

Support Gorham's Boy Scouts at community rummage sale

GORHAM, ME -- Gorham's Boy Scout Troop 73 is hosting a community rummage sale to raise funds to support Troop activities like camping adventures, community service projects and merit badge/rank advancement requirements. They are looking for community support through donations of items and by coming to the event.

The Rummage sale will be held on Saturday, May 10, from 9 a.m. to 2 p.m. (May 17 rain date) in the parking lot to the west of Shaw Gym.

On behalf of the troop, Mitch Zaninelli invites community members to also participate in the sale by renting a table to sell your own items. He said, "We really want to make this an annual community event that brings Gorham residents together each spring. It is a great way to kick off your spring cleaning and



give used items a second life instead of going to the dump. We are also going to have some Boy Scout demonstration tables showcasing some of the skills the scouts are learning."

How can you participate?

Come to the sale and shop.

Donate items for the troop to sell - Items can be dropped off at On Point Storage, 551 Main St., during normal business hours between April 1 and May 8. Check in with

the office when you arrive. Items must be in sellable condition (clean, not broken, working) and please no appliances.

Rent a table (\$50) to sell your own wares. Reach out to mitchellzaninelli@gmail.com for more information. Tables are being donated by Party with Confetti Rentals.

Mitch added, "We are also looking for a food truck or two. If you are interested or know someone who is, please reach out to mitchellzaninelli@gmail.com"

St. Mary's Center for Physical Rehab hosts leading PT expert

AUBURN, ME -- Physical therapists seeking to enhance their orthopedic evaluation skills have a unique opportunity to learn from a leading expert in the field. Paul Marquis, PT, founder of Ortho Eval Pal and host of the Ortho Eval Pal Podcast, will be leading a hands-on course, Evaluation & Management of Shoulder Dysfunction, on May 31, 2025, from 8:00 AM to 3:00 PM, at the St. Mary's Center for Physical Rehabilitation, 15 Gracelawn Road, Auburn, ME 04210.

Designed specifically

for physical therapists, this course offers practical training to improve assessment techniques and build confidence in diagnosing and managing shoulder dysfunction. With over 30 years of experience in orthopedic and sports-related evaluations, Marquis is committed to helping PTs refine their skills and enhance patient care.

Attendees will gain hands-on experience with advanced evaluation methods, learning effective strategies that can be immediately applied in practice. Whether you're

EVALUATION & MANAGEMENT OF SHOULDER DYSFUNCTION

May 31, 2025
Start time: 8:00 am

Hosted by:
St. Mary's Center for Physical Rehabilitation
15 Gracelawn Road
Auburn, ME 04210
paul@orthoevalpal.com

PAUL MARQUIS PT (SPEAKER)

an experienced clinician or looking to strengthen your orthopedic assessment skills, this course will provide the tools and knowledge needed to excel.

For more information or to register, visit orthoevalpal.com

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



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We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to the editor.

Sexual Assault Awareness Month

Pages 7-9



Hidden life of vernal pools at Randall Orchards in Gorham

GORHAM, ME -- Join Presumpscot Regional Land Trust, with guest presenter Katelin Nickerson of Flycatcher LLC for an exploration of the vernal pools at Randall Orchards in Standish and Gorham. Learn about the rich hidden life of vernal pools (temporary woodland water bodies) and the amphibians and animals that occur

py these unique bodies of water. Flycatcher is a local environmental consulting group that specializes in permitting and wetland and wildlife ecology. This is a family friendly program, adults and kids are welcome. For kids this is best suited for ages 5 and up. The walk will cover around 1.5 miles of trail with stops at 2-3 vernal pools. The

Land Trust partners with Randall Orchards, holding a 500-acre farm and forest conservation easement on the land.

Vernal Pool Exploration with Flycatcher LLC, Saturday, April 19th, 9-11am

Randall Orchards, Standish/Gorham

* Partner Program with Flycatcher LLC

Creative Writers Showcase & Reception features local authors

BUXTON, ME -- You're invited to the Creative Writers Showcase and Reception, featuring two local authors, Sue Cassidy & Melody Luciano Norris on Thursday, May 15, 5PM at Buxton Town Hall (Rear Entrance), 185 Portland Road, Buxton. This event is supported by the Naragansett Number One

Foundation and sponsored by the West Buxton Public Library.

Light snacks & beverages provided.

Sue Cassidy will discuss the steps on her journey to her soon to be published children's book and the confidence she gained by joining a writer's group that believed she could do it.

Melody ML Norris, Author, Designer, Photo Preservationist & Owner of Black Cat Studios, Proud Sister Company of Black Cat Sweeps LLC will present on the fine art of creating attention grabbing book covers.

FMI: Lorraine Lindstedt lindcabin@gmail.com

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

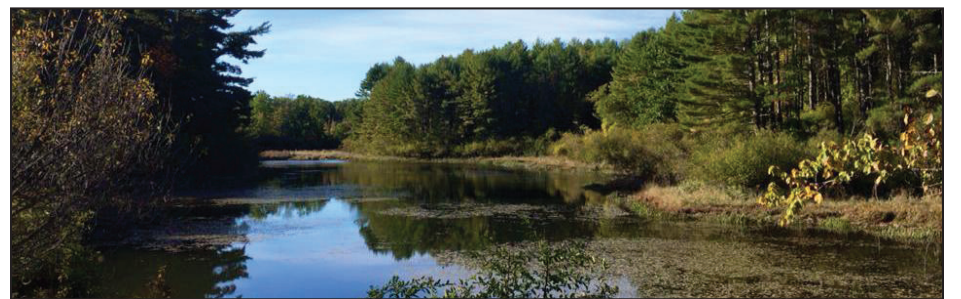
drainage basins along New Portland Road and South Street.

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/>.



Newsmakers, Names & Faces

Blankets on display for Homeless Memorial Blanket Project

SOUTH PORTLAND, ME — The Homeless Memorial Blanket Project (<https://memorialblanket.org>) will display handmade blankets and quilts at Maine Mall in South Portland, Maine on Tuesday, April 22 to highlight the link between homelessness and domestic violence.

The display inside Maine Mall (Center Concourse) in South Portland, Maine is one of many events planned for the Housing NOW! National Day of Action organized by National Coalition for the Homeless (<https://nationalhomeless.org/housing-now-national-day-of-action/>). The blankets on display were created by artisans from Pennsylvania, New Jersey, Massachusetts, and Maine.

Organizers of the blanket display, partnering with Through These Doors (<https://www.throughthedoors.org>), said that escaping domestic violence is a primary cause of homelessness for women.

“Domestic violence is a crime forcing countless adults and their children to live on the street,” Blanket Project organizer Pat LaMarche. “Now that the Supreme Court has criminalized homelessness, this vulnerable population can be assaulted by their government as well. Our blanket makers have taken notice and want to gift their blankets to Through These Doors and other domestic violence shelters so that the victims know that they are not forgotten.”

After the display, the blankets and quilts will be donated to domestic violence shelters. The April 22 date marks the one-year anniversary of the Supreme Court’s hearing of oral arguments in the Johnson v. Grants Pass case, in which

the city of Grants Pass in California defended a law that effectively criminalized homelessness.

The court sided with Grants Pass and against the right of people experiencing homelessness not to be ticketed, harassed, arrested, or jailed or to lose all their belongings because of their lack of housing. Among those endangered by the ruling are women and children fleeing abuse in their homes, with nowhere else to go.

Founded in 1977, Through These Doors serves victims and survivors of domestic abuse, dating violence, and stalking. Its core service is a free, confidential, anonymous 24-hour helpline.

“We are pleased that the Memorial Blanket Project chose our community this year to highlight the plight of unhoused individuals, particularly those who are homeless

due to domestic violence,” said Rebecca Hobbs, co-director of Through These Doors, the only regional domestic violence resource center in Cumberland County, Maine. “Domestic violence is the primary cause of homelessness for women and in our community, we are not able to meet the need for shelter beds or safe affordable housing after shelter.”

“We thank the Memorial Blanket Project and the Charles Bruce Foundation for the moving demonstrations they create all over the county of real people of all ages and genders who too often resort to fleeing their home and facing life on the street or their car to stay safe. None of us should have to make those choices,” said Ms. Hobbs.

Donations of blankets and quilts for April 22 The Homeless Memorial Blanket Project’s

last display took place at Independence National Historic Park in Philadelphia, Pennsylvania on December 21, 2024. More than one thousand donated handmade blankets and quilts covered the lawn and were thereafter distributed to families and individuals without homes.

Those who would like to contribute their skills to the April 22, 2025 display can create blankets and quilts using any method they prefer — by knitting, crocheting, quilting, or sewing — and can donate them through the Memorial Blanket Initiative.

The blankets can be either 45 inches x 80 inches for individuals or 60 inches x 80 inches for family blankets. The Memorial Blanket newsletter at <https://memorialblanket.org> will provide information on transporting blankets to the display location.

In Maine, Pastor Michael Rhyne of Redeemer Lutheran Church, 504 Essex Street in Bangor, will be setting up pick ups around the state for people with handmade blankets they’d like to gift to a person fleeing domestic violence.

For those unable to make blankets but still eager to contribute, financial donations are also accepted to help cover shipping costs, materials for others to turn into blankets and to support other organizational efforts. Donations can be made directly at <https://memorialblanket.org>.

The Homeless Memorial Blanket Project is hosted by the Charles Bruce Foundation (<https://charlesbrucefoundation.com>), which is located in central Pennsylvania. The April 22 display will be an arts installation by this nonprofit 501(c)(3) organization.

April is Safe Digging Month: Call 811 before you dig

PORTLAND, ME — April is National Safe Digging Month, and Summit Natural Gas of Maine (Summit) is reminding customers across Maine to protect themselves and their communities by notifying 811 before starting any digging project.

Whether you are

planting a tree, building a fence, or taking on a bigger landscaping project, contacting 811 before you dig is not just smart, it’s the law. In Maine, homeowners and contractors must call three working days before digging.

“When you contact 811, utility operators

come out and mark their underground facilities so you can dig safely without risking serious injury or service disruptions,” said Fred Kirkwood, Chief Customer Experience Officer at Summit. “A phone call to 811 can prevent accidents and keep your home and neighborhood

safe.”

Even small projects can pose big risks. Accidentally hitting a buried utility line can result in expensive repairs, outages, and even serious injuries. That is why Summit urges customers to hand dig, which means to use manual tools like a shovel,

within 18 inches of utility marks and avoid using mechanized equipment when working within a foot and a half to those areas.

Here’s what to remember:

Call 811 before you dig. It is free and easy.

Wait for utility lines

to be marked to know what is underground.

Respect the marks and always dig with care.

Learn more about how 811 works and how to dig safely at www.811beforeyoudig.com and www.summitnaturalgasmaine.com/NaturalGasSafety.

Applications open for immigrant-led organizations fund

MAINE -- The ILO Fund at Maine Initiatives is a participatory grantmaking program that funds, strengthens, and convenes immigrant, refugee, and migrant non-profit organizations in Maine, unceded

Wabanaki Territory.

The 10 immigrant-led organizations chosen for the 2025 cohort will each receive a \$45,000 unrestricted grant paid out over 3 years (August 2025 - August 2028), in addition

to opportunities for peer learning, training, capacity building, and community outreach activities with their fellow grantees.

Interested organizations are encouraged to:

Download and review the Funding Opportunity Announcement to learn more about eligibility requirements, award terms, and application instructions.

Click here to register for the Wednesday, April 9th applicant information session from 12:00pm-1:00pm.

Submit your application on Maine Initiatives grantmaking portal by May 9th, 2025 11:59pm ET. You can refer to this How to Apply pdf to support your application process.

Immigrants have and



2024 Immigrant-Led Organizations Fund Grantee In Her Presence

continue to be essential for the social and economic development of Maine.

Since its inception in 2018, the ILO Fund has forged deep relationships with the multifaceted, highly skilled, and robust ecosystem of immigrant-led organizations in our state. The continual growth of this ecosystem was one of the driving forces behind the ILO Fund’s transition from rapid-response, short-term awards to multi-year, unrestricted grants in 2024. This shift reflects the ILO Fund’s steadfast belief that immigrant flourishing is vital to advancing racial justice and equity statewide.

Feel free to contact ilofund@maineinitiatives.org if you have any questions after reading the Funding Opportunity Announcement.

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Letter to the Editor: Proposed legislation will help address student behaviors

School suspension or expulsions, while intended to address problematic behavior, often fail to do so. They actually can make things worse and lead to increased academic struggles, higher dropout rates, and potential involvement in the criminal justice system later in life. Although overall Maine has lowered our statistics for suspensions, we also still have the second-highest rate of preschool student expulsions in the country. This is problematic because we are already aware of the potential harm suspensions can cause, and we are still using this type of disciplinary action to handle our

youngest students. Most of which are in their first year of a structured education setting and are still developing and learning important social and emotional skills on top of so many other important skills and fundamental competencies. Most school districts in Maine do not have a structured multidisciplinary approach when it comes to difficult behaviors and threats of violence, making it more difficult to effectively deal with each scenario.

Currently Maine state legislators have proposed "An Act to Update the Provision of Law Concerning Student Codes of Conduct in Order to Reflect Best Prac-

tices Regarding Behavioral Threat Assessment and Response". This amendment to the current laws would allow schools to put into place a structured multidisciplinary approach to assess and handle behavioral threats of violence. Instead of putting pressure onto our principals or lead staff to make a critical decision solely, this new law would ensure that schools have a committee of people that oversee these critical issues. As a group they can meet, assess the situation, determine what level of follow up and discipline is needed that would be appropriate for each situation uniquely. By implementing a

team of people to assess behaviors and the threat to other staff and students, schools can continue to reduce these negative outcomes that come from punitive punishments, while being able to also keep a safe and supportive environment that promotes learning and growth. I strongly recommend the

people of Maine to get out, advocate to your representatives to have this Act passed in order to have our Maine law updated and more importantly so that we can take the pressure off of others to make the right decision and ensure we have a whole group of people to oversee these important events.

But most importantly we should be advocating to do right by our children of all ages, and ensure they have the best learning experience possible.

Nicole Magioncaldaa,
University of Maine,
Masters of Social Work Student

We want to hear from you!
Please submit your letter to the editor by 5pm on Friday for next weeks edition.
Email: editor@GorhamWeekly.com

Maine Senate honors veterans, votes to rename area bridges

AUGUSTA, ME – Earlier this April, the Maine Senate enacted a bill from Sen. Donna Bailey, D-Saco. LD 672, "Resolve, to Rename the Salmon Falls Bridge Between Buxton and Hollis the Salmon Falls Veterans Memorial Bridge," would honor Maine veterans by renaming Salmon Falls Bridge the Salmon

Falls Veterans Memorial Bridge. Last month, the Legislature's Transportation Committee gave its unanimous, bipartisan support to the bill at its work session.

"With this vote, I have been able to help rename three bridges in Senate District 31," said Sen. Bailey. "Each bridge — whether in Buxton, Old

Orchard Beach or Saco — will honor Maine's veterans, including local heroes Captain Cash and General Nutting, with new names. I am proud to support our veterans. When the ice and the snow melt, I look forward to seeing the signs, knowing they will remind all who travel these bridges of the sacrifices our veterans have made."

In the 132nd Maine Legislature, Sen. Bailey has honored veterans by working to rename bridges across Senate District 31. In Old Orchard Beach and Saco, LD 37, which Sen. Bailey sponsored, renamed Goosefare Brook Bridge the Captain Christopher S. Cash Memorial Bridge in honor of a local Operation Iraqi Freedom

veteran. In Biddeford and Saco, LD 79, which Sen. Bailey co-sponsored, renamed Saco Memorial Bridge the General Wallace H. Nutting Memorial Bridge in honor of former mayor and Korean and Vietnam Wars veteran Wallace Nutting.

Both bills received unanimous, bipartisan support in the Transpor-

tation Committee. They also passed both the Maine House and Senate and were signed into law by Governor Janet Mills. They will go into effect on June 20, 2025.

LD 672 now goes the Governor's desk where she will have 10 days to sign it, allow it to become law without her signature or veto it.

"May the Fourth Be with You!" concert coming to Gorham

GORHAM, ME -- Please join your Casco Bay Wind Symphony on May 4th, 2025 as we celebrate "A Space Odyssey." Included in our concert at

2 PM at the McCormack Performing Arts Center at Gorham High School are the following pieces:

"Also Sprach Zarathustra" by Richard

Strauss
"Symphony No. 6: The Blue Marble" by Julie Giroux - complete with stunning video
'Jupiter' from "The

Planets" by Gustav Holst and
John Willams' "Star Wars Trilogy" (arranged by Donald Hunsberger)
Tickets are available

at the door and online at www.cascobaywindsymphony.org
Adult tickets are \$13 in advance and \$15 at the door. Seniors (65 and old-

er) - pay what you can. Students and children are always free.
We are celebrating our 45th year and hope you can join us!

Town of Gorham releases 2025 street sweeping schedule

GORHAM, ME – Gorham Public Works has started with rough street sweeping and will start with scheduled street sweeping

as weather and snow melting permit. Please see the Town's website for full route information. Updates to the schedule will be made pub-

lic as soon as the dates are determined. If you have any questions, please contact Public Works at 222-4950 or dpw@gorham.me.us.

Follow us on Facebook
www.facebook.com/GorhamWeekly

April Haddock Supper Buffet

BUXTON, ME -- Try our delicious Haddock Supper Buffet - Saturday, April 26, 2025 - 5:00 pm at Living Waters Church, Park-


er 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.


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Seniors Not Acting Their Age

A Blustery Hike on Bald Mountain



A couple approaches treeline on blustery Bald Mountain



An open ridge on Bald Mountain offers spectacular views of Ragged Mountain and Penobscot Bay



A steep boulder garden must be ascended on Bald Mountain

There are a lot of Bald Mountains in Maine. I count at least four: Bald Mountain in Oquossoc, Bald Mountain in Weld, Bald Mountain in Acadia National Park on Mount Desert Island, and Bald Mountain in the Camden Hills. There may be more.

The four Bald Mountains have a similarity. All of them are relatively short mountain hikes with excellent views. I suspect they're bald as a result of forest fires. Balding myself (not the result of a forest fire), I've enjoyed multiple hikes on each of them.

Bald Mountain in the Camden Hills is closest to my home in Topsham; hence the one I hike most

frequently. That Bald Mountain is located in Rockport and situated between Ragged Mountain and Mount Megunticook and not to be confused with Bald Rock Mountain on the northeastern end of the Camden Hills Range in Lincolnville.

Camden Hills Bald Mountain has special appeal for me because it's a short scenic mountain hike that I can complete in a half day, including the drive time. Although a little under 3 miles roundtrip, the hike encompasses several features of much taller peaks. Rock scrambling, sheer cliffs, and spectacular views are all part of the small mountain experience.

The 1,280-foot mountain has the distinction of being the fifth highest peak on the eastern seaboard of the United States. Ownership of the wilderness area is unclear to me as there is conflicting signage; however, it appears the current owner is Bald Mountain Preserve, an affiliate of Coastal Mountains Land Trust.

When hiking Bald, it's also possible to connect with Ragged Mountain via a side trail and complete a two-mountain excursion; something I've had the good fortune to do on several occasions. However, in recent years I've normally hiked them

separately; a function of old age.

In need of a March mountain fix, I decided on Camden Hills Bald. Since I only had an afternoon of availability, the short scenic outing was the ideal choice. None of the usual suspects were able to join me so I elected to go solo.

Gusty winds were blowing when I arrived at the trailhead parking lot on Barnstown Road in Rockport on a cool, gray day. Much of the itinerary is protected from the wind so that issue was not a significant concern. The parking area was covered with ice so I decided to wear micro spikes from the outset and used them throughout the hike.

I immediately crossed Barnstown Road and traversed an ice and snow-covered field before entering a mixed hardwood and conifer forest. With the exception of barren boulders and ledges, snow and ice covered surfaces were experienced the entire trek.

Initially, the winding trail crosses a couple of short wooden bridges and then connects with a side path that leads to Ragged Mountain. The gradient increased as I turned left onto narrow Bald Mountain Trail and soon passed

two scenic overlooks facing the lower slopes of Ragged Mountain.

After some easy hiking, I reached the foot of a long, steep boulder garden. Although much of the rocky ascent was free of snow, I still needed micro spikes on several icy spots as I scrambled up the demanding incline.

Wonderful views along the cliffs of an extended open ridge were my reward. I paused to enjoy a panoramic vista of the Snow Bowl Ski Area on Ragged Mountain, Hosmer Pond below and western Penobscot Bay in the distance.

Progressing into a forested area, the trail steepened and narrowed. I could hear powerful winds blowing as I approached tree line. I added a parka and balaclava in anticipation of an arctic blast.

I estimated the gusty northwest winds were in the 50-mile per hour range when I crossed over the bald summit and found refuge on east-facing ledges for a snack. The view of Penobscot Bay from that location was spectacular and the exciting windy environment very stimulating.

Shortly after descending below tree line, I met a couple approaching

the summit. We agreed that the blustery weather added an invigorating element to the hiking experience.

Gusty winds howled above me during my descent. They were a welcome distraction from soreness that developed in an ailing knee. Likely my last mountain hike of the winter, it was certainly a memorable one.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* describes nine of the best mountain treks 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 ronchase-outdoors@comcast.net

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

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UMA Augusta honors graduates at 2025 commencement ceremony

AUGUSTA, ME — The University of Maine at Augusta (UMA) will celebrate the achievements of its Class of 2025 at this year's commencement ceremony, recognizing approximately 500 graduates and honoring several distinguished leaders in the community.

UMA is honored to welcome Michael-Corey F. Hinton, a respected attorney and citizen of the Passamaquoddy Tribe at Sipayik, as this year's keynote speaker. Hinton leads the Tribal Nations Practice Group at Drummond Woodsum in Portland, advising Tribal Nations on federal Indian law, environmental policy and economic development.

His career includes prior roles with the National Indian Gaming Commission and the Senate Committee on Indian Affairs, as well as ongoing work as a trustee of the Abbe Museum and member of the Thompson Brothers' 4 the Future Foundation Executive Committee. Hinton's work reflects a deep commitment to service, advocacy

and leadership.

UMA President Jenifer Cushman praised the graduating class for their dedication and perseverance. "UMA's Class of 2025 represents the strength and determination it takes to pursue higher education in today's world," she said. "We are proud to celebrate their achievements and confident they will make a meaningful impact in their communities and careers."

In addition to celebrating its graduates, UMA will recognize several individuals for their exceptional contributions to their communities and fields:

Student speaker Shannon "Mac" McNamara, graduating with a Bachelor of Architecture degree, will address her fellow classmates. Known for her creativity, perseverance and passion for using design as a force for good, McNamara embodies the innovative spirit of UMA's architecture program.

UMA will confer an honorary degree on Chuck Hays, a transformative leader in Maine's health-



University of Maine at Augusta Commencement | photo by Duncan Persons

care landscape. UMA recognizes his longstanding commitment to accessible, community-based care.

Distinguished Alumni Awards will be presented to Justin Chenette and Mary Gibson.

Justin Chenette '21, is a dynamic public servant, communications leader, author and founder of a nonprofit scholarship fund that empowers future leaders. Through his personal and professional work, Chenette champions civic engagement, mental health and expanding educational access. He has earned national recognition, including 40 Under 40 honors from The Advo-

cate and MaineBiz, as well as Presidential Volunteer Service Awards from Presidents Bush and Obama. Chenette completed his postbaccalaureate in public administration at UMA in 2021.

Mary Gibson '07, founder of the Noowuh Knowledge Center, is an advocate for Indigenous rights and cultural preservation. She works to protect the language, heritage and history of the Western Shoshone people while advancing human rights both locally and internationally. She has represented her community at the United Nations and leads youth and community efforts in



cultural education and environmental justice. Her work reflects her commitment to keeping Indigenous knowledge alive through grassroots action and global advocacy. Gibson earned her bachelor's degree in information and library science from UMA in 2007.

UMA's 2025 commencement ceremony will be held Saturday, May 10, at 10 a.m. at the Augusta Civic Center, 76 Community Drive, Augusta.

For those unable to attend in person, the ceremony will be livestreamed and available for later viewing at uma.edu/commencement, where additional details about the event can also be found.

UMA is committed to making commencement accessible to all. American Sign Language (ASL) interpretation will be available throughout

the ceremony, and the Augusta Civic Center is ADA compliant. Family members and guests who need accommodations are encouraged to contact Sydney Olson by April 28 at 207-262-7825, toll-free at 1-877-862-1234, ext. 7825, or via email at sydney.olson@maine.edu.

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Take steps now to prevent black bears from coming to you

MAINE -- The spring weather has finally arrived and wildlife is wasting no time shedding winter's grip to enjoy the spring season!

For many of these animals, such as black bears, they have lost a significant amount of body weight and are on the move looking for food after emerging from their winter dens. While denning, black bears enter a state of torpor, slowing their metabolism and respiration, breathing only once per 15 to 45 seconds, and dropping their heart rate to 8-21 beats per minute. Even with a lowered metabolic rate, bears still lose significant body fat. Unlike true hiberna-

tors, bears don't eat, drink, urinate, or defecate during this time.

Once spring comes and bears emerge from their dens, they are working to regulate their bodily functions slowly until normal activity ensues. Bears will seek out limited springtime foods such as insects, grasses, sedges, leftover hard mast from the fall, and other early spring vegetation. While natural foods are limited, bears may take the risk and wander into backyards in search of easily accessible food. It is especially important to be proactive about securing and removing backyard attractants this time of year to prevent

conflicts with black bears.

Take steps now to prevent black bears from coming to your yard:

Remove birdfeeders between April 1 and November 1; Rake up unused bird seed from the ground; Learn how to plant natural foods to attract birds, not bears

Store garbage cans in a building or enclosed by electric fence; Take cans to the curb on morning of pickup; Keep dumpster lids and doors closed and latched; Use bear-resistant dumpsters or garbage cans; Keep outbuilding and garage doors closed at all times and repair broken windows and doors

Clean grills thor-



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Arts & Entertainment

Tickets on sale now for Twilight In Concert National Tour

PORTLAND, ME – GEA Live and Innovation Arts & Entertainment, in association with Lionsgate, today announced the highly-anticipated 60-city national tour of the first-ever Twilight In Concert (www.twilightinconcert.com) will visit Portland's Merrill Auditorium on Thursday, November 13th for one show only. As the novel, "Twilight", celebrates its 20th anniversary, the live-to-film cinematic experience featuring the original movie accompanied by a 12-piece ensemble of rock and orchestral musicians on stage will transport audiences on a journey deep into the heart of this romantic story. Whether you're Team Edward, Team Jacob, or Team Bella, Twilight In Concert promises an unforgettable evening for fans of the beloved The Twilight Saga film franchise -- and music enthusiasts alike.

Tickets for Twilight In Concert went on sale

April 11 at Porttix.com. Don't miss this opportunity to immerse yourself in the story of Twilight and be a part of forever!

Set in an enchanting candlelit setting, Twilight In Concert offers a unique opportunity for audiences to relive the film that started it all in a cinematic live-to-film experience with a sensational live band. Musicians will take the stage to perform the beloved film score in perfect synchronization with the original movie, presented in its entirety on a massive cinema screen. Audiences will be completely captivated by the magical atmosphere with more than one thousand twinkling candles illuminating the grand stage, creating an ambiance that sets the tone for a truly romantic evening. For more information, tickets, and tour dates visit www.twilightinconcert.com and follow @TwilightMovie on Facebook, and @Twilight on Instagram and X.



The Twilight Saga is one of the most successful young adult film franchises of all time. The five films (Twilight, The Twilight Saga: New

Moon, The Twilight Saga: Eclipse and The Twilight Saga: Breaking Dawn - Parts 1 & 2) have grossed more than \$3.3 billion at the worldwide box office. The films were adapted from "Twilight" creator Stephenie Meyer's acclaimed series of books that won multiple awards, sold over 160 million copies worldwide and were translated into 49 different languages. Lionsgate's TV adaptation of Stephenie Meyer's novel "Midnight Sun" has been picked up to series at Netflix.



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Spring 2025 Gorham Brush Drop Off Days

GORHAM, ME -- Public Works (located at 80 Huston Road) will be accepting brush Saturday, April 26th and Saturday, May 10th 8AM - 3PM.

This event is for residents ONLY, no commercial drop offs will be accepted.

No stumps, please. Leaves and grass clippings accepted in the designated area throughout the season.

Please do not leave your bags behind.

Gorham
Drive with US

2025 Spring Brush Drop Off

Residents only, no commercial drop off. No stumps will be accepted.

Leaves & grass clippings accepted in the designated area throughout the season. Please do not leave bags behind.

When: Saturday, 4/26 and Saturday, 5/10
Time: 8AM to 3PM
Location: 80 Huston Rd.

Contact the office 222-4950 or dpw@gorham.me.us with any questions at 207-

April is Sexual Assault Awareness Month

Tips for talking with survivors of sexual assault

Contributed by RAINN

It's not always easy to know what to say when someone tells you they've been sexually assaulted, especially if they are a friend or family member. For a survivor, disclosing to someone they care about can be very difficult, so we encourage you to be as supportive and non-judgemental as possible.

Sometimes support means providing resources, such as how to reach the National Sexual Assault Hotline, seek medical attention, or report the crime to the police. But often listening is the best way to support a survivor.

Here are some specific phrases RAINN's National Sexual Assault Hotline staff recommend to be supportive through a survivor's healing process.

"I believe you. / It took a lot of courage to tell me about this." It can be extremely difficult for

survivors to come forward and share their story. They may feel ashamed, concerned that they won't be believed, or worried they'll be blamed. Leave any "why" questions or investigations to the experts—your job is to support this person. Be careful not to interpret calmness as a sign that the event did not occur—everyone responds to traumatic events differently. The best thing you can do is to believe them.

"It's not your fault. / You didn't do anything to deserve this." Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.

"You are not alone. / I care about you and am here to listen or help in any way I can." Let the survivor know that you are there for them and willing to listen to their story if they are comfortable shar-

RAINN

ing it. Assess if there are people in their life they feel comfortable going to, and remind them that there are service providers who will be able to support them as they heal from the experience.

"I'm sorry this happened. / This shouldn't have happened to you." Acknowledge that the experience has affected their life. Phrases like "This must be really tough for you," and, "I'm so glad you are sharing this with me," help to communicate empathy.

There's no timetable when it comes to recovering from sexual violence. If someone trusted you enough to disclose the event to you, consider the

following ways to show your continued support.

Avoid judgment. It can be difficult to watch a survivor struggle with the effects of sexual assault for an extended period of time. Avoid phrases that suggest they're taking too long to recover such as, "You've been acting like this for a while now," or "How much longer will you feel this way?"

Check in periodically. The event may have happened a long time ago, but that doesn't mean the pain is gone. Check in with the survivor to remind them you still care about their well-being and believe their story.

Know your resources. You're a strong sup-

porter, but that doesn't mean you're equipped to manage someone else's health. Become familiar with resources you can recommend to a survivor, such as the National Sexual Assault Hotline 800.656.HOPE (4673) and online.rainn.org, y en español a rainn.org/es.

It's often helpful to contact your local sexual assault service provider for advice on medical care and laws surrounding sexual assault. If the survivor seeks medical attention or plans to report, offer to be there. Your presence can offer the support they need.

If someone you care about is considering suicide, learn the warning signs, and offer help and support. For more information about suicide prevention please visit the National Suicide Prevention Lifeline or call 800.273.TALK (8255) any time, day or night.

Encourage them to

practice good self-care during this difficult time.

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline at 1-800-656-HOPE or visit the Online Hotline, y en español a rainn.org/es.

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online.rainn.org y rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

Is sexual assault a problem in Maine?

Yes. One in five Mainers will experience sexual assault at some point in their lifetime. [1] Each year, 19,000 Mainers will experience sexual violence. [2] However, in 2019, only 514 rapes or attempted rapes were reported to Maine law enforcement. [3]

CHILDREN
In a study of girls who were committed and/or detained at Maine's Long Creek Youth Development Center between December 2001 and September 2002, 20% of the girls reported a history of sexual abuse or rape. [4]

In 2019, approximately 50% of calls to Maine's sexual assault crisis and support line related to child sexual abuse. [5]

According to the Children's Safety Network and Data Analysis Resource Center, the comprehensive costs of sexual abuse of children in Maine in 2004 were \$138,057,000. This estimate takes into consideration future earnings, medical and mental health expenses, and public programs, among other things. [6]

Approximately 7.5% of Maine high school students (10.8% of girls and 4.0% of boys) report that they have been physically forced to have sexual intercourse. 11.9% – 18.4% of girls and 5.6% of boys – report having been forced

to have sexual contact in any way in their lifetime. [7]

18.4% of Maine high school students – 26.4% of girls and 10.6% of boys – report having been the target of offensive sexual comments at school or on the way to or from school in their lifetime. [8]

In FY 2018 and FY2019 combined, Maine's sexual assault crisis and support centers provided prevention education sessions to almost 70,000 Maine K-12 students. [9]

ADULTS
A recent study found that nearly one in five adult Maine residents reports that they have been the victim of rape or attempted rape during their lifetime; 35.7% of female respondents and 10.1% of male respondents have experienced this devastating crime at some point in their lives. [10]

Roughly 14,000 Maine residents may be the victim of rape or unwanted sexual activity during any 12 month period. [11]

In 2019, about 20% of callers to Maine's sexual assault crisis and support line were men. [12]

Preble Street Resource Center, located in Portland, Maine, reports that 44% of women interviewed for their report Women and Homelessness reported being a victim of

sexual assault since becoming homeless. [13]

MENTAL HEALTH/SUBSTANCE USE
48.6% of adult Maine sexual assault survivors report that they have ever been diagnosed as depressed, as opposed to 17.5% individuals who have never been sexually assaulted. [14]

38.3% of adult Maine sexual assault survivors report that they have ever been diagnosed with an anxiety disorder, as opposed to 14.2% of individuals who have never been sexually assaulted. [15]

28.7% of women sexual assault survivors in Maine report they drank heavily in the past month (compared to 4.4% of individuals who have never been sexually assaulted). [16]

Of Maine youth who experience forced sexual contact OR forced sex, 35-37% consider suicide, as compared with only 9-10% of their peers who have not experienced sexual violence. [17]

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MAINE COALITION AGAINST SEXUAL ASSAULT

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April is Sexual Assault Awareness Month

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Domestic Violence Resources & Advocacy

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A trained TTD advocate is available 24 hours a day by phone for support,

information, and safety planning. You do not have to be in crisis or needing shelter to call the helpline. Call with questions or talk with someone who will listen to you without judgment or telling you what to do.

Our helpline is for everyone. Friends, family, coworkers, supervisors, police, counselors, clergy, and healthcare providers are welcome to contact us for information and support. TTD has access to interpreters, ASL, and Language Line.

Our helpline is answered by an answering service. An operator will ask for your name and a safe phone number. An advocate will call you back from a blocked or restricted phone number within 15 minutes. If you would feel more comfortable speaking to an advocate in a language other than English, please tell the operator which language you prefer. The advocate will return your call with an interpreter.



Spring Melt 2025 to raise funds for Sexual Assault Awareness Month

Please join Sexual Assault Response Services Of Southern Maine on April 24th as we wind down Sexual Assault Awareness Month (SAAM) with our fundraising event SARSSM Spring Melt 2025.

As we enter warmer seasons, come break the ice with SARSSM. It will be an event like no other, and we want you to be there!

Join us at The Hill Arts for an evening of music, creativity and discovery, topped off with melty, gourmet grilled cheese, drinks and chocolate cheese tarts by 2Gether Private Chefs.

SARSSM Spring Melt 2025 begins a new annual tradition to recognize the possibility and power of getting to the other side

of trauma, of sharing light and community connection.

With MC Atiim Boykin, Portland based artist & community leader keeping the energy moving,

the evening will also include a brief program highlighting the positive impact of SARSSM programs and

services provided within Cumberland and York Counties, as well as creative activities for introverts, and special guest, DJ 40Sauce, the live jukebox, collaborating with guests to curate the mood for the evening.

SARSSM is thrilled to announce our Lamp, Lifeboat, & Ladder Award recipients: Pine Tree Legal Assistance, Barb McGuan, and Paul Matteson, LCPC.

Please join us to celebrate their work on behalf of our mission.

Every ticket sold and dollar raised for this event allows us to sustain our vital services AND to develop and implement additional programs and services in response to evolving need within our community. Together, we can create a brighter world for all.

To promote accessibility & community engagement, tickets are "pay what you want" and are priced \$10-\$100.

If you cannot make the event but want to make a donation, please go here.

To purchase tickets to SARSSM Spring Melt 2025, please scan the QR code.

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

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April is Sexual Assault Awareness Month

About Cumberland County's Through These Doors

Through These Doors began its work in 1977 as Family Crisis Shelter and continues to work together with survivors to offer holistic services, give voice to their experiences, and

shape our community's response to the issue of domestic abuse.

Social Change Advocacy

TTD supports individuals experiencing domestic violence, while

working to end domestic violence everywhere. We connect with survivors and their supportive networks to strengthen our community as a whole and to create solidarity around the issue of vio-

lence against women.

Community Focused

TTD calls on community members, partners, leaders, and ourselves to respond, repair, and prevent the damage

caused by violence.

Survivor Centered

TTD engages in meaningful relationships that affirm the whole person, honoring our interdependence with each other and our environment.

Innovative Services

TTD learns from

survivors and community members, developing and adapting services to respond to the changing world. We help rather than rescue survivors.

SARSSM's Sexual Assault Helpline

Sexual Assault Response Services of Southern Maine (SARSSM) offers a free, confidential 24-hour sexual assault helpline for anyone affected by sexual violence in York and Cumberland Counties in Southern Maine.

Call Our Helpline at 1-800-871-7741

Common Reasons People Call Our Helpline:

They just want to talk about what happened, or have questions about whether or not a situation was consensual.

They have experienced an assault and are in need of resources and support.

They would like to request that we meet them at the hospital to support them through a forensic exam (rape kit), or at the police department while they file a police report.

They are interested in receiving ongoing advocacy services, or would like to sign up for one of hope and healing programs (support groups, yoga).

Someone they care about has experienced sexual violence and they are looking for ways to help.

They are a community partner supporting a survivor of sexual violence and would like to consult with an advocate.

... and more! Feel free to give us a call.

What to Expect When You Call Our Helpline

When you call our helpline, our answering service will answer your call and request your first name, county and phone number to help route your call to an on-call Advocate in your area. The Advocate will return your call within 15 minutes at the phone number you provid-

ed. Please ensure that your phone settings will allow you to receive a call from a blocked phone number. If you are calling from a pay phone, you can ask that the answer service patch you through to us, and they will keep you on the line until an Advocate has joined the call. If you need a language interpreter, simply state what language you speak, and the advocate will arrange for an interpreter to assist by phone. Please Note: For safety reasons, Advocates are unable to leave you a voice-mail if you miss their call, but you can always call the helpline number again to request another call back.

Once the advocate is on the line, they will introduce themselves and ask how they can help. You can let them know if you just want to talk, or ask questions. If you feel ner-

vous or are unsure about what to say, that's okay! You can just let them know how you are feeling, and

they will help guide you through the conversation. They are non-judgmental and will never blame you

for what happened. Helpline Advocates are there to support, validate, and help you.



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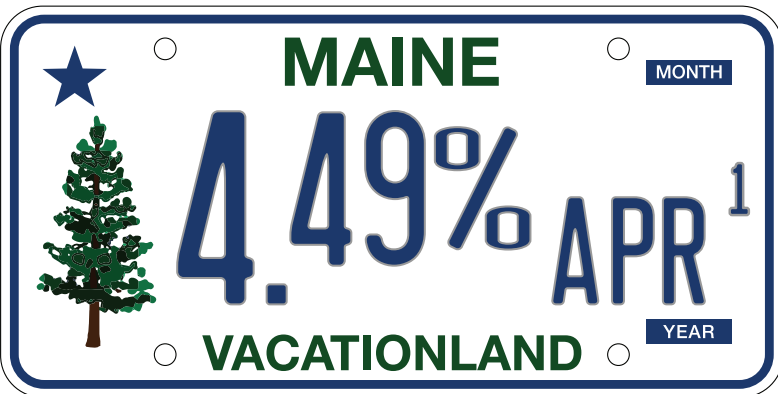
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Celebrate National Donate Life Month, become an organ donor

Contributed by Governor Janet Mills

Earlier this month, I joined organ donors and their loved ones at the State House. We proclaimed April as "Organ Donation Month" in Maine.

The number of Maine people who received organ transplants has nearly doubled from 66 to 124, just in the last five years. I read recently about one of those transplant recipients, an

eight-year-old girl named Emily from Sanford. While they were waiting for Emily's lung transplant, her mother said she remembered thinking "I may not have a daughter on Mother's Day. We were planning for her funeral."

Well, no family should ever have to experience that kind of fear, not when each of us can give the gift of life to someone in need just by signing up to be an organ

donor.

When Emily's mom got the call that a matching donor had been found for her daughter, she said, "In that moment, the only feeling was one of hope."

Last year, 648 donors saved more than 1,500 lives in New England. I am proud that about 700,000 Maine people, including myself, are signed up to be organ donors. That's half of Maine's population. But

there are still thousands of people who are praying this very minute for a matching donor and for the chance to live a long and healthy life. You could be the answer to those prayers.

Just one organ donor can save up to eight lives and can improve the quality of life of many other people through tissue donation. I've heard many donor families say that in the aftermath of the loss of their loved one, it

brings them some solace to know that their loved one's legacy lives on through the lives they touched, and healed, and helped.

Sign up to be an organ donor simply by checking that box whenever you renew your license at the Bureau of Motor Vehicles. And/or sign up on the National Donate Life Registry at www.RegisterMe.org. It's a very simple form to fill out.

There are people waiting now for a kidney donation or tissue donation that you can give now. That's www.RegisterMe.org to see if you are a match for someone else in need.

Celebrate National Donate Life Month by becoming an organ donor today. Give the gift of hope, and the gift of life, and health to families across Maine and across this country.

Drummer hosts 5th Make-A-Wish fundraiser concert

LYMAN, ME -- The 5th annual Drumming Up Wishes concert, to benefit Make-A-Wish Maine, will be held noon to 6 p.m., Sunday May 4 at Funky Bow Brewery in Lyman.

Drummer Jeff Glidden, of South Portland, founded Drumming Up Wishes and organizes it each year. He became involved with Make-A-Wish Maine after his two daughters received wishes.

The Make-A-Wish Foundation's mission is "to create life-changing wishes for children with critical illnesses."

Glidden said the foundation not only helped his children, but brought emotional support for his entire family.

"I had daughters with health problems and went

through a couple of years when I was aimless and angry," he said. "When people were running away from us, these people (Make-A-Wish) ran right at us."

"And they did it twice," he said, referencing the two wishes his family received -- one for each daughter.

"I was incredibly moved by their generosity," Glidden said. "It had quite an effect. It changes you as a person."

The organization's generosity and support moved Glidden to pass that same generosity and support forward to other families by hosting fundraising concerts for Make-A-Wish Maine.

Glidden has raised \$80,000 in the past five

years, and is one of the foundation's top fundraisers in the state, both overall and each year.

This year, Glidden is hosting Drumming Up Wishes with a theme -- "Sisters in the Name of Love" -- featuring Maine bands led by female singers.

Performing the 5th annual concert are Bonnie Edwards and the Practical Cats, Ruby Dame and the Easy Money Band, and Julia Gagnon and the Time Pilots.

"These are three really great female singers," Glidden said of the band-leaders.

Edwards, who grew up in Lewiston and now lives in Auburn, describes herself as a "blue-eyed soul singer" with "a gutsy



5th Annual Drumming Up Wishes

SUNDAY, MAY 4, 2025
Funky Bow Brewery and Beer Company
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12:00 - 6:00 PM

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blues vocal style and dynamic stage presence," The Practical Cats got their start in Portland, Maine as an R&B band with horns in the 1970s and have toured the U.S. and Canada.

She is known as "Maine's Number One Lady of the Blues," said Glidden. "She's a Maine legend."

Glidden said he will be keeping time on the drums for Ruby Dame and the Easy Money Band.

Glidden said of Dame, who grew up in North Waterboro and now lives in Kennebunk, "She's just amazing. I just can't believe the voice on this woman. She just, she just knocks me out. And they do a great variety of music, upbeat."

Another band Glidden performs with, The Time Pilots, will be fronted by Julia Gagnon at this year's Drumming Up Wishes concert.

"She's gonna sing with us, which is pretty cool because she's a rising star, and it's pretty great to have her involved," he said of Gagnon.

Last year, Drumming Up Wishes raised \$10,765 for Make-A-Wish Maine,

despite the concert being held during pouring rain with bands performing in the venue's indoor facility.

The event is otherwise held outside at Funky Bow, if the weather allows. The concert draws hundreds of people each year.

Glidden said the average cost for Make-A-Wish-Maine to provide one wish to a child is \$8,500 and his primary goal is to raise \$17,000 this year so that two children in Maine can receive a wish.

However, Glidden noted that if he were to raise \$20,000, it would put the Drumming Up Wishes cumulative total over the \$100,000 mark for all-time money raised.

One change this year, added Glidden, is that the concert has a corporate sponsor for the first time -- Mexicali Blues, a Maine-based clothing and wares store with six locations statewide in Bangor, Freeport, Kittery, Portland, Newcastle and Raymond.

Glidden said Mexicali Blues has a long history of donating to charitable causes and will be developing some in-store promotions to help raise money for the children's wishes.

The May 4 concert is free but donations are encouraged and accepted at the event, with a suggestion of \$20.

People who can't attend the concert may also donate independently, on behalf of Drumming Up Wishes, by using a Quick Response code published on the concert's promotional materials and online event listings. Glidden said scanning the QR code will direct users how to donate.

According to the Make-A-Wish Maine website, more than 1,850 wishes have been granted in Maine since the chapter's founding in 1992.

Glidden said the event grows every year despite that it has never featured a popular nationally-recognized celebrity musician. The bands that have played Drumming Up Wishes have all been local bands who perform for free. As for his efforts to raise funds for a good cause, the drummer said Drumming Up Wishes has become a permanent part of his life that "will never go away."

"Working for a greater good is something everybody should do in some way. Anybody can do it. The need never goes away," he said. "It means everything to these people and can make all the difference in the world."

For more information on Make-A-Wish Maine, visit <https://wishes.org/maine>. For Glidden's Drumming Up Wishes donation page, visit <https://tinyurl.com/drummingup-wishes>

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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.

Junior volunteers answer the call to serve at St. Mary's

LEWISTON, ME -- At St. Mary's Health System, a new generation of caregivers is learning what it means to help others. Wearing their distinctive volunteer badges, these dedicated teenagers navigate the hospital halls with purpose, bringing smiles and support to patients and staff.



The Junior Volunteer Program has flourished with 17 young volunteers making their mark last summer by dedicating 1,435 hours. Nine of these volunteers achieved the milestone of 100+ hours of volunteering.

"Although I've always been interested in the medical field, this opened my eyes to the vast scope of opportunities that I have to help patients in the future," says one of the junior volunteers. Open to teens ages 14-17, the program requires volunteers to work at least one 8-hour shift a week during summer, though many choose to continue volunteering their time through the school year. These ambitious young

people assist with patient transportation, flower deliveries, errands, mail deliveries and special projects at the hospital or support resident engagement activities at d'Youville Pavilion, St. Mary's rehabilitation and long-term care residences.

Volunteers' orientation covers St. Mary's heritage, core values, mission and essential healthcare protocols. Many participants are exploring healthcare careers, while others have family connections to St. Mary's or simply want

to give back to their community.

"Our staff and patients genuinely appreciate our junior volunteers," says Mariah Rinck, patient experience manager and former junior volunteer. "They bring a refreshing sense of energy, optimism, caring and humor that directly translates to improving the patient experience at St. Mary's."

Learn more about St. Mary's volunteer opportunities by visiting their website: <https://stmarysmaine.com/>

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Disabled American Veterans holding convention

MAINE -- Members of DAV (Disabled American Veterans) from throughout the state of Maine will hold their 50th annual department convention in Newry, ME from 24-26 April 2025 at the Grand Summit Hotel, Sunday River. They will be charting the course for how the state will serve its veterans throughout the year.

More than 100 DAV members—including many ill and injured veterans of World War II, Korea, Vietnam, the Persian Gulf War, Iraq and Afghanistan—are expected to attend.

According to Craig Florey, DAV Department of Maine commander, convention business sessions will include adoption of resolutions to be submitted

to DAV's annual national convention.

Several of these mandates are expected to concentrate on improvements in the rights and benefits earned by more than 4 million veterans disabled in wartime service to their country. DAV leaders are deeply concerned about fully funding the Department of Veterans Affairs and properly implement-

ing the Honoring our PACT Act.

The convention's highlight will be a banquet held Saturday at 6pm, and a discussion session Saturday Morning 10am at which featured speakers will be Senator Collins, Senator King, Representative Golden, Governor Mills and Brigadier General Dunn.

Election of new DAV

state-level officers for the coming year will be held Saturday afternoon as well. DAV empowers veterans to lead high-quality lives with respect and dignity. It is dedicated to a single purpose: keeping our promise to America's veterans.

DAV does this by ensuring that veterans and their families can access the full range of benefits available to them, assisting

them with employment, fighting for the interests of America's injured heroes on Capitol Hill, and educating the public about the great sacrifices and needs of veterans transitioning back to civilian life. DAV, a nonprofit organization with nearly 1 million members, was founded in 1920 and chartered by the U.S. Congress in 1932. Learn more at www.DAV.org.

Salvation Army Emergency Disaster Services April events

PORTLAND, ME — The Salvation Army Emergency Disaster Services (EDS) is expanding its footprint across the Commonwealth and throughout The Salvation Army's Northern New England Division, which includes Maine, New Hampshire, and Vermont, through its participation in two major events this April: the Lex250 Celebration and the 129th Boston Marathon.

This month's participation in two of Massachusetts' most iconic events highlights the evolution of The Salvation Army's Emergency Disaster Services, not just as a responder to natural and manmade disasters, but as an active partner in community well-being and emergency preparedness across the state and region. Through its expanded footprint, The Salvation Army is growing its ability to respond, support, and serve all those in need during moments of crisis and celebration alike.

"We are proud of the expanded reach of our Emergency Disaster Services teams in recent years, and we're excited to bring in additional teams and volunteers from other divisions across our region," said Emily Mew, Director, Emergency Disaster Services, The Salvation Army Massachusetts Division. "Through our presence and involvement with the Lex250 and Boston Marathon, we will be able to connect with thousands of individuals, offering our unwavering support in moments of celebration and emergency preparedness. These events allow us to showcase the compassion, resilience and services that The Salvation Army continues to bring to the Commonwealth and New England."

In line with its ongoing commitment to support local communities during times of need, The Salvation Army's involvement in these events underscores the organization's growing

presence across the Commonwealth, the Northern New England Division, and its capacity to respond throughout the Eastern Territory. It also emphasizes The Salvation Army's rapid response capabilities and dedication to serving emergency management partners through community events in addition to those affected by emergencies or crises.

Lex250 Celebration

The Lex250 events commemorate the historic 250th Anniversary of the American Revolution, bringing together thousands of people from near and far to honor the rich history of the town. Over the past year and a half, EDS staff from The Salvation Army Massachusetts Division have joined federal, state, and local partners as part of public safety planning groups to support the National Park Service and local municipal events for the weekend of April 19, 2025. Additionally, The Salvation Army will join MEMA at the Unified Coordination Center in Lexington throughout the weekend to facilitate timely response to any public

safety needs.

From offering hydration, snacks and over 4,000 meals throughout Patriots Day weekend, to providing support through its trained disaster response personnel from Massachusetts, The Salvation Army's presence at this significant historical event reflects the division's growing role in serving local communities. This year, trained EDS volunteers from New Jersey, New York, and the Northern New England Division will join the Massachusetts team. The Salvation Army Eastern Territory's largest feeding response vehicle will be brought in special from New Jersey to help serve thousands of meals in Lexington and Concord.

Boston Marathon

When the 30,000 participants from around the world get ready to run the 129th Boston Marathon presented by Bank of America on Monday, April 21, 2025, dozens of EDS volunteers and six Salvation Army canteens from Massachusetts and the Northern New England Division will be located strategically along the route, as a sign of help, hope, and

healing. The Boston Marathon, a global sporting event that draws an international crowd, is another prime opportunity for The Salvation Army Massachusetts Division to extend its support to the community.

This year, in addition to their traditional work, more than 60 trained Salvation Army volunteers and staff from across New England — including the Northern New England Division — will play an increasingly pivotal role in supporting B.A.A. volunteers and first responders. Working alongside the B.A.A., Mass Emergency Management (MEMA), and a host of agencies, they are prepared to serve more than 4,000 meals and hydration to medical volunteers and first responders along the 26.2 miles. The Salvation Army's mobile feeding units, also known as canteens, are prepared to provide hundreds of additional meals and other emergency services should a course disruption occur. Because the mobile feeding unit includes ovens, refrigerators, power, and water, Salvation Army Emergency Disas-

ter Services can use these vehicles for events other than emergencies. Since the 2013 Boston Marathon Bombings, The Salvation Army's footprint in emergency management and New England has grown substantially.

"No matter when, where, or what the crisis or community event may be, The Salvation Army's dedicated team consistently steps up to support those in need," said MEMA Director Dawn Brantley.

As one of the largest non-profit social service providers in the United States, The Salvation Army is committed to serving every zip code in the nation. By providing food for the hungry, emergency relief for disaster survivors, emotional and spiritual care, plus clothing and shelter for people in need, The Salvation Army is doing the most good to help all of our neighbors during their greatest times of need.

More information on how to volunteer or support The Salvation Army Emergency Disaster Services can be found at <https://sal-army.us/NNE-EDS>.

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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.

Apr 17
FRYEBURG -- South African musician McCoy Mrubata will be returning to the LHE/PAC's Bradley Backstage on April 17th, at 7:00PM. Mrubata will be joined by his musical collaborator, guitarist Gary Wittner.

Apr 22
AUBURN -- Auburn Public Library: Budgeting & Managing Credit to be taking place on Tuesday, April 22, 2025 from 4:00 to 5:00 PM.

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

Apr 24
LEWISTON -- At 12PM at the Lewiston Public Library, don't miss

SPRING BREAK STEM: DISSECT AN OWL PELLET. Owls swallow their food whole but cannot digest bones and fur so these are separated by the owl's gizzard. After several hours, the owl regurgitates a pellet of the undigested material. The pellets have been professionally sanitized and arrive ready for dissection, offering participants the chance to identify the bones of the owl's previous meals. Free. No registration required. Gloves and dissection materials will be provided, as well as one owl pellet per participant. This activity is recommended for kids ages 8 and older.

Apr 25
LEWISTON -- 10:00am at the Lewiston Public Library: **SOME BUNNY LOVES YOU KEEPSAKE.** Use your young child's footprints to create a spring bunny keepsake. Free. No registration required. Recommended for caregivers and their children between the ages of birth-5 years old. 513-3133; www.LPLonline.org

Apr 26
BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, April 26, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

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Apr 26
TOPSHAM -- "All Aboard for the 2025 Great Falls Model Railroad Club Train Show! 10:00 AM - 3:00 PM, Mt. Ararat High School, 68 Eagles Way, Topsham, ME 04086 (Handicapped Accessible). Admission: Just \$5 per person (kids under 12 free

with an adult. Get ready to immerse yourself in the world of model railroads at the Great Falls Model Railroad Club Train Show in Topsham, ME! With over 100 tables featuring new and used trains, tracks, buildings, books, and more, you'll find something for every enthusiast. From N to HO, S, O, and G scales, there's something for everyone to enjoy.

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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.

SEPTEMBER 15 - 18, 2025 - THE GRAND CANYON OF PENNSYLVANIA - Trip includes 3 nights lodging, 3 breakfasts and 3 dinners including the historic Peter Herdic House and The Carriage House. Highlights of this tour are Susquehanna River Cruise, Pennsylvania Grand Canyon Wagon Tour, Millionaires Row Tour, Thomas Taber Mu-

seum, Historic Rowley House and much more. A \$75.00 deposit is due upon signing up. Price of this trip is \$769.00 pp double occupancy and \$918.00 for a single. Final payment is due July 17, 2025.

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.

APRIL 14 - 22, 2026 - HOLLAND AND BELGIUM SPRINGTIME CRUISE - Trip includes 9 days and 20 meals. Highlights are 7 Night River Cruise, Amsterdam with Canal Cruise, Keukenhof Gardens, Middelburg, Belgium Waterways, Scenic Sail, Bruges, Antwerp, Kinderdijk Windmills. Ship is the MS Amadeus Brilliant. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$898.00 pp plus \$699.00 if you

want travel protection. Rates vary depending on the cabin category you choose.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

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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Khmer Maine breaks ground on Welcome Garden

WESTBROOK, ME -- Khmer Maine and Watt Samaki have officially broken ground on the Welcome Garden and entrance for the planned development of an Asian American Community Center and Buddhist temple complex in Westbrook!

The Welcome Garden will feature a community garden, picnic tables, statues, and parking for public trail access.

If you or your organization would like to learn and support our vision, please visit aaccmaine.org or contact Marpheen Chann at Marpheen@khmermaine.org.

Thank you Woods Excavation and Acorn Engineering, Inc. for joining us and your support on this



project.

This milestone brings us one step closer to creating a vibrant space featuring:

Botanical Gardens showcasing diverse plant life and heritage

Community Gardens where neighbors can grow and share fresh produce

Trails for walking,

reflection, and connection with nature

From cultural celebrations to educational programs and support services, our vision for this center goes beyond bricks and mortar. It will be a welcoming hub for everyone, fostering belonging, wellness, and a deeper understanding of Maine's Asian American and Pacific Is-



lander community.

We couldn't do this without our amazing partners, generous donors, and dedicated volunteers.

Thank you for believing in the power of community and helping us lay the foundation for a brighter, more inclusive future.

Stay tuned for updates as we work together to bring this transformative project to life!

French discussion group held at Gorham's Baxter Library

GORHAM, ME -- All are welcome to French Discussion Group, which meets the first Tuesday of

every month at Gorham's Baxter Memorial Library, the second Wednesday of the month at Falmouth

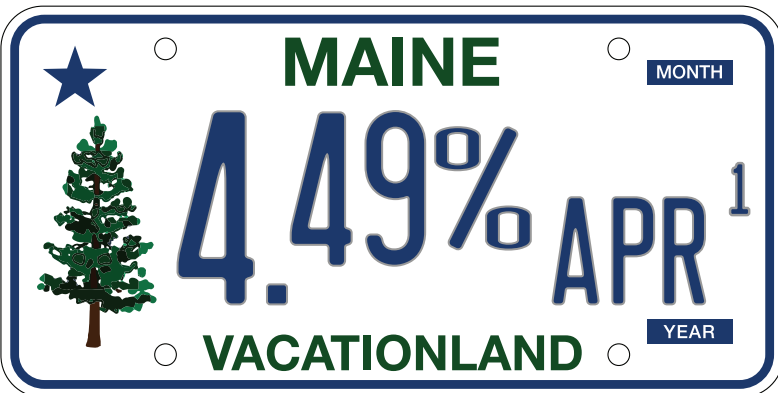
Memorial Library, and the fourth Thursday of the month at Scarborough Public Library.

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