

USM Theatre presents Spring Dance Concert in Gorham

GORHAM, ME -- USM Department of Theatre wraps up its 2024-2025 season with the USM Spring Dance Concert, featuring new dance works by five choreographers and performed by USM dance students April 25th-27th at Russell Hall on the USM Gorham Campus.

Director Jessie Laurita-Spanglet joins fellow USM faculty choreographers Maria Tzianabos and Vanessa Beyland and guest choreographers Tristan Koepke and Emma Tomkins for this second-annual dance concert. For Laurita-Spanglet, this is a chance to celebrate the growing culture of dance at USM, "Last Spring we had nine wonderful student performers involved in our concert, and this year we have built that out to include twenty student performers...I am most excited about this build-up of student participation and the growing appetite for live concert dance at




Dance Concert rehearsals, photos by Sarah Graff Photography.

USM."

Maria Tzianabos and Vanessa Beyland bring years of experience teaching ballet, jazz, tap, and musical theatre dance at USM to their pieces. Tristan Koepke is a seasoned dance-maker and performer who has been creating work with professional dancers for many years. Emma Tomkins is a young, emerging choreographer who graduated from the USM Department of Theatre and works locally as a choreographer in both theatre and dance.

All have been developing and rehearsing their pieces with the student dancers throughout the spring semester.

Laurita-Spanglet says, "One of the wonderful things about choreographing is that unlike visual art where you work with paints or clay, or music where you work with an instrument, dances are created with the movers themselves as the most important material...The process tends to be quite collaborative and unfolds over time based on the



Sexual Assault Awareness Month

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interaction between the movers and the choreographer."

Each choreographer draws from a wide range of influences and inspirations to create their pieces. Laurita-Spanglet's piece was born from an interest in Audio Description for dance. She says, "Audio Description is a practice of speaking out loud the action that is happening on stage so that more people, especially those who are blind or visually impaired,

can access and understand dance. My interest with this piece was to use language to help audience members gain greater access to what is happening onstage, and then to explore how that type of communication affects perception, memory, and time as the work unfolds."

The USM Spring Dance Concert
April 25-27, 2025
Russell Hall, USM
Gorham Campus
General Admission:

\$18

Senior 65+: \$12
USM Faculty/Staff/
Alumni: \$14
USM Students &
Non-USM Students: \$8
Group rate: \$8/per-
son - for schools and com-
munity groups
All tickets \$8 on Fri-
day, April 25th.

To purchase tickets, or for more information, visit USM Theatre online at <https://usm.maine.edu/departments-theatre/> or call the USM Theatre Box Office at (207) 780-5151. For more information on USM's Department of Theatre events and programs, click here.

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.

New PRLT Walk Series in Gorham area

MAINE -- Presumpscot Regional Land Trust is partnering with Wild Seed Project and Royal River Conservation Trust, Ash Protection Collaboration Across Wabanaki (APCAW) to offer a four part series of educational walks called, The Ash Tree Stewardship & Education Program. The walks are designed to raise public awareness and encourage stewardship of ash trees, which the invasive Emerald Ash Borer beetle

critically threatens. This program aims to protect Maine's forest ecosystems and support the cultural traditions of the Wabanaki people, who have long relied on Brown Ash for basket making.

Each walk in the series will equip participants with practical skills they can apply in their own forests and communities to help protect and preserve ash in Maine.

May 1, 4-5:30 pm: Ash Identification, Inter-



vale Preserve Lower, New Gloucester (RRCT)

June 5, 4-5:30 pm: Ash Seed Inventory, Mill Brook Preserve, Westbrook (PRLT)

September 11, 4-5:30 pm: Ash Seed Collection, Location TBD

October 16, 4-5:30 pm: Seed Sowing and Planting, Black Brook

Preserve (PRLT)

This series is co-hosted by the Wild Seed Project, Royal River Conservation Trust, and Presumpscot River Land Trust. These programs are part of the larger statewide efforts of the Ash Protection Collaboration Across Wabanakik (APCAW).




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Trek Across Maine kicks off June 13-15

MAINE – The American Lung Association has officially opened registration for its 41st annual Trek Across Maine. The event, which takes place over Father's Day Weekend each year will also be debuting a new starting line at Pineland Farms, located in the rolling hills of New Gloucester, Maine. Over 1,000 participants are expected to turn out for the event, which will take cyclists through Maines beautiful landscapes, spanning 180-miles over 3 days, from June 13-15. The Trek Across Maine is a fully supported route, complete with music, games, beer from local breweries, a baked potato bar, a finish line dinner, and more.

Dr. Peggy Pennoyer, Chair of the American Lung Association Maine Leadership Board and long-time Trekker said,

"Every cyclist on this ride is more than just a participant—they're a change-maker. With every mile pedaled and every dollar raised, we are funding critical research, advocating for cleaner air, and supporting those battling lung disease. Many ride in honor of a loved one, in memory of someone lost, or simply to create a healthier future for all. No matter the reason, every ride brings us closer to a world free of lung disease—and we hope this year even more changemakers will join us on the journey!"

Since its debut in 1985, the event has raised in excess of \$32 million dollars and aims to invest \$750,000 annually to support lung disease research, clean air, and tobacco-free advocacy efforts. It also aims to host programs and services that educate



C.A. Smith Photography

our friends and neighbors about the importance of lung health, the dangers of vaping, the importance of lung cancer screening, and the need for asthma education and control in our schools, among many other programs.

The Trek Across Maine is unique in its optionality, allowing riders to choose from 1, 2, or 3-day options. This year, over-

nights are to be at Bates College and St. Joseph's College of Maine, and 3-day riders will return to Pineland Farms on Sunday for the finish line celebration. Other highlights include a baked potato bar at Bates, pizza from Portland Pie, Trek Marketplace, and music from both live bands and DJs. Attendees will find activities, entertainment, and food at each

stop.

The event is suitable for cyclers, aged 7 and up. Children between the ages of 7-12 must ride a tandem or tag-a-long bike with an adult guardian. All children under the age of 18 must always have an adult guardian with them on the route.

For those who prefer to participate without a bike, there are volunteer opportunities available.

Sarah Brown, Senior Development Manager with the American Lung Association said, "In addition to our incredible cyclists, the Trek Across Maine wouldn't be possible without the amazing volunteers who dedicate their time and energy to making this event a success. From route support and rest stops to event logistics and cheering squads, volunteers play

a vital role in ensuring a safe, fun, and rewarding experience for all. Whether you ride, donate, or volunteer, you are making a direct impact in the fight for lung health and clean air." To join the event as a volunteer, email Emily at Emily.Lewis@Lung.org.

Participants can also join in virtually. Trekkers can simply sign up on the website, record miles from the comfort of their own neighborhood or stationary bike at their own pace, and raise their minimum by June 30, 2025 will earn a commemorative t-shirt and medal.

Online registration is open until May 20. To register as a Trekker for the Trek Across Maine or to support the event by making a donation that can save lives, visit the event website at TrekAcrossMaine.org.

Winners crowned for 2025 Maine State Science Fair

PORTLAND, ME – Winners of the 2025 Maine State Science Fair (MSSF) have been announced. After more than 200 entries were judged on Saturday from 27 schools and three homeschooled students, three grand awards were made to students from Falmouth, Brunswick, and Bangor High Schools.

The Grand Award winners are:

1st Grand Award
Ryan Werthmann,
Falmouth High School
A Data-Driven Ex-

ploration of Albumin-Creatinine Ratio as a Biomarker for Myocardial Infarction Risk: A Multivariate Analysis

2nd Grand Award
Zelda Anesko, Brunswick High School

A Computer Model for Efficient Offshore Wind Farm Siting in the North Atlantic

3rd Grand Award
Sofie Rueter, Bangor High School

Improving the Effectivity of Nitrate Removal in Biosand Filters Using N.

oculata

The Grand Award winners are eligible to attend the Regeneration International Science and Engineering Fair in Columbus, Ohio this May.

In addition to the Grand Awards, first, second, and third place prizes were awarded in 17 individual categories, including Microbiology, Computer Science & Mathematics, and Biomedical & Health Sciences. Several special awards were also awarded to students, including the

JAX Innovator Awards, Association for Women Geoscientists Award, the Regeneration Biomedical Science Award, the Maine Mathematics and Science Alliance Reach Award, and hundreds of thousands of dollars' worth of scholarships to Maine higher education institutions including a total of 17 four-year full tuition scholarships between the University of Maine and the University of Southern Maine. Since 2017, the program has offered more than \$7 million

in college scholarships to Maine high school students.

Due to the early spring storm, the fair was held virtually this year, with dozens of judges making their determinations based on the students' research and findings.

MSSF is open to all students from public, private, parochial and home schools (grades 9-12) throughout Maine and is jointly organized by The Jackson Laboratory and the Maine Mathematics &

Science Alliance (MMSA). MSSF offers Maine high school students the opportunity to pursue their interest in science and engineering and present results of their projects to fellow students and expert STEM professionals.

The Maine State Science Fair received support from Maine Technology Institute, Reny's Department Stores, Texas Instruments, Puritan Medical Products, Verizon, Machias Savings Bank, and Cross Insurance.

MaineCF scholarships available to business students

PORTLAND & ELLSWORTH, ME — Applications are currently being accepted for the

Maine Community Foundation's (MaineCF) Patriot Education Scholarship Fund.

This renewable scholarship supports graduates of Maine high

schools who are enrolled part-time (minimum of nine credit hours) or full-time in pursuit of a business degree and entering their freshman, sophomore, junior, or

senior year at a Maine college or university. Preference is given to applicants who have a demonstrated interest in personal and commercial insurance profes-

sions. The application deadline is June 1. For more information or to apply, visit www.mainecef.org/scholarships.

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Letter to the Editor: Let's protect Gorham deer population

Dear Editor,
Gorham is home to one of southern Maine's most robust and thriving deer herds, but our town officials, if allowed to continue on their present track, are pushing the entire herd into extinction.

I refer specifically to the deer population in the Narragansett Game Sanctuary, which is bounded approximately by the Stroudwater River, Brackett Road, South Street, and the old railroad bed. The deer herd in that area has been protected by state law since 1927, but our present crop of elected and appointed officials seem hell-bent on sidestepping the law's protections and killing off the herd by systematically destroying

its habitat.

The first mis-step was Gorham's 2016 Comprehensive Plan update, which placed the Game Sanctuary in a "growth area", encouraging increased housing density and mixed use developments. Since then, the Town Council, Planning Board and staff - ignoring widespread public opposition - have made sweeping zoning changes, often with little or no direct notice to the residents of the areas being rezoned. One of the zoning changes involved a parcel that the Comprehensive Plan specifically excludes from the zone it is now in - you really can't make this stuff up. The rezonings have then been followed by massive development proposals, such as the Robie

development adjacent to the village and a multi-use contract zone designed to obliterate the former golf course. Not to mention the Town Council's vocal support of the unpopular proposal to build a turnpike spur through the area.

At a recent Town Council meeting, one of our elected elite brought up the facts that the law creating the Narragansett Game Sanctuary was passed about 100 years ago, and that a lot has changed in 100 years. He also pointed out that the law's only direct stipulation is that it bans deer hunting. Deductive reasoning isn't everyone's strong point, but the follow-up question might have been "Why does the law ban deer hunting?" And the answer, obviously,

is that the ban on hunting was enacted for the protection and preservation of the deer herd. So yes, a lot has changed in 100 years, but the original legislative intent - the protection of the deer herd - remains unchanged. What has changed is that the biggest threat to the deer herd today is not hunters, but the acre-by-acre destruction of habitat, especially on the scale currently envisioned

- and encouraged - by our Town Council, Planning Board and municipal staff.

In spite of the town's cruel rush to kill off the deer population, I live in the hope that we still have time to reverse the momentum, and I encourage all interested residents to get involved in two processes that are already in the works - the development of a townwide Open Space

Plan and the revision of the 2016 Comprehensive Plan. And if you're interested in getting automatic e-mail notifications of the agendas and minutes of Gorham Town Council and Planning Board meetings, the link to the town website is <https://www.gorham-me.org/> subscribe

Sincerely,
Roger Brown, Gorham

Agree or disagree?
We want to hear from you!
Send your letter to the editor for publication to editor@GorhamWeekly.com. Deadline every Friday for following Thursday's publication.

Become a lifesaving volunteer by giving blood in Gorham

PORTLAND, ME — During National Volunteer Month in April, the American Red Cross asks donors to help keep the blood supply stable by making an appointment to give blood or platelets now. Type O blood and platelets are especially needed to ensure hospitals are fully stocked with life-saving blood products this spring.

The Red Cross depends on thousands of volunteer donors to collect more than 12,000 blood donations and about 3,000 platelet donations every single day. Blood drives and donation centers also depend on the generosity and valuable time of those who make it possible for the Red Cross to help people in need.

As spring travel and activities fill calendars, volunteer blood donations remain essential to critical medical care. Book a time to give blood or platelets now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App.

All who come to give April 14-30, 2025, will get an exclusive Red

Cross T-shirt, while supplies last, plus be automatically entered for a chance to win a \$5,000 prize. There will be three winners. See RedCrossBlood.org/Hope.

In May, all who come to give May 1-18, 2025, will get a \$20 e-gift card to a merchant of choice. Plus, throughout May, those who come to give will be automatically entered to win a U.S. trip of choice for two. For details, visit RedCrossBlood.org/May.

Upcoming blood donation opportunities April 17-May 5

Brunswick
4/30/2025: 12 p.m. - 4:30 p.m., American Legion Post 20, 1 Columbus Drive

5/2/2025: 8 a.m. - 1 p.m., Brunswick High School, 116 Maquoit Road Freeport

4/28/2025: 9 a.m. - 2 p.m., Hilton Garden Inn Freeport - Old Town Hall Building, 5 Park Street Gorham

5/1/2025: 12 p.m. - 5 p.m., St. Annes Church, 299 Main Street

North Yarmouth

4/25/2025: 10 a.m.

- 2:30 p.m., Wescustogo

Hall and Community Center, 120 Memorial Hwy Portland

4/30/2025: 1 p.m. - 6 p.m., Portland Elks Lodge, 1945 Congress St.

5/5/2025: 9 a.m. - 1:30 p.m., Maine Medical Center - Dana Education Center, 22 Bramhall Street South Portland

4/29/2025: 9 a.m. - 1:30 p.m., South Portland Community Center, 21 Nelson Road

4/30/2025: 10 a.m. - 4 p.m., Southern Maine Community College Campus Center, 2 Fort Road Windham

4/26/2025: 9 a.m. - 2 p.m., Windham High School, 406 Gray Rd Yarmouth

5/2/2025: 11 a.m. - 4 p.m., American Legion Post 91, 196 Main St

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

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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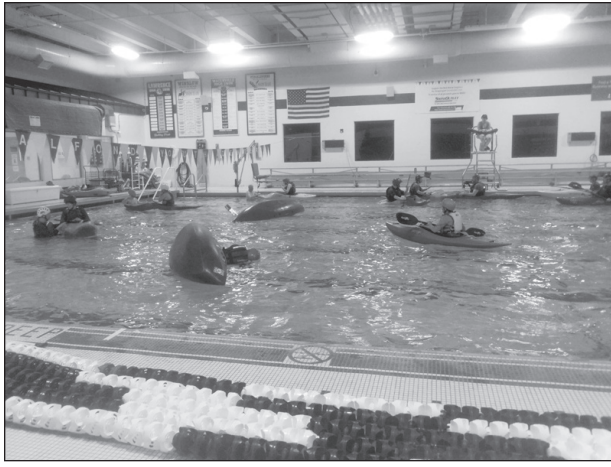
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Seniors Not Acting Their Age

Rolling Kayaks and Canoes for Safety



The ability to roll a kayak or canoe in white-water or the ocean is a great asset. A successful roll can make the difference between a very enjoyable paddling experience and an unpleasant swim. A failure to roll risks the loss of boat and paddle or worse.

The kayak roll was developed by Inuits for use when hunting seals and other marine mammals. Although first documented by European sailors during voyages along the coast of Greenland in the 1500s; the life or death survival skill likely evolved centuries before.

When the sport of kayaking gained popularity in Europe and the

United States in the 20th Century, rolling became increasingly important. Rolling is often included in kayak instruction courses and many serious whitewater and sea kayakers learn the invaluable maneuver. For most kayakers, possessing a reliable roll is an important factor in determining the difficulty level of the paddling they're willing to attempt.

People are usually surprised to learn that canoes can be rolled. In fact, canoes can't be effectively rolled without the aid of floatation bags filling much of the boat. Even if a paddler is able to roll an empty canoe, it's rendered essentially unnavigable when filled

with several hundred pounds of water. The origin of canoe rolling is unclear, but a Georgia paddler named Nolan Whitesell is generally credited with popularizing the technique in the early 1980s.

When I began paddling difficult whitewater in a canoe in the late 1980s, I was very fortunate to associate with a group of paddlers who had perfected rolling solo whitewater canoes. The realization that I could capsize and roll up without the need to wrestle my canoe ashore and empty it was a game changer.

From my viewpoint, rolling a canoe is more difficult than a kayak. Canoes are gen-

erally larger, navigated with single-blade paddles and operators must be strapped in. Kayaks are normally sleeker, propelled with double-blade paddles, and have spray skirts. I find rolling a sea kayak more difficult than a whitewater kayak primarily because of the difference in size. However, I know sea kayakers who have superb rolls that are extremely reliable. Tandem kayaks and canoes can also be rolled but require near perfect teamwork.

No one has a roll that is 100% reliable and turbulent conditions can make executing one very difficult. Based on my experience and that of several friends, the quality and effectiveness of the roll seems to diminish with age. Practice is important.

In the past, my outdoor club, the Penobscot Paddle & Chowder Society (PPCS), organized rolling sessions in pools around the state. However, for the last two years, Skowhegan Outdoors has sponsored rolling practice and instruction at a pool in the Alford Youth and Community Center (AYCC) in Waterville during the month of March. The timing is important because white-water paddling in Maine

generally begins in March and sea kayaking soon follows.

Many Chowderheads with the PPCS were anxious to participate in the Skowhegan Outdoors' scheduled rolling sessions this spring. Some wanted to learn to roll, others were trying to improve their skills, and a few of us older members were attempting to regain an effective roll we'd seemingly lost. A couple of very unpleasant cold water swims at the beginning of the past two paddling seasons has motivated me to improve the quality and reliability of my kayak roll.

For many people, rolling is counter-intuitive and difficult to learn. The first challenge for paddlers is to discipline themselves to remain in their boat when capsizing. Once that fear is overcome, the process of twisting the body to elevate the paddle above water is next. Rotating the hips in harmony with using the paddle as leverage to move the boat upwards is the final step. It's not easy. Having assistance is the best way to learn or practice.

A large group of paddlers assembled at the pool at AYCC in late March. Skowhegan Outdoors manager, Amber

Albe, organized the event and provided instruction for those who needed it. Canoeists, kayakers and sea kayakers practiced their rolls. Some were successful while others struggled and needed help; most came away more confident. Now, we have to execute when it counts.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates the nine most exciting whitewater escapades 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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Goodwill NNE AmeriCorps serves community



MAINE -- Goodwill NNE AmeriCorps members contributed 20,619 hours of service across 49 community organizations in 2024. Goodwill NNE AmeriCorps programs strengthen communities in Maine, New Hampshire, and Vermont by placing volunteers in local non-profits, municipalities, and schools. These AmeriCorps members support the long-term health of communities through their selfless commitment. Goodwill NNE has opportunities for additional nonprofit, public and municipal organizations to receive AmeriCorps members to help advance their organizational initiatives this year.

"We're excited to be able to offer more local agencies the opportunity to host AmeriCorps members," said Goodwill NNE AmeriCorps senior program manager Steve Niles. "Our members are dedicated, hardworking individu-

als who genuinely want to make a difference in their communities."

There are many benefits to being a host site, said Niles, including utilizing members to expand programming, increased access to resources, and having an additional fully funded team member for a whole year.

Goodwill NNE has over 100 AmeriCorps member slots to grant out to partner agencies across Maine and New Hampshire due to successful funding requests. With programs focusing on youth development, public health, and organizational development (for efforts to reduce poverty), many organizations could benefit from an AmeriCorps member serving at their organization for 11-12 months. Examples of the work members are doing at existing organizational partners include:

Grant writing and



fundraising

At the Intercultural Community Center, in Westbrook, Maine, member Lian Joseph raised over \$156,000 in grant funding and in-kind donations. This funding allowed the ICC to provide additional programming for youth to increase their academic enrichment and provide their parents additional language, computer and parenting classes to improve their job readiness skills.

"Lian has done an outstanding job helping move our organization forward," said Beatrice Mucyo, director of the ICC. "With the funding she was able to help us raise we can now serve an additional two schools and 200 kids with our programs!"

Other ways members can help with organizational development include improving volunteer recruitment systems, doing research on evidence-based solutions, creating dynam-

ic social media accounts and more.

Providing Public Health Interventions

Members support efforts to reduce youth substance use, strengthen existing efforts to offer housing and programs to people in recovery from opioid/substance misuse, provide evidence-based education programs to reduce widespread preventable conditions such as diabetes, obesity, etc.

"Through efforts of Public Health AmeriCorps members, we have developed a systematic approach to tracking progress among our residents," said Executive Director of An Angel's Wing Inc, Deb York. "In the last two years, around 70% of our residents have shown measurable progress in their recovery journey, evidenced by decreased substance use and increased engagement in therapeutic activities. This partnership has helped fa-



cilitate the establishment of our recovery homes. With Public Health AmeriCorps support we have opened and now operate three homes, which has allowed us to accommodate 24 individuals in need at a time."

"Without Goodwill's partnership An Angles Wing Inc. would not be able to open our newest home which will house another 18 women and children providing a safe and supportive environment for those in recovery," said York.

Mentoring Youth

AmeriCorps member Meghan Daly serves in rural Maine supporting the Maine Seacoast Mission's Journey program, a youth mentoring program. Journey aims to raise and sustain the social emotional development and aspirations of youth, grades 4-12, who have been impacted by Adverse Childhood Experiences (ACEs). As a

mentor, Meghan provides targeted youth development interventions to increase social and emotional skills, improve academic engagement, promote responsibility of individual health and wellness, raise student aspirations, and contribute to the development of strong and nurturing family relationships.

To begin the process of becoming a Goodwill NNE AmeriCorps host site, visit goodwillnne.org/programs/ameriCorps/ and fill out the interest form <https://forms.office.com/r/6Bf5gZ2scT>. Goodwill NNE staff will reach out to provide relevant information on specific funding opportunities/programs available including links to reserve a slot in an information session with staff and the application to receive a member(s).

Visit linktr.ee/goodwillamericorps to learn more about Goodwill NNE AmeriCorps programs.

Midcoast Symphony Orchestra presents final concert

TOPSHAM, ME — The Midcoast Symphony Orchestra concludes its 35th season with a concert entitled "Ethereal Weaves of Air" on Saturday, May 17, 7pm, at the Franco Center in Lewiston, and Sunday, May 18, 2:30pm, at the Orion Performing Arts Center in Topsham. Under the baton of MSO Music Director Rohan Smith, the orchestra will play Coleridge-Taylor Perkinson's Allegro Furioso from his Sinfonietta No. 1, Franz Josef Haydn's Sym-

phony No. 83, and Sergei Prokofiev's Symphony No. 5. Individual tickets are \$25 in advance and \$30 at the door, with free admission for anyone 25 and under. Complete concert and ticket information is available at midcoastsymphony.org or by calling the box office at (207) 481-0790.

Music Director Rohan Smith is excited about the program for the concert which contains pieces that have been on the MSO's to-do list for quite some time.

He states "all of the compositions contain exuberant melodies and elegant lyricism" along with a finale that speaks to "the resilience of the human spirit."

The African American composer Coleridge-Taylor Perkinson (1932-2004) was named after the Black British composer Samuel Coleridge Taylor, whose "Ballade" was played by MSO on its March concert. Perkinson wrote "Allegro furioso" when he was only 22. Smith describes it as

"an incredibly refreshing piece with dynamic syncopations." Haydn's delightful Symphony No. 83 is known as "La Poule" or "The Hen." It received its nickname from the clucking sounds played by the oboe in the first movement, as well as other melodies that suggest chickens scratching.

The entire second half of the program is devoted to Prokofiev's Fifth Symphony, written in 1944. Smith calls it "one of the most extraordinary and well-known

pieces of the 20th century. It is a uniquely significant piece that is a great crowd pleaser with its triumphant quality, rapturous melodies, and sardonic humor." Prokofiev himself called his composition "a hymn to free and happy Man, to his mighty powers, his pure and noble spirit."

As usual, the audience is invited to arrive an hour early for the pre-concert events in the "More with Midcoast" series. On Saturday at 6:15 in Franco's

Heritage Hall, Mt. Ararat High School student Ryan Sweet performs several of his original solo piano compositions; on Sunday at 1:30, Maestro Smith and a section of the orchestra will demonstrate some of their rehearsal strategies in preparing for the concert. Also, at the Franco Center during intermission, two prize-winning high school musicians, cellist Ronan Sands and violinist Linnea Turesson, will perform music by Handel and Piazzolla.

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Arts & Entertainment

Events today, this weekend at Gorham's Baxter Library!

GORHAM, ME – Gorham's Baxter Memorial Library is hosting a variety of events this week. Join us on:

Thursday, April 24 for Game Day: 10 am - noon

Looking for someone to play Candyland with? Interested in playing chess? Join us on Thursday April 24th from 10am-12pm for Game Day. Each table in the library will have games



available to play. Geared for all ages. 12:30 pm

Join us on the fourth Saturday of every month for RPG Club! Come take an adventure and learn about role-playing games! This club is geared for all ages. Parents and caregivers are encouraged to join and learn too. Children under 8 will need an adult present.

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

MDIFW offers tips for hiking season



Contributed by Maine Department of Inland Fisheries and Wildlife

MAINE -- As the snow melts, the birds return, and our days become longer, we are all excited to get back to our favorite trails! In early spring it might look like hiking season is here.... but many trails, especially at higher elevations, are still covered in ice and snow. And the roads to those trails can be muddy or even impassable.

Do your research before heading for a hike and check local conditions. Consider a local trail as you prepare for bigger hikes later in the season. Happy hiking!

Spring hiking reminders:

Always tell someone where you are going and when you plan to return. Should something happen, this will be key to helping

the Maine Warden Service and other search and rescue personnel help find you.

Know that conditions will vary significantly across the state and at different elevations. It might feel like spring in southern Maine, but in northern parts and at higher elevations, there is still plenty of ice and snow! Some trails are extremely muddy and closed to prevent trail damage – research your trip before you go.

Remember that it gets dark much earlier in the spring than the middle of summer. Plan accordingly, and always pack a flashlight in case.

Roads may be impassable due to mud, snow, or a combination. Have a plan B, and stick to the places you know in the spring. Save your bigger adventures for later in the season.

Dress for the weather

and in plenty of layers.

Hiking boots with ankle support and tread are ideal. It is best to avoid icy conditions altogether, but just in case, pack a pair of crampons or ice creepers.

Be prepared for no cell phone service. Know your route without the help of your cell phone.

Pack essential items, including high-protein snacks, water, and a fire starter. Learn more.

Respect the land by picking up after yourself and staying on the trail. 94% of Maine's forest land is privately owned and more than half of that land area is open to the public. This access is an incredible gift, and in order to preserve it, we all need to do our part.

We at Maine Department of Inland Fisheries and Wildlife hope you have a wonderful year of hiking ahead!

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!

NOW and THEN
by Sean Grennan

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April is Sexual Assault Awareness Month

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 individ-

uals 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]

Citations 1-17

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MAINE COALITION AGAINST SEXUAL ASSAULT

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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 sharing 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 supporter, 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 affect-

ed 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 As-

sault 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.

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April is Sexual Assault Awareness Month

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 provided. 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 nervous 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.

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 Ad-

vocacy 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 See **Doors**, next page



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April is Sexual Assault Awareness Month

TTD's 24-Hour Helpline

Through These Doors can help. Please call our free, confidential 24-Hour Helpline at 1-800-537-6066.

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 lis-

ten 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.

Through These DOORS

Domestic Violence Resources & Advocacy

Doors
Continued from previous page that affirm the whole person, honoring our interdependence with each other

and our environment. Innovative Services TTD learns from survivors and community members, devel-

oping and adapting services to respond to the changing world. We help rather than rescue survivors.

SARSSM has resources for parents & caregivers

The work Sexual Assault Response Services of Southern Maine (SARSSM) does to support schools provides an important foundation for your child. Research shows that youth understand important concepts when those conversations happen at home, too. Children are more likely to ask for help and form healthy peer relationships when they learn about boundaries, personal body safety, and respect from the trusted adults they know the best. It may be uncomfortable to have conversations with your kids about challenging topics. These conversations about boundaries, emotions, and safety will have a tremendous impact on their well-being later in life - and get easier with practice.

Our Kids in Space Coloring & Activity Books can help parents start conversations with their children. Please contact us if you would like



us to mail you a coloring book!

SARSSM Trainings for Parents & Caregivers Child Sexual Abuse Awareness and Healthy Child Sexual Development Training (1.5 hrs. in person or virtual)

Parents, caregivers, and other youth-serving adults are invited to attend this training to learn about child sexual abuse awareness and prevention.

For more information, see SARSSM's website.

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Waterville author receives major science fiction award

WATERVILLE, ME—Sharon Lee, a Maine-based novelist who wrote over 100 works of fiction with her late husband, Steve Miller, has won the 2025 Robert A. Heinlein Award. This honor is awarded annually by the Baltimore Science Fiction Society to acknowledge an author or authors with “outstanding published works in science fiction and technical writings that inspire the human exploration of space” (from the BSF website). A majority of Lee’s space-themed work takes place in the Liaden Universe® and features merchant families trading across the galaxy. The next Liaden Universe® novel, *Diviner’s Bow*, is forthcoming from Baen Books in April 2025.

The award will be formally presented during opening ceremonies on Friday, May 23, 2025 at 8 PM for Balticon 59, the 59th Maryland Regional Science Fiction Conven-

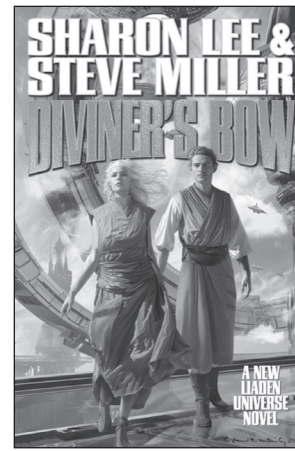
tion. Balticon will take place at the Renaissance Baltimore Harborplace Hotel in Baltimore Maryland. Balticon and the Robert A. Heinlein Award are both managed and sponsored by The Baltimore Science Fiction Society, and the family of Dr. Yoji Kondo provides funding for this award.

Sharon Lee is best-known as co-author, with the late Steve Miller, of the Liaden Universe® novels and short stories. The initial installment, *Agent of Change*, was first published as a Del Rey Original mass market paperback in February 1988. The twenty-seventh Liaden® novel, *Diviner’s Bow*, will be published by Baen Books in April 2025. Under her own byline, she’s written two mystery novels (*Barnburner* and *Gunshy*) and a contemporary fantasy trilogy (*Carousel Tides*, *Carousel Sun*, *Carousel Seas*) both set in Maine. She’s also authored several dozen short stories.



In 2012, Steve and Sharon were jointly awarded the Edward E. Smith Memorial Award for Imaginative Fiction (aka the Skylark Award), by the New England Science Fiction Association. During their long and storied career, Lee and Miller were celebrated as guests of honor at more than two dozen science fiction conventions across the country, and were frequent panel-

ists and guest speakers. Praise for the Liaden Universe Series: “I love the Liaden Universe® books for their complex weaving of cultures and manners and the dangers of space travel. I was fascinated by *Ribbon Dance*’s focus on the careful work of establishing trade with a long-isolated world where psi powers are common. At play are the differences between



offworld procedures and the traditions and suspicions of the planetary society. And an elderly, politely demanding noble.” —Kathryn Sullivan, *Talking to Trees* “Time spent with the *Tree and Dragon* is always a joy. *Ribbon Dance* is a marvelous tale, a feast for Liaden fans. And everyone should be a Liaden fan.” —#1 New York Times Best Seller Patricia Briggs “Space Opera as finely crafted as a *Tree-and-Dragon* trade deal. Lee and Miller always deliver the goods.” —Jack

Campbell, author of *In Our Stars* and *Implacable* “Breathtaking, innovative, and absolutely charming!” —Lawrence M. Schoen, award-winning author of *Barsk: The Elephants’ Graveyard* “A brilliant entry in the Liaden series, with romance, intrigue, new friends and old, and a new world to test Clan Korval!” —Ryk Spoor, author of *Choosing the Players* and the *Demons of the Past* trilogy “Starts fast and runs hot and true. Perhaps Lee & Miller’s strongest work to date. Space opera the way it should be.” —James D. MacDonald, coauthor of *The Price of the Stars* “Deftly written, with politics, passion and power winding together to create an incredibly satisfying story that spans generations, cultures, and worlds. What a treat. Sure to satisfy long-time readers and newcomers alike!” —C.E. Murphy, author of *The Walker Papers* series

Preliminary report released on Maine Industry Partnership

AUGUSTA, ME - The State Workforce Development Board (SWDB) is pleased to release the following report - “Maine Industry Partnership Program: Preliminary Impact

Snapshot” in partnership with the Catherine Cutler Institute, which lead the evaluation through their Data Innovation Project. “The Industry Partnership Program is part of

Governor Mills’ workforce strategy and a key priority to Maine’s long-term economic growth,” said Christopher Quint, Director, SWDB. “These partnerships unite businesses,

MAINE

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that are critical to Maine’s success,” said Vaughan Woodruff, Chair, SWDB. “The work of the Industry Partnership Program to define career pathways, make these careers more visible to current and future seekers, and provide valuable training opportunities demonstrates an effective solution to Maine’s unique workforce challenges.”

industry associations, education and training providers, and community-based organizations to recruit, retain, and advance workers in meaningful careers.” The Industry Partnership Program, a \$3.7 million Maine Jobs and Recovery Program launched in 2022, funded six pilot projects in key industries throughout Maine – Forest Products, Hospitality & Tourism, Retail, Oral Healthcare, Healthcare, and Social Services. As hubs of excellence that grow and attract local talent, the Industry Partnership Program aligns with Maine’s 10-year strategic economic development strategy and the 2024-2027 Workforce Innovation and Opportunity Act Unified

State Plan. The report highlights several emerging themes from the Industry Partnership Program pilots: 1. Creating employment opportunities for Maine workers 2. Exposing workers to critical industries in Maine 3. Positive impacts on Maine communities and the Maine economy 4. Providing cross-industry learning and support 5. Continuing public and private investment to yield results “This report highlights the value of collaboration between industry and community partners to serve the needs of workers and employers in sectors

The SWDB recently launched a series of webinars, open to anyone who is interested in learning more about Maine’s Industry Partnership Program. The State Workforce Development Board (SWDB) is an employer-led board whose purpose is to ensure that Maine’s workforce development system helps Maine people and businesses compete successfully in the global economy. The SWDB advises the Governor on workforce policy and the development and evaluation of the Workforce Development System (WDS), which includes public and private agencies such as Maine employers and workers, Department of Education, Department of Health and Human Services, the Maine Community College System, and the University of Maine System.

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SARSSM Spring Melt fundraiser is tonight!

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SARSSM

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 to SARSSM's website.

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

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

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.



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Maine makers take a stand for sustainability in fashion & craft

PORTLAND, ME — As fast fashion faces scrutiny for its environmental and human costs, Maine’s makers are proving there’s a better way. STITCH: Maine Designers on the Runway, hosted by the Maine Crafts Association, is a one-of-a-kind fundraising event celebrating designers, makers, and craftspeople who are leading the charge in sustainable, locally made fashion and craft.

Taking place on Thursday, May 22, 2025, from 5 PM – 9 PM at Maine Studio Works (170 Anderson Street, Portland), this highly anticipated fashion fundraiser features a runway show at 7:00 PM, where some of Maine’s most innovative designers will showcase handcrafted and domestically made, high-quality pieces that support both artists and the environment—offering a stark contrast to today’s throwaway fashion cul-

ture. This event is more than a fundraiser to support the Maine Crafts Association—it’s a chance to back the people in our community who are putting real care into what they create, from clothing to household items, to art and everything in between. With data showing the staggering impact of textile waste and a growing consumer shift toward ethical, sustainable choices, STITCH 2025 is a call to invest in quality over quantity. Every ticket, donation, and purchase helps keep Maine’s creative spirit alive, supports local jobs, and builds a community that values craftsmanship and environmental responsibility.

At a time when the global fashion industry generates over 92 million tons of textile waste annually (Ellen MacArthur Foundation), STITCH 2025 champions an alternative: garments, textiles,

and craft objects made with care and intention.

A Movement Toward Ethical & Local Consumption

Consumer demand for sustainable fashion has never been stronger, with 73% of global consumers willing to pay more for products that are environmentally responsible (McKinsey & Company, 2024). STITCH 2025 taps into this shift, encouraging consumers to buy better, buy local, and support the hands behind the craft.

This year’s event will feature:

A curated runway show spotlighting Maine designers who incorporate upcycled materials, locally sourced textiles, and ethical production methods. The featured designers bring a distinct approach to sustainable fashion, from innovative textile recycling to handcrafted, small-batch apparel.

A keynote address

by acclaimed Maine designer Jill McGowan, who has been a cornerstone of Maine’s fashion scene for more than 30 years. Renowned for her timeless, high-quality garments and commitment to sustainability, McGowan built her brand with a mission to create ethically made, long-lasting apparel that transcends trends. As one of Maine’s most respected designers, she continues to be a leader in sustainable practices, advocating for craftsmanship and thoughtful production in an industry dominated by fast fashion.

Live maker demonstrations and exhibits, showcasing handcrafted work from apparel to home goods, each piece telling the story of the artisan behind it.

In a special collaboration with Maine Needs, a community-driven nonprofit supporting Mainers experiencing hardship,

guests are encouraged to contribute to a clothing donation effort. Attendees are invited to bring clean, gently used summer clothing or shoes for men, women, and children to donate to a local individual in need.

Featured Designers
Adele Masengo Designs

A.W.D. Textile Designs

Cece and the Seams

Katie Rose (Flowbot)

K. Becker Designs

Kerry Goulder of Kid

Giddy

Portland Trading Co.

Strengthening

Maine’s Creative Economy

The craft and design sector is a major driver of Maine’s local economy, sustaining hundreds of independent makers and small businesses across the state. According to the Maine Arts Commission, creative industries contribute \$2 billion annually to Maine’s GDP (MAC

Annual Report). STITCH 2025 not only raises funds for the Maine Crafts Association’s artist development programs, maker workshops, and sustainability initiatives, but it also underscores the critical role of artists and makers in Maine’s economy.

“Maine makers aren’t just preserving traditions—they’re innovating, finding new ways to create sustainably, and proving that craftsmanship has a place in a modern, eco-conscious world,” said Whitney Gill, Executive Director, Maine Craft Association.

Join the Movement
STITCH 2025 is more than an event—it’s a movement. As industries worldwide grapple with the consequences of mass production, Maine’s makers are demonstrating that local, sustainable craft is the future.

Tickets are available now at mainecrafts.org/programs/stitch.

Artists wanted for ag-focused calendar

MAINE -- The Maine Agricultural Mediation Program (MAMP) is soliciting original artwork for its 2026 wall calendar and notecards with a submission deadline of May 20. The 2026 materials, which showcase artwork by Maine-based artists, will celebrate the theme of farming and tending to the land and sea throughout the seasons.

The annual wall calendar and notecards feature

artwork in all mediums except photography. Submissions should be scanned high-quality images of 300 dpi or greater with a 2:1 aspect ratio. The final printed image will be 8 inches wide by 4 inches high. Artists’ submissions are limited to two (2) entries and each artist selected for the calendar will receive up to 3 free copies of the calendar and 10 free notecards.

Artwork must be in a file size no larger than

25 MB and submitted via e-mail to maineagmediation@maine.edu. Submissions must include the artist’s name, title of work and description of the medium, and can also include a brief statement about the story of the piece. For a detailed list of submission requirements, visit the calendar webpage.

To request a reasonable accommodation, contact Shiela Leonard, maineagmediation@maine.edu, 207.955.1977. All proceeds from calendar and notecard sales directly support the Maine Agricultural Mediation Program and its efforts to assist farmers and promote sustainable agriculture in Maine.

MAMP works with land and sea producers and agricultural community members to help them navigate difficult conversations and develop sustain-



Photo of artwork from 2024 courtesy University of Maine Cooperative Extension.

able, self-created solutions. Mediation is a voluntary and confidential process guided by trained neutrals. MAMP staff and co-mediators work with participants to address conflict and concerns around agricultural loans, conservation programs, wetland determinations, pesticides, family farm transition, lease

issues, neighbor disputes, worker/employer disagreements and more. Visit the program website to learn more about agricultural mediation and other MAMP services at UMaine Extension.

MAMP, a part of the U.S. Department of Agriculture (USDA) Agricultural Mediation Program,

is locally managed by University of Maine Cooperative Extension. The program aims to support and promote the state’s agricultural community by providing services in mediation/conflict resolution, contract and lease co-drafting, and personal financial coaching, as well as through the PFAS Navigator Program.

THE L-A VETERANS COUNCIL WANTS YOU TO KNOW THAT IT IS NOT TOO LATE TO HAVE YOUR LOVED ONES NAME ON THE NEXT STONE IN THE VETERANS PARK. NOVEMBER 2024
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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 Li-

brary, 49 Spring Street.

Apr 24-26

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

LEWISTON -- The Alabama Singing Men part of the Alabama Baptist Churches and the Alabama State Board of Missions, Prattville, Alabama will be touring New England with a scheduled performance at Thomas Memorial Baptist Church, 62 Strawberry Avenue, Lewiston on April 26, 2025, 6:00 pm with a fellowship to follow.

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.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.

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.

Apr 26

GRAY -- The First Congregational Church of Gray Saturday Night Church Supper, 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped Accessible. Meals are single-sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans & Red Kidney, Red Hot Dogs, Breads, Assortment of Desserts & Beverages.

Apr 30

LEWISTON -- LA Arts is pleased to present a mid-week, post-punk/

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goth show featuring Rose-garden Funeral Party with guests Trigger Discipline & Summore in our Lisbon Street performance space. This rare, all-ages show on Wednesday, April 30, is the next event in our 2025 Downstage Music Series.

May 3

BRUNSWICK -- Get ready to set sail for an enchanting night at St. John's Catholic School's annual auction, "Treasures of the Deep"! Dive into the enchanted seas into the transformed St. John's Community Center as year's event promises to be an unforgettable celebration featuring incredible auction items, delectable cuisine from Cook's, and top-tier entertainment-all in support of our students and school community. This much-anticipated gathering promises an enchanting evening under the sea!

May 3, 2025 at 5:30PM at St. John's Community Center

May 4

LYMAN -- 5th Annual Drumming Up Wishes benefiting Make-A-Wish Maine at Funky Bow Brewery, Lyman, ME on Sunday, May 4, from noon to 6 p.m. Donations requested for admission

May 9, 10

AUGUSTA -- Home-schoolers of Maine's convention returns for another year as the Maine Homeschool Exchange—May 9th and 10th in Augusta. This is HOME's 35th year providing encouraging and informational workshops, family-friendly activities, and fellowship for homeschool families.

Bring the entire family for a full range of experiences for all ages! You won't want to miss the opportunity to come together and connect with fellow homeschoolers throughout Maine and beyond! For more information, see homeschoolersofmaine.org/events-services/annual-convention/



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
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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.

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

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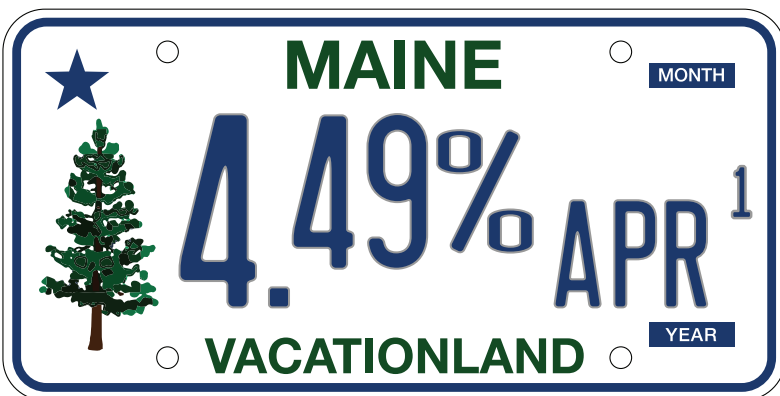
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