visit and advised that it was a time-consuming endeavor. Since all of us had long drives home, we decided to forego the arduous adventure on this trip.

After passing the Black Cat Peak junction, we began climbing steadily on Twin Pines Loop. The well-groomed surface facilitated an efficient ascent and we progressed rapidly back to Saddle Loop Trail. A short ski brought us to the original trailhead.

We were disappointed with the condition of the trails; wrongly assuming all trails would be freshly groomed. That said, they were exciting, scenic and challenging. We hope to return to complete Black Cat Peak and Hammond Ridge Trails. However, we'll call

and confirm the grooming status before committing the time and travel.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates some of the best Nordic skiing in Maine including several trips into Baxter State Park.

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

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Letter to the Editor:

Eradicate hunger in Maine, Check-off box on your 1040ME

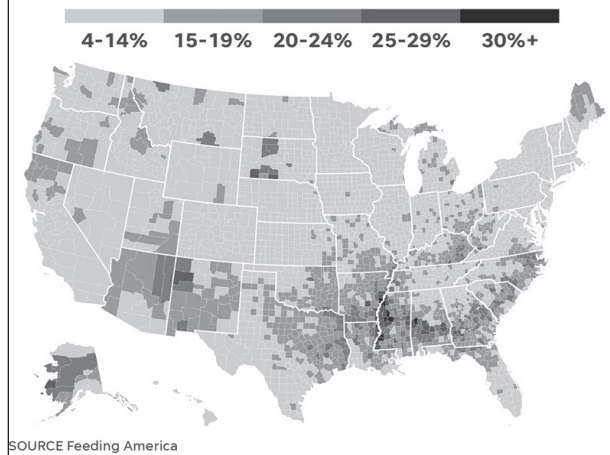
May 16, 2024: New data released from Feeding America's annual Map the Meal Gap study this week confirms what people in Maine and the statewide hunger relief network have been experiencing over the past two years: rates of food insecurity are on the rise.

December 23, 2024: Quoting a report titled Food pantries see increased need; report finds Maine food insecurity up 47%, published by WGME On Your Side: "Last week, Bangor's Salvation Army said it's seen triple the numbers of those in need just in the last year from about 30 to 35 families showing up to eighties, nineties and even into the hundreds.

March 12, 2025: Quoting an article published in the Portland PressHerald titled USDA cuts programs that supply local food to schools, food banks: "The federal agency canceled contracts to continue providing food and funding to Maine schools and nonprofits for 3 more years. The change comes

99% of U.S. counties are home to people who can't afford food

Individuals with limited or uncertain access to adequate food in 2017:



SOURCE Feeding America
The Feeding America map shows that Maine is the highest in New England for food insecurity.

as one in eight Mainers — about 180,000 people — faces hunger. That includes roughly 45,000 children, about 20% of the state's total population under 18."

If you worry that chronic hunger may continue to afflict more than 180,000 Mainers or even increase due to additional federal policies possibly cutting back existing programs, please continue

your personal efforts in your location, but also, please consider contributing state-wide by checking off a box on:

#8. TEFAP (The Emergency Food Assistance Program) on Schedule CP of the 1040ME form.

You have the option of contributing \$5 or \$10 or \$25 by checking one of those boxes, or more



The passage of LD1046 by the Maine Legislature and signed into law by Governor Mills in 2021 established this Maine income tax check-off box option, becoming only the second state in America to establish that convenient, effective way to spread your support/contribution throughout your home state.

by checking "other" and adding the amount of your contribution.

If just half of Maine's 800,000 income taxpayers check off \$5 or \$10 or \$25, that would raise 2 Million or 4 Million or 10 Million this year.

Your contribution will either be deducted from your refund or you will receive an invoice if you will not be receiving a refund in this tax year.

Look for Schedule CP, which is a separate form that is included in the 1040S-ME short form booklet and in the 1040-ME long form booklet. (If you typically do not itemize Charitable Contributions, you may never have seen it.)

Or let your accountant know that you would like to support TEFAP.

And this option will remain on 1040ME's

Schedule CP in future years, so consider making this a habit. Mention it to your colleagues, family, and friends. Submit a blurb to your community or religious bulletin.

Disbursement of the funds is handled by Maine's Department of Agriculture, Conservation, & Forestry (DACF) which has the ability to reach every nook and cranny of Maine, including the inhabited islands, funding food pantries and community hunger prevention programs, including the tiniest to the major non-profits working to feed those in need.

The passage of LD1046 by the Maine Legislature and signed into law by Governor Mills in 2021 established this Maine income tax check-off box option, becoming only the second state in America to establish that convenient, effective way to spread your support/contribution throughout your home state.

Sara Lambert Bloom, Biddeford

True Crime Lover's Travel Guide to New England published

MAINE -- Best Books has announced that Vacations Can Be Murder: A True Crime Lover's Travel Guide to New England by award-winning author Dawn M. Barclay was released on March 25, 2025.

It is the first of a multi-volume series covering the U.S. and beyond which should interest those who enjoy reading about true crime, law enforcement, the paranormal, and/or tombstone travel. Even families with older children obsessed with ghosts or police museums will find value here. This first volume will cover Connecticut, Maine, Mas-

sachusetts, New Hampshire, Rhode Island and Vermont.

Topics within each state will include:

Major crimes in the state and where those crimes were committed, down to the street name (but not the exact street number for private houses).

An extensive list of additional books to read about those crimes

Haunted restaurants and hotels

Restaurants and hotels with a crime or punishment connection

Crime museums and other attractions

True crime and ghost

tours
Where the criminals are jailed

Where the bodies are buried

Easy-to-follow itineraries that bring all the different pieces together in a logical way

Resources for victims of such crimes

Dr. Katherine Ramsland, an American non-fiction author of over 72 books, and a professor of forensic psychology and criminal justice, calls Vacations Can Be Murder "the perfect reference book for the U. S. crime traveler... This travel guide is a gem. Be packed and ready before you start reading

because you'll want to go explore."

Perfect for locals who want to more about their community's history or those planning road trips throughout the region, the guide can also prove useful to those who plan travel—travel agents, tourist boards, event planners and tour guides. Vacations Can Be Murder: A True Crime Lover's Travel Guide to New England will be available starting March 25th from Amazon, Barnes & Noble, Bookshops.org, and all major book distributors in both e-book and paperback format. The Amazon preorder link is <https://a.co/d/5IYC-6Cg>.

About the Book: Publication Date: March 25, 2025 (PB & EB) from Level Best Books - Level Tru Imprint ISBN: 978-1-68512-910-1 (PB 298 pgs. 6" x 9" trim) \$19.95 USD | 978-1-68512-911-8 (EB) \$9.99 Nonfiction | True Crime (Trade) | Distributed by Ingram | fully discounted and returnable.

About the Author: Dawn M. Barclay is a veteran travel journalist who penned *Traveling Different: Vacation Strategies for Parents of the Anxious, the Inflexible, and the Neurodiverse* (Rowman & Littlefield, 2022), which won several awards, including

the Lowell Thomas Gold Award in 2023. She is the author of hundreds of trade and consumer articles, and as D.M. Barr, has written six psychological and romantic thrillers and has edited two anthologies, with a third coming out in 2025. Barclay is a member of Sisters in Crime, Mystery Writers of America, the Society of American Travel Writers, and the New York Travel Writers Association. She is available to speak to media outlets, libraries, book clubs, and bookstores as well as other interested outlets, either in person or via Zoom. Her website is www.VacationsCanBeMurder.com.

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Arts & Entertainment

USM Gorham presents 'Little Women, the Broadway Musical'

GORHAM, ME -- The University of Southern Maine Department of Theatre, in collaboration with the Osher School of Music, Welcomes Spring with Fantastical & Heartwarming Little Women, the Broadway Musical, April 4-13th at Russell Hall on the USM Gorham Campus.

Based on Louisa May Alcott's groundbreaking novel of the same name, Little Women, the Broadway Musical, depicts the story of Jo March as she reflects on her struggle to become a successful writer in Civil War America. Finding strength in the support and love of her mother and sisters, Jo fights to overcome enormous obstacles - including war, illness,

and discrimination - in her pursuit of achieving her dreams. This reimaged and fantastical portrayal of an American classic is brought to life with glorious music filled with personal discovery, heartache, hope, and everlasting love.

Content Advisories: Conversations about death and the Civil War.

Little Women is suggested for grades five and up.

Little Women, The Broadway Musical, In collaboration with the Osher School of Music. Book by Allan Knee, Music by Jason Howland, Lyrics by Mindi Dickstein. Based on the novel by Louisa May Alcott, Directed by Danny Hutchins, Musical Direc-



L-R, Top to Bottom: Karoline Brechter (Meg), Taylor Ciotti (Jo), Kaelan Gildart (Marmee), Emma Hall (Beth), Kiki Belanger (Amy). Photo by Kat Moraros Photography

tion by Edward Reichert, Choreography by Vanessa Beyland.

April 4-13, 2025
Russell Hall, USM
Gorham Campus
Tickets:

To purchase tickets, or for more information, visit USM Theatre online at <https://usm.maine.edu/department-theatre/box-office-tickets/>, or call the USM Theatre Box Office at

(207) 780-5151. For more information on USM's Department of Theatre events and programs, head to: <https://usm.maine.edu/department-theatre/> \$10-\$24

Those needing special accommodations to participate fully in this program, contact Janice Gardner at (207)780-5289 or janice.gardner@maine.edu. Hearing impaired: call USM's telex / TDD number (207)780-5646.

Special April 12th Performance: A Little Women VIP Spring Soiree

To celebrate storytelling, women in literature, and the work of the USM Department of Theatre, we will be hosting "The Little Women VIP Spring

Soiree" on April 12th. This special fundraising event will feature hors d'oeuvres, cash bar, a photo booth, an intermission dessert bar, a raffle, a silent auction with great items from local businesses, special student performances, a meet-and-greet with the cast after the show, and a ticket to Little Women, the Broadway Musical. Everyone is encouraged to dress in your spring soiree best. All proceeds support the USM Department of Theatre.

Tickets to Little Women VIP Spring Soiree <https://www.give-campus.com/schools/UniversityofSouthern-MaineFoundation/events/little-women-vip-spring-soiree>

UUCB Concerts for a Cause presents Guy Davis

BRUNSWICK, ME -- UUCB Concerts for a Cause presents blues great, Guy Davis at the Unitarian Universalist Church of Brunswick on Saturday, April 12 at 7:30 p.m. to raise money for the Brunswick Area Teen Center and Maine Family Planning.

A self-taught "Renaissance Man", Guy Davis first heard the banjo at a summer camp run by John Seeger, the brother of the folk legend, Pete Seeger, and soon after, asked his father for one. Guy now sings, plays six and twelve string guitars, the

five-string banjo, harmonica, and didgeridoo. He is a two-time, Grammy nominee for Best Traditional Blues, as well as an actor, author, and songwriter. You may have seen him star in the 1984 film, Beat Street or in his role as Dr. Josh Hall in One Life to Live.

Davis won "Keeping the Blues Alive" Award and was nominated by The Blues Foundation for Best Acoustic Album of the Year, Best Acoustic Artist of the Year, and Best Instrumentalist. In fact, he's been nominated nearly two dozen times by the Blues



Foundation.

Guy's performances always feature a mix of his original songs and cover songs by Muddy Waters, Howlin Wolf, Pete

Seeger, Bob Dylan, Mance Lipscombe, Blind Willie McTell, Leadbelly, Blind Lemon Jefferson, and many others.

He uses a blend of

Roots, Blues, Folk, Rock, Rap, Spoken Word, and World Music to comment on the frustrations of social injustice and common life struggles. His background in theater is pronounced through the lyrical storytelling of songs "God's Gonna Make Things Over" about the 1921 Tulsa Race Massacre. His storytelling is sometimes painful, deep, meant to create thought, underlined by gentle tones from his guitar or banjo fingerpicking.

His original songs, while often terse and truthful, are softened by songs

like "We All Need More Kindness In This World." Then he makes you want to dance to the sounds of Hip Hop and Honky Tonk, with songs like "Kokomo Kidd". His varied repertoire provides a robust, balanced experience, while giving the audience a healthy outlet for frustration through song and dance.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children and will be available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/guydavis>.

Westbrook City Band holding free concert

WESTBROOK, ME -- Join the Westbrook City Band as our 35-piece concert band plays toe-tapping

fun and familiar music for all ages - show tunes, marches, and patriotic tunes!

Tuesday, April 15,

2025 7PM - 8PM
Westbrook Community Center
426 Bridge St. Westbrook, ME 04092

Volunteers needed for Gorham Cemetery Advisory Committee

GORHAM, ME -- The Town Council Appointments Committee is seeking citizen volunteers for a newly formed Cemetery Advisory Board Committee.

The committee has been created for the purpose of encouraging citizen involvement in maintaining, documenting and preserving Gorham's local public cemeteries.

The committee shall consist of seven members appointed by the Town

Council for staggering terms and shall be advisory in nature.

If you are interested in applying to serve on the Cemetery Advisory Board Committee, or for more information, please visit the Town Clerk's Office. To apply, please complete and submit a Committee Volunteer Application available online. You may also contact the Town Clerk's Office at 222-1670 or email the Town Clerk Laurie

Nordfors at lnordfors@gorham.me.us.

Applications will be accepted until March 27, 2025.

Follow us on Facebook
www.facebook.com/GorhamWeekly

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

Green Home & Energy Show is April 5

PORTLAND, ME – The publisher of Green & Healthy Maine HOMES magazine is happy to present the fifth annual Green Home + Energy Show on April 5th at The Point Community Center in South Portland.

The Green Home + Energy Show is the place to find resources to make your home more comfortable, efficient, healthy and sustainable—whether you are renovating, building, or buying. Take advantage of a full day of programming included with your ticket. Connect with a variety of home and energy exhibitors all in one place. Test drive an electric vehicle or check out electric yard tools at the EV Expo, discover businesses prioritizing eco-friendly land-



EXHIBITORS • WORKSHOPS • ELECTRIC CARS

scaping practices at the Sustainable Landscape Expo, and learn directly from experts at 18 workshops, case studies and demonstrations offered at the event. Enjoy food trucks including Ironclad Eats, Tacos del Seoul and Totally Awesome Vegan Food Truck. Girl Scout cookies and treats from Baked With Love will also be available for purchase.

As home to many nationally recognized building science and design professionals, Maine

is leading the way in the high-performing home industry. Don't miss your chance to learn directly from these highly sought-out professionals.

The show will host informative workshops featuring a wide range of topics including creative ways to reinvest in your property with an accessory dwelling unit, pre-fab construction for high performance homes, retrofitting your foundation, planting for wildlife, accessing Efficiency Maine

rebates, and many more. These programs are included with admission. A full list of workshops and exhibitors is available at greenmainehomes.com/workshops.

The presenting sponsor of this year's Green Home + Energy Show is LaPlante Home Services, and other lead sponsors include Dave's World, Mitsubishi Electric, Ecoheat Maine, Evergreen Home Performance, Hanaford Supermarkets, ReVision Energy, and El-

dredge Lumber. A full list of sponsors is available at greenmainehomes.com/show-2025.

The show takes place Saturday, April 5th from 9am to 4pm, with the Electric Vehicle Expo from 11am to 2pm. Tickets are \$15 at the door or \$12 when purchased online in advance. Students get in free with a valid student ID and children are free when accompanied by a ticket holding adult. Tickets can be purchased online at greenmainehomes.com/show-2025.

es.com/show-2025. Ticket sales will benefit The Ecology School at Riverbend Farm in Saco, Maine, a nonprofit school where sustainability means living, learning, working & playing in ways that are regenerative.

Green & Healthy Maine HOMES is a magazine and website dedicated to inspiring real Maine homes that are comfortable, efficient, healthy and sustainable. Created and published by The SunriseGuide, LLC, Green & Healthy Maine HOMES provides expert advice, informative interviews, profiles of high performing homes, and cutting-edge information about both new and tried-and-true technologies.

How Maine residents can prioritize mental healthcare

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

Mental health challenges continue to grow and can have a significant impact on well-being¹. According to new data from America's Health Rankings, nearly 18% of adults in Maine reported experiencing frequent mental distress in 2024.

To focus on just one condition, 40 million American adults suffer from anxiety disorders which can impact quality of life³. Anxiety is now the no. 1 mental health issue among American workers⁴.

Workload and working long hours can have a negative impact on overall mental health, happiness, and well-being, according

to the American Psychological Association⁵.

Supporting Mental Health Needs

Having access to affordable mental health care is important to overall health and well-being.

Surveys show that people overwhelmingly believe support for mental health at work is important. In fact, 92% of workers said it is very or somewhat important to them to work for an organization that values their emotional and psychological well-being⁵.

Some employers now offer more modernized health plans that can help you more readily access needed services to support overall health and well-being. Talk to your employer about what benefits and programs might be avail-

able to you.

Modernized Health Plans Offer Better Access

The Surest health plan from UnitedHealthcare gives people the tools to search for mental health care through an easy-to-use digital shopping experience that can help improve access and lower the total cost of care. Recent studies found the Surest model lowered consumer out-of-pocket costs by 54%⁶.

Surest eliminates deductibles and coinsurance. Instead, members have copays that vary based on the provider and facility, with higher-value options costing less. Providers are evaluated on how they have performed historically on certain criteria like effectiveness and cost efficiency.

Women who choose Surest, for example, paid 88% less for anxiety-related provider visits and 82% less for depression-related visits compared to members on a conventional health plan, according to one recent study⁷.

Digital Resources Offer Support and Convenience

Studies show that Surest members also have improved access to care. Eligible Surest members can now access digital tools such as Calm Health, as a part of their mental health benefits.

Calm Health offers an entry point for eligible Surest members to connect with personalized resources to help support their mental health in-the-moment or as a supplement to engagement with a li-

censed professional.

Calm Health is an evidence-based mental health app, designed to help members access personalized mental health support, including mental health screenings, therapy referrals, personalized programs and daily self-care content.

By opting for more modern health plans and using digital resources, you can enhance your access to mental health care. These types of resources can help reduce out-of-pocket costs and help you live a healthier life in 2025.

1 Anxiety & Depression Association of America, 2021, <https://adaa.org/workplace-stress-anxiety-disorders-survey>

2 America's Health Rankings, 2024, <https://assets.americashealthrankings.org/app/uploads/all-statesummaries-ahr24.pdf>

ings.org/app/uploads/all-statesummaries-ahr24.pdf

3 Anxiety & Depression Association of America, 2022, <https://adaa.org/understanding-anxiety/facts-statistics>

4 Forbes, 2024, <https://www.forbes.com/sites/bryanrobinson/2024/03/27/anxiety-skyrockets-tono-1-issue-among-american-workers-new-study-shows>

5 American Psychological Association, 2023, <https://www.apa.org/pubs/reports/work-in-america/2023-workplace-health-well-being>

6 Surest Impact Study, <https://www.surest.com/performance/impact>

7 Surest Women's Health, <https://www.surest.com/performance/womens-health>

Registration open for Bath Savings Paddle for Pine Tree Camp

SOLON AND BRUNSWICK, ME – The 29th Annual Bath Savings Paddle for Pine Tree Camp returns in June with one goal in mind: to raise funds for Maine kids and adults with disabilities to experience freedom and independence at Pine Tree Camp.

On Saturday, June 7, paddlers will reunite in Solon for the traditional route down the Kennebec River. On Sunday, June 8, paddlers will come together to loop the Androscoggin River in Brunswick. Both paddles are family-friendly and perfect for all ages, skill levels and abilities.

Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay. This is one of our largest fundraisers of the year and 100% of proceeds support

our open door policy.

Register for the paddle at this link: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

On Thursday, May 29, the 3rd Annual Hammond Lumber Company Cornhole for a Cause and Party for the Paddle to benefit Pine Tree Camp will take place at The Woodshed in Manchester. For more details and to register for this cash prize competition, please visit: <https://pinetreesociety.org/pts-events/cornhole-for-a-cause/>

29th Annual Bath Savings Paddle for Pine Tree Camp

Saturday, June 7 9:30am

Solon: Traditional route down the Kennebec River

Paddle begins at The Evergreens Campground



Kathy Clement and Steven Everett, both from Starks, paddled the Kennebec River in Solon in 2024 to support Pine Tree Camp. The 29th Annual Bath Savings Paddle for Pine Tree Camp Weekend will take place Saturday, June 7 in Solon and Sunday, June 8 in Brunswick. All proceeds support the camp's tuition fund which ensures Maine kids and adults with disabilities can attend Pine Tree Camp regardless of their ability to pay.

in Solon (202 Ferry Street, off Route 201A) and ends in North Anson on the Paterson Bridge Road. This is a three mile, two-hour paddle.

Register: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

Sunday, June 8 9:30am

Brunswick: Loop on the Androscoggin River

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

Register: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

More About Pine Tree Camp: Pine Tree Camp, which celebrates its 80th anniversary in 2025, is a program of Pine Tree Society and an American Camp Association-accredited camp for people with disabilities. Every year, hundreds of Maine children and adults with disabilities arrive at Pine Tree Camp in Rome and their lives are transformed. Year-round, campers experience freedom and independence by actively participating in outdoor activities like kayaking, boating, swimming, fishing, hiking,

biking, archery, snowshoeing and cross country skiing thanks to Pine Tree Camp's 285-acre, fully-accessible campus on North Pond. Full tuition assistance is available. Since 1945, no camper has ever been turned away due to their ability to pay. <https://pinetreesociety.org/camp-home/>

Sponsors of the 29th Annual Bath Savings Paddle for Pine Tree Camp include: Bath Savings, Hammond Lumber Company, The Woodshed, HUB, Franklin Savings, Central Maine Power, Harvard Pilgrim Healthcare, Evergreens Campground, Marden's, NRF Distributors, Seaspray Kayaking and Paddleboarding, Assistance Plus, Brookfield Renewable and Alice's Awesome Adventures.

Join Conservation Commission for 5th annual Gorham Cleans Up

GORHAM, ME -- Folks of all ages are invited to join the Gorham Conservation Commission



in collaboration with the Gorham Village Alliance and the Think Blue Maine campaign for the 5th Annual Gorham Cleans Up event on Sunday, April 27, 2025 from 8:30am - 11:00am to pick up trash in the Village and

along the drainage basins along New Portland Road and South Street.

As with previous years, Gorham Volunteers in Police Service (VIPS) will help with traffic safety and the Gorham Conservation

Commission will provide clean-up supplies, including donuts!

This is a great way to get outside, have some fun and keep trash out of Gorham's stormwater run off basins. The event will start

at the Municipal Center, and donations will be collected for the Gorham Food Pantry.

To sign-up and find more information about the event, please visit <https://www.gorhamconservation.org/gorham-cleans-up/>.

North Gorham Public Library hosting Plant, Book Sale

GORHAM, ME -- It's a sure sign of spring as North Gorham Public Library is already thinking about our annual Plant & Book Sale! Mark the date on your calendar.

North Gorham Public Library
Plant & Book Sale
Saturday, June 7 from 9 to 1

Remember us as you begin to open up your gardens. We will happily accept your plant donations as we get closer to the date. Don't worry, we'll remind you!



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¹ Annual Percentage Rate as of 10/21/2024. Rates subject to change without notice. Not all applicants will qualify for the lowest rate or be approved. Advertised rate is based on risk based & relationship pricing discounts. For more information, visit egcu.org/auto.

New England Fiddle Ensemble presents 2025 concert season

MAINE -- The New England Fiddle Ensemble, a local nonprofit, announces a concert in Westbrook for their 2025 season:

Sunday, June 1, 2025, 2:00pm, Westbrook Performing Arts Center, 471 Stroudwater Street, Westbrook, ME

The 16th year of the New England Fiddle Ensemble brings together another dedicated group, now with over 160 people ranging in age from 4 to 91. The Fiddle Ensemble is a community orchestra made up of a diverse group of musicians from throughout the region, sharing the joy of playing music together. More than just fiddles, the Ensemble features a full range of acoustic instruments, including fiddles, guitars,



Bringing Community Together Through Music

banjos, mandolins, basses, harps, and cellos. Ensemble members come from a wide range of experience levels, from a 4-year-old bass player who will stop the show with his gutsy playing on I'm Shipping Up to Boston, to a retired string teacher who taught for over 30 years.

The New England Fiddle Ensemble is a nonprofit whose mission is to bring community together through music. Rehearsals happen in seven locations throughout New Hampshire and Maine

from November through April, then all the groups come together for 2 large rehearsals and 7 concerts. The music is taught by ear, so you won't see any music stands on stage, just performers smiling, looking at the audience and communicating with one another.

In the Fiddle Ensemble you will hear a talented family of eight singing and soloing on a bluegrass song, an 80-year-old woman stepping up to rip up a Canadian fiddle tune solo, a teenager singing



Hand Me Down My Walking Cane, and the beautiful sounds of a harp on Swannanoa Waltz. These community musicians are

backed by professionals, coming together to deliver a heartwarming and energetic performance. It's a lively show with a dose of

humor!

For tickets, go to: <https://www.nefiddleensemble.org/purchase-concert-tickets>

Student 'Designs for Living in a Changing Climate' exhibit opens

SOUTH PORTLAND, ME — The Envision Resilience: Designs for Living in a Changing Climate exhibition opened at the South Portland Public Library on March 21 to celebrate featured student designs for how this coastal community can thrive in a changing climate.

Curated by local artist Brian Smith, the free five-week exhibition will feature a catalog of innovative architectural and landscape designs by student teams in the 2024 Envision Resilience Challenge that emphasize nature-based solutions to sea level rise in Portland and South Portland. In-

novative designs included living shorelines and green stormwater infrastructure, and the students addressed challenges like housing through materiality and circular economies and reimaged infrastructure and transportation systems in a low-carbon future.

Envision Resilience works to advance innovative city planning and design in the face of climate change through student and community partnerships. By connecting current and future professionals working across disciplines, the organization creates opportunities for communities to reimagine climate challenges and inspire resilient

solutions. Envision Resilience, originally developed by Remain, is part of the philanthropic organizations and initiatives created and funded by Eric and Wendy Schmidt to work toward a healthy, resilient, secure world for all.

"Following a successful inaugural exhibition at the Portland Public Library, we are thrilled to bring the remarkable student design work to the South Portland community," said Claire Martin, executive director of Envision Resilience. "The design outcomes featuring adaptive and resilient future visions for the two cities—tightly connect-

ed through their shared harbor and joint climate action plan, One Climate Future—are intended to serve as a catalog of research, tools, concepts and designs. The hope is that, while not being prescriptive or exhaustive, the student visions can further existing projects and spark new ideas in the face of increased storms, flooding and other climate stressors."

With eight participating universities, the 2024 Envision Resilience Portland and South Portland Challenge brought

together graduate and undergraduate students in urban planning, architecture, environmental justice and landscape architecture to connect with community stakeholders for an iterative process of researching, developing and proposing adaptive design ideas for vulnerable sites throughout the cities. Participating institutions were Cornell University, Harvard University, the University at Buffalo, the University of Maine at Augusta, the University of Michigan, the University of Virginia, Yale University and the

program's first international partner, the University of Toronto. Over five months last fall, students immersed themselves in the culture, values and history of South Portland, Portland and the Casco Bay Island communities, conceptualizing innovative strategies that addressed challenges such as affordable housing, sea level rise, transportation, urban heat, equity, local industry and ecology.

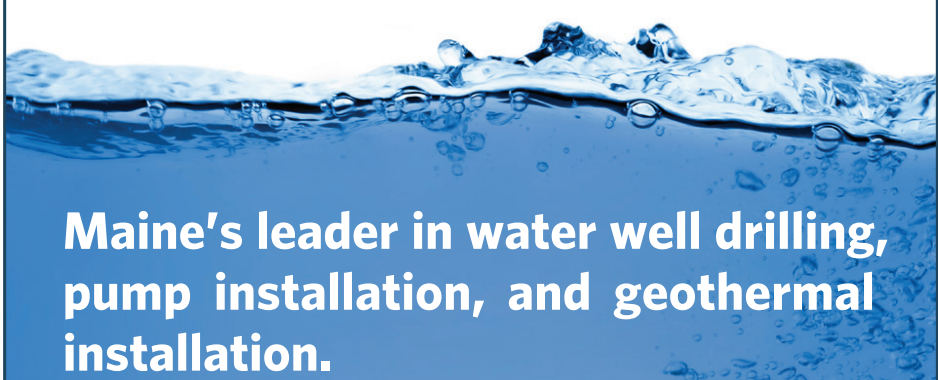
The exhibition aims to inspire the public to envision neighborhoods, working waterfronts, parks,

See Designs, page 11

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Arts education in focus at spring conference

WATERVILLE, ME—For several years the arts scene in Waterville has been growing and expanding, cementing the city’s burgeoning reputation as a destination for concerts, festivals, creative workshops, and more. As a more central location than Portland or Bangor, Waterville is not just attracting more artists and audiences, but art teachers as well, who travel from across the state to learn new skills and share their own expertise with each other, expanding the arts experience available to Maine students.

Reflecting the city’s growing profile as a major destination for arts, the annual spring conference of the Maine Art Education Association (MAEA) will be held in Waterville April 4-6. This year’s event is organized by Waterville Creates and held in partnership with the Colby College Museum of Art and Colby Arts. This year’s spring conference has already attracted record numbers of art educators from across Maine and throughout New England.

“Attending the MAEA conference in Waterville—a community that truly values the arts—feels especially meaningful,” said Holly Hubbard, a teacher at Waterville’s George J. Mitchell School. “In Waterville



Artist and illustrator Lucky Platt will lead one of several workshops for teachers throughout the MAEA spring conference. Photo by Serena Sanborn.

Public Schools, where we strive to engage, empower, and inspire, we often see teaching itself as an art form—one that invites curiosity, creativity, and deep engagement in any subject. This gathering isn’t just for art educators; it’s for anyone who believes in the artistry of teaching. It brings together educators, artists, and community partners, sparking new collaborations and keeping creativity at the heart of our work.”

The MAEA promotes visual arts education throughout Maine, encouraging best practices in classrooms, supporting professional development for its members, and recognizing and celebrating outstanding educators. Annual conferences provide an opportunity for educa-

tors from across the state to meet, develop new skills, share ideas, and expand curricular offerings.

For Waterville Creates—a community arts nonprofit and home to the Waterville Opera House, Maine Film Center, and Ticonic Gallery + Studios—working with MAEA and supporting arts education gets to the heart of the organization’s mission.

“At Waterville Creates, our mission is ‘Arts Experiences for All,’ and that begins with supporting the educators who ignite creativity in students,” said Serena Sanborn, manager of outreach + community partnerships at Waterville Creates. “When you invest in one arts educator, you empower hundreds of students—fostering imagination, confidence, and



The Paul J. Schupf Art Center, in the heart of Waterville’s downtown arts district, will host a record number of art teachers for this year’s MAEA spring conference. Photo by John Meader.

innovation.”

The Colby College Museum of Art and Colby Arts Office have been investing beyond the borders of the school’s campus, as well. “As a teaching museum first and foremost, we center the work of both academic and K-12 educators as core to our mission,” said Christian Adame, Mirken director of learning and engagement at the Colby Museum. “Teaching is a creative practice, and we hope the MAEA convening in Waterville invites art educators to invest in that practice, to learn with others, and to discover new ways to center the visual arts in their classrooms.”

In a time of budget cuts, standardized testing, and a curricular shift towards STEM fields, groups

like Waterville Creates, Colby, the MAEA, and others demonstrate just how crucial it is to work together to provide extra support for art educators and their students. Waterville is emerging as a hub for conversations across the state about the right of youth access to the arts.

“Nourishing creativity for all children through the arts is why art programs are essential to a well-rounded education,” said Jessica Hamilton Jones, art teacher at the Waterville Alternative School. “The MAEA supports the arts, art students, and art teachers and has been pivotal to my success as an art teacher. I am thrilled that Waterville and Waterville Creates are hosting our spring conference this year.”

“By bringing together arts educators, creatives, and cultural organizations, this conference is a catalyst for inspiration, collaboration, and lasting impact in our communities,” Sanborn added.

Art educators from across Maine and beyond can register for the MAEA conference in Waterville before March 25. This year, the Colby Museum and Colby Arts are sponsoring major scholarships to cover registration fees for Maine teachers. Visit aeforme.org/2025-spring-conference to learn more and register.

“We are thrilled to welcome art educators from around the state into the vibrant art spaces in downtown Waterville and on Colby College’s campus,” said Tyler French, associate director of artistic planning and community engagement at Colby. “We hope they will return and engage, to see the arts ecosystem in Waterville as rich in resources to support their professional development and their students.”

“The MAEA is so thrilled to have the opportunity to work with Waterville Creates, Colby College, and the greater Waterville community for our spring conference this year! It is sure to be an epic event,” said Matt Johnson, MAEA’s president-elect.

Public comment open for Monarch Butterfly Endangered Species Act

MAINE -- The U.S. Fish and Wildlife Service is reopening the public comment period for a proposed rule to list the monarch butterfly as a threatened species under the Endangered Species Act. The proposed rule includes species-specific protections and flexibilities to encourage conservation of the butterfly under section 4(d) of the ESA. The comment period will be

reopened for 60 days, until May 19, 2025, to give all interested parties an additional opportunity to comment on the proposed rule, which was published on December 12, 2024. Comments that were previously submitted do not need to be resubmitted as they are already incorporated into the public record and will be fully considered in the final listing determination.

Public comments

are an integral part of the ESA listing determination process, and the Service recognizes the complexity of the information requested for public comment in the proposed rule. By reopening the public comment period, the agency is ensuring everyone has a chance to share information relevant to the conservation status of the species, including the associated 4(d) rule and pro-

posed critical habitat designation.

The reopening of the public comment period for the monarch butterfly will publish in the Federal Register Reading Room. A reopened 60-day comment period will open on March 19, 2025, and will close on May 19, 2025. Information about how to submit comments can be found on regulations.gov by searching for docket number

FWS-R3-ES-2024-0137.

Everyone can play a role in saving the monarch butterfly. Because of the species’ general habitat use and wide distribution, all sectors of society have an opportunity to participate in a broad range of conservation efforts throughout the butterfly’s range. You can learn more about the monarch butterfly, the monarch listing proposal, and how to help conserve

monarch butterflies at fws.gov/monarch.

The U.S. Fish and Wildlife Service works with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. For more information, visit www.fws.gov and connect with us on social media: Facebook, Instagram, X, LinkedIn, Flickr, and YouTube.

DOL: Unemployment guidance for laid off federal employees

MAINE – The Maine Department of Labor has published unemployment insurance guidance for federal employees affected by layoffs.

Topline information includes:

Prepare—Get as much information as you

can

Print your paystubs – last one paid before 09/30/2023 and last one paid before 12/31/2024

Print your 2024 W-2 Before filing your claim, read through the unemployment FAQ for federal workers

File Immediately, even without all documents

Call 1-800-593-7660 to file your claim in Maine as soon as you separate from your employer. Documents will be collected for verification once your claim is started.

You must start your first unemployment insurance claim by phone. After your first claim is done, you can file weekly claims online.

File even if appealing the termination

Don’t panic about a \$0 determination— Federal wages aren’t reported in state systems, so your initial claim may show \$0. As wages are verified your

Monetary Determination will be updated.

Request a wage affidavit if delayed— If your agency doesn’t respond within 12 days, you can complete an ES-935 affidavit to speed up your claim.

Once your initial claim is in system, you will find this form in your account under Correspondences.

Check messages reg-

ularly—State agencies may request additional information, so frequently check your portal, email, and mail.

Certify and job search weekly— You must certify unemployment and actively search for work each week to continue receiving benefits.

The Maine Department of Labor’s Rapid Response team is hold-

ing a weekly session via Zoom at 10 a.m. every Wednesday to go over top line information for laid off workers, such as unemployment insurance, health insurance options, training and job search resources.

The full guidance and Rapid Response information for affected employees can be found here: www.maine.gov/labor/federal-workers/

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Designs
Continued from page 9

housing and infrastructure through a lens of hope and resilience. Punctuating the designs throughout the exhibition is a compelling collection of artwork by Pame Chévez Zendejas, whose work examines the natural world through a vivid chromatic lens.

“What excites me most about these designs is their potential to enrich Portland and South Portland beyond their role

as climate adaptations,” said Brian Smith, local artist and exhibition curator. “Even in a world untouched by ecological urgency, these interventions would be compelling additions to the built environment—thoughtful, innovative and deeply attuned to community well-being. The students’ work not only addresses the challenges of a changing planet but does so in a way that is both visionary and inspiring.”

Smith’s curation explores how art and design intersect to enhance conversations around climate resilience. A graduate of the Massachusetts College of Art and Design and the Maine College of Art & Design, Smith’s work has been exhibited widely across New England and internationally, with recent showings in Antwerp, Austin, Brooklyn and the Portland Museum of Art.

The South Portland Public Library exhibition

marks the second in a series of displays throughout Portland and South Portland that showcase the students’ design proposals from the fall 2024 semester, following a similar opening at the Portland Public Library last month.

The featured artist, Pame Chévez Zendejas, is a Costa Rican-American visual artist, animation writer and director whose work incorporates naturalist elements to explore the impacts of climate

change on ecosystems and communities. Her contributions to the exhibition offer a striking visual reflection on resilience and adaptation. A graduate of the Rhode Island School of Design, Pame is well-versed in traditional art forms, including oil painting, stop-motion animation and hand-drawn animation.

Since its inception, Envision Resilience has engaged 30 student teams from 19 universities, involving 458 students and

86 community advisors across 10 coastal communities, including Nantucket, MA (2021); Narragansett Bay, RI (2022); and New Bedford and Fairhaven, MA (2023).

The Envision Resilience: Designs for Living in a Changing Climate exhibition will run through May 5, at the South Portland Public Library, located at 482 Broadway, South Portland. Admission is free and the exhibition is open during library hours.

Share your input on Gorham’s Open Space & Trails Master Plan

GORHAM, ME -- Now through April 2025, citizens can access various maps and a survey on site in Gorham

offices or visit <https://www.gorhamopenspace.me> to share input via an online survey that will help develop op-

portunities, connections, and issues for the Town to adopt under its Open Space & Trails Master Plan.

MaineHealth joins NIH-funded long COVID clinical trials

PORTLAND, ME – MaineHealth will be part of new clinical trials sponsored by the National Institutes of Health (NIH) to investigate potential treatments for long-term symptoms after COVID-19 infection, including exercise intolerance and the worsening of symptoms following physical or mental exertion known as post-exertional malaise (PEM). The mid-stage trials are part of the NIH’s Researching COVID to Enhance Recovery (RECOVER) Initiative that is enrolling participants across the United States to test treatments addressing viral persistence, neurological symptoms such as brain fog and autonomic nervous system dysfunction.

The MaineHealth Institute for Research (MHIR) is enrolling participants in two RECOVER-ENERGIZE clinical trials from now through July 2025 at its research site in Scarborough:

One trial tests a program that combines exercise training, strength and flexibility training, education and social support, collectively known as personalized cardiopulmonary rehabilitation. The program is designed to help people who experience exercise intolerance with symptoms such as shortness of breath and fatigue during exercise after having COVID-19. Participants who are identified as having PEM, via a validated PEM questionnaire, will not be included in this trial, but

will be offered a spot for the trial described below. Participants will be randomly assigned to receive either personalized cardiopulmonary rehabilitation or basic exercise education for three months.

The other trial tests a program known as structured pacing, which is designed to help participants with PEM identify, control and minimize symptoms that developed after having COVID-19 by regulating or pacing their daily activities. Currently, structured pacing is the only intervention used to treat PEM. The trial will not include any exercise training or physical movement to protect participants from developing worsened symptoms of PEM. Participants will be randomly assigned to receive either structured pacing with a trained coach or basic PEM education for three months.

Both trials were developed using comprehensive feedback from the community and in close partnership with patient representatives. The PEM trial was developed to address concerns expressed by patient advocacy groups about patient safety and to better understand how this study program may help improve PEM symptoms.

“This NIH-sponsored intervention trial is a unique opportunity for individuals with Long COVID to participate in a program that may improve their exercise capacity,” said Dr. Clifford Rosen, principal investiga-

tor of the RECOVER observational study and the ENERGIZE interventional study at MaineHealth. “We hope that these studies will lead to treatments that can significantly improve these patients’ quality of life.”

With the launch of these two studies, MaineHealth is one of 50 RECOVER study sites nationwide that are investigating potential treatments for some of the most frequent and burdensome symptoms reported by people suffering from long COVID. MHIR also has participated in RECOVER’s PROMIS study, examining a possible cause of long COVID and in RECOVER’s early research examining common symptoms among those suffering from long COVID.

“MHIR’s participation in this important NIH-supported research is a clear example of how our care team lives the MaineHealth vision of working together so our communities are the healthiest in America,” said Dr. Doug Sawyer, MaineHealth’s chief academic officer. “The results of these studies into long COVID could have a tangible impact on the lives of our neighbors and those suffering from long COVID worldwide.”

RECOVER is testing 13 treatments across eight clinical trials and continues to enroll participants across the country. Those interested in learning more about RECOVER clinical trials should visit trials.recover-covid.org.

OPEN SPACE & TRAILS PLAN



WE WANT YOUR INPUT!

The Town of Gorham is developing an Open Space & Trails Master Plan and we want to hear from you! From now until April 2025, maps and surveys will be on site in the Planning Office, the Baxter Memorial Library, The North Gorham Public Library, and the Little Falls Activity Center, as well as online!

We want you to identify opportunities, connections, and issues to address. The town, with their consultant, will then take this information and work with the Open Space and Trails Steering Committee, and YOU to develop priorities for the town to adopt.

ONLINE SURVEY



PLEASE VISIT THE WEBSITE



WWW.GORHAMOPENSOURCE.ME

UMaine Extension offers farm tractor safety courses this spring

SIDNEY and TOPSHAM, ME — University of Maine Cooperative Extension will offer two multi-session farm tractor safety courses this spring. The Kennebec County session will be held on Monday evenings (and one Thursday) at Kramer Tractor, 2400 West River Road in Sidney, starting April 14. The Androscoggin/Sagadahoc counties session will be held on Tuesday evenings at Topsham Tractor and Equipment, 403 Lewiston Road

in Topsham, starting April 22.

The training will include classroom lectures, tractor driving time and homework over the 5-part course, which is recognized by the U.S. Department of Labor. Successful completion of the course is required for 14- and 15-year-olds who plan to operate farm equipment for hire on farms other than their own family’s farm. Participants will learn how to safely handle tractors and equipment

and how to avoid hazards and minimize the chance of accidents. Certificates will be issued after successful completion of the course, including a written test and a driving test. The program is designed for adults and youth at least 14 years of age.

There is a sliding scale fee for the course of \$40 (full price) or \$20 (suggested for youth 14–17 and those who can afford 50% of the full course fee). Access to a computer, tablet or smartphone is re-

quired to complete homework assignments. More info including dates and registration links are avail-

able on the event webpage. For more information or to request reasonable accommodation, contact

Jenni Cappello-Ruggiero at 207.781.6099 or extension.agcumberland@maine.edu.

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

UMaine Extension presents webinar on perennial gardening

ORONO, ME – University of Maine Cooperative Extension will offer a webinar for home gardeners on selecting resilient perennials from 6 - 7:15 p.m. on Wednesday, April 9.

Herbaceous perennials support wildlife and pollinators while adding beauty to home gardens. As long-term investments, perennials can also be affected by fluctuations in temperature, rainfall and snowfall. Stephanie Bur-

nett, professor of horticulture in the School of Food and Agriculture at the University of Maine, will discuss what to consider when selecting perennials and make recommendations for resilient Maine gardens. This webinar is the final in the 4-part series, Gardening for the Future.

Registration is required; sliding scale fee options are available. Register on the event webpage to attend live or receive the recording link. For more



Resilient perennials support wildlife and pollinators while adding beauty to your garden. Photo courtesy University of Maine Cooperative Extension/Edwin Remsburg.

information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

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

New Maine hearing loss support chapter wins national award

MAINE -- The national organization Hearing Loss Association of America (HLAA) has awarded the Downeast Chapter of Maine the "Up and Coming HLAA Chapter of the Year." The announcement was made on March 10, with the official award presentation scheduled for the HLAA National Convention in Indianapolis this June. Four Maine Downeast members

will be present to accept the award. HLAA Downeast was founded in 2021 after Margaret Myatt and Pat Dobbs connected during a national HLAA convention. Sharing a vision for a support network for Mainers with hearing loss, they crafted a mission statement, built a website, and established key connections. Their vision became reality in 2022, when the chapter

was officially formed and received 501(c)(3) nonprofit status. Since launching remote meetings in May 2022, HLAA DownEast has expanded to host in-person meetings and events across the state, including Kennebunkport, Portland, Augusta, Ellsworth, Bucksport, and Bridgton.

Meet the founders: Margaret Myatt has worn hearing aids since

age 30 and has been an HLAA leader since 2013. She previously served on the Steering Committee of HLAA-Central Massachusetts and earned HLAA's Hearing Assistive Technology (HAT) certificate. She retired to Maine in 2020.

Pat Dobbs began losing her hearing in her early 20s and now has a cochlear implant. She has been an HLAA leader for

over 20 years, founding the HLAA-Morris County New Jersey Chapter and earned a Peer Mentoring certification from Gallaudet University. She moved to Maine in 2019.

They are joined by dedicated HLAA DownEast leaders:

Thomas Watson III (Dixmont, ME) • Andy Chandler (South Portland, ME)

Gwendolyn LaPointe (Bangor, ME)

Upcoming Events: Thursday, April 17, 2025, 7:00 PM – Zoom event: Hearing Loss 101

Saturday, May 17, 2025 – In-person luncheon in Augusta

For more information or to join the mailing list, email pat@coachdobbs.com or visit <https://hearinglossmaine.org>.

MDOL launches Work Source Maine Virtual CareerCenter

AUGUSTA, ME – The Maine Department of Labor (MDOL), along with local workforce boards, has officially launched the Work Source Maine Virtual CareerCenter, a new online platform designed to connect both job seekers and employers with essential workforce resources. The platform provides easy access to career services, hiring support, and training programs, ensuring that individuals and businesses

across the state can find the tools they need to succeed.

"While in-person CareerCenter services are still available across the state, this new virtual CareerCenter option will make personalized services even easier to access," said Labor Commissioner Laura Fortman. "Job seekers and employers can now connect 24-7 with workforce resources from wherever they are, and tailor their search results to fit their

needs."

The Work Source Maine Virtual CareerCenter serves as a centralized hub for workforce development, offering job seekers access to personalized job search tools, resume-building resources, career counseling, and virtual hiring events. The platform also provides employers with resources to support recruitment and retention, including hiring incentives, workforce development programs, and guidance on labor laws and best practices.

"Forty percent of Maine's population lives in rural areas. This virtual career center will help every citizen in every corner of the state to access resources and information to help them find their place in Maine's labor force—great news for job seekers and employers alike," said

Erin V. Benson, Executive Director of the Central Western Maine Workforce Development Board.

"The Northeastern Workforce Development Board is excited to see this statewide launch of the Virtual CareerCenter. Individuals unable to physically access one of the CareerCenter locations can now go online and find valuable training and employment resources with this new user-friendly platform for job seekers and employers! This resource is going to be especially important for the people of Maine who live in our more rural communities and are unable to travel due to gas prices, health reasons, winter road conditions, or simply not enough time in their day. This is a big win for Maine's workforce!" said Galan Williamson, Executive Director of the Northeastern Workforce Development Board.

Job seekers are already finding value in the platform. A new resident of the Portland area shared

their experience using the site, stating, "I really love the website. I just moved here from Boston, and the website is so well put together. There are a lot of resources there and phone numbers – the contact information was very, very helpful. Overall, it made an amazing impression because I have used other websites, and they were not as resourceful as this one."

Designed to be inclusive and accessible, the Virtual CareerCenter offers multilingual support and tailored resources for veterans, older workers, individuals with disabilities, and those re-entering the workforce. Employers can take advantage of tools that streamline hiring processes and strengthen workforce development efforts.

"The Coastal Counties Workforce Board is thrilled to know that we have a resource in Maine that can be accessed by anyone with a computer, tablet, or smartphone. The Virtual CareerCenter re-



sources and services are invaluable for anyone who is unemployed or underemployed or for anyone wanting to change jobs who needs our services. Available services include career advising, coaching, access to job training and other support. This is not just a website for job postings! With this new online Virtual CareerCenter, visitors can obtain services from the comfort of their home, 24/7, making these resources more accessible than ever," said Antonette Mancusi, Executive Director of the Coastal Counties Workforce Board.

The Work Source Maine Virtual CareerCenter is now live and available to all Maine residents. To explore the platform and access its resources, visit www.myworksource-maine.gov.

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Calendar

Send your submissions to the Editor. More online.

Wednesdays
GORHAM -- Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

Thursdays
LEWISTON -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

Recommended for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

Saturdays
AUBURN -- Books! Books! Books! The Auburn Public Library Bookstore is now open on Saturday mornings, from 9:30-1:00. Choose from hundreds of gently used books, with most prices under \$3. We have books for children, teens, and adults, fiction and non-fiction. We often have puzzles, CDs, and DVDs, too. Stop in and browse our ever changing

selection! Auburn Public Library, 49 Spring Street.

Mar 27
AUBURN -- Auburn Public Library's "Free For All: The Public Library" Film Screening & Discussion to be taking place on Thursday, March 27, 2025 from 3:30 to 5:30 PM.

Mar 29
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, March 29, 2025 - 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.

Mar 29
AUBURN -- Auburn Public Library's 2nd Annual Margery Eyer Schuler Silent Art Auction starts at 10:00 AM, with bidding closing at 11:00 AM. This highly anticipated event offers attendees the opportunity to support the library while celebrating local artists and their incredible talent.

Mar 30
AUBURN -- About Love: Grief & Loss, 11:30-1pm. First Universalist Church of Auburn,

169 Pleasant St. (enter on Spring St. across from Dairy Joy). Freewill donations accepted. Parking; accessible. FMI 783-0461.

Mar 31
LEWISTON -- Join us at the Lewiston Public Library for Read and Create Silly Storybooks in the Children's Department on Monday, March 31st at 11am. Recommended for children ages 6 - 13 years old and siblings are welcome. Come listen in on a silly story read-aloud and create your very own silly storybook using pictures and ad libs in a paper booklet. Get creative by filling in the blanks with silly words and illustrate your very own silly story. All materials are provided. This program is free, open to the public, and no registration is required.

Apr 4
AUBURN -- BOOK-STORE "Buck-A-Bag" CLEARANCE SALE - Thousands of book available for \$1 a bag. Fill any bag with books and pay just \$1 (as long as you can lift it). Friday, April 4 from 1:00 - 5:00, and Saturday, April 5 from 9:30-3:00. Auburn Public Library Bookstore, 49 Spring Street (Ground Floor). Auburn. Contact the Library for information on tickets

for the Early Bird Sale (Friday 11:00 - 1:00).

Apr 12
BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Guy Davis - Sat, April 12, 2025 at 7:30 pm. Doors open 7:00 pm.

Guy Davis is a two-time, back-to-back Grammy nominee for Best Traditional Blues, a musician, actor, author, and songwriter. Guy uses a blend of Roots, Blues, Folk, Rock, Rap, Spoken Word, and World Music to comment on, and address, the frustrations of social injustice, touching on historical events, and common life struggles.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office, Gulf of Maine Books, or at ticketstripe.com/guy-davis.

Apr 15
TURNER -- Music for Mavis" hosts 2025 Cabin Fever Concerts at 98 MATHEWS WAY, OFF RT. 117 TURNER CENTER. 6:00-7:30 PM. Leave the winter blues behind and enjoy music with your fel-

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low music lovers, right beside the gazebo, downstairs in the TPLibrary Building. The music is as follows:

April 15: Jim Galant and Billy Belskis, Instrumentals/blues/Celtic/a mix

Apr 22
LEWISTON -- Celebrate Earth Day at the Lewiston Public Library in the Children's Department on Tuesday, April 22, from 5:00 p.m. to 6:30 p.m. Children will learn about the importance of Earth Day and the ways they can reduce, reuse, and recycle. By using bottle caps, recycled paper, and plastic bags, children can create stylish friendship bracelets, goofy puppets, or adorable mini pets. This program is recommended for elementary-aged kids 6-14 years old. Free. No registration required. Bring recycled materials.

Apr 22
LEWISTON -- At 11am Chewonki will present their traveling natural history program, Owls of

Maine: Habits and Adaptations of Maine's Native Owls in Callahan Hall at Lewiston Public Library. This program includes an intimate and detailed look at a live owl, bringing these creatures of the night into the light! Free. No registration required. All ages are welcome to attend.

Apr 22-26
LEWISTON -- Join us at the Lewiston Public Library for Make an Owl Friend in the Children's Department on the 3rd floor from April 22nd-26th. Come create your very own owl friend out of paper and feathers. Make an owl to take home or create one for display at the Lewiston Public Library. Use crayons, colored pencils, feathers and glue to decorate your paper owl. All materials are provided. Free. In person. For more information contact the Children's Department at 513-3133 or LPLKids@LewistonMaine.gov

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

MAY 29 - JUNE 4, 2025 - WASHINGTON, D.C. - NATION'S CAPITAL

- Trip includes 7 days and 6 nights lodging, 6 breakfasts and 4 dinners. A guided tour of Washington, D.C. which includes the US Capitol, the White House, the National Archives, Embassy Row and Georgetown. We will also visit the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial. We will also have a

guided evening tour of all the Memorials. We will have a Guided Tram Tour of inspirational sights such as Arlington National Cemetery, Tomb of the Unknown Soldier, Kennedy Graves and the Iwo Jima Memorial.

We will visit the Smithsonian Museum and the Museum of the Bible which contains some of the oldest and most important biblical artifacts in human history. On our way home we will stop and enjoy the National Harbor which is a unique waterfront wonderland of shopping, dining and more. **A \$75.00 deposit is due when signing up for this trip. The price is \$985.00 per person double occupancy. Add \$305.00 for single occupancy. Final payment is due 3/22/25.**

SEPTEMBER 11-19, 2025 - BLUEGRASS COUNTRY & THE SMOKY MOUNTAINS

- Price includes round trip air from Logan International Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals. Highlights of this tour are Louisville and Lexington, Kentucky – Churchill Downs, Kentucky Derby Museum, Louisville

Slugger Museum, Buffalo Trace Bourbon Distillery, Lexington Horse Farm.

Gatlinburg, Tennessee – Dolly Parton's Smoky Mountain Theme Park, Guided tour of the Great Smokey Mountain National Park (UNESCO), Cherokee, Old Smoky Moonshine Distillery. Asheville, North Carolina – Blue Ridge Mountains, tour of the Biltmore Estates Mansion and manicured grounds.

Deposit for this trip is \$698.00 per person and due by March 11, 2025. Early bookings save \$100.00 per person. For more information on pricing call Claire.

OCTOBER 6 – 10, 2025 - ATLANTIC CITY, CAPE MAY, & PHILADELPHIA

- Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble. Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the

famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.**

NOVEMBER 16-26, 2025 - CLASSICAL GREECE

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners). Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

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