

Town of Gorham clarifies changes to Maine license plates

Plate Type	Class Code	Two Step Process	Plate Image	Plate Type	Class Code	Two Step Process	Plate Image
ANTIQUE	AQ	No		LOWSPEED	LS	Yes	
BUS	BU	Yes		MOTOR HOME	MH	No	
COMBINATION	CM	No		PASSENGER CAR	PC	No	
COMMERCIAL	CO	No		PASSENGER CAR ALTERNATIVE	NT	No	
CUSTOM VEHICLE	CV	No		SPECIAL EQUIPMENT	SE	No	
DISABLED	DX	No		SPECIAL MOBILE EQUIPMENT	SM	No	
FARM	FM	No		STREET ROD	SR	Yes	
HIRE	TX	Yes		TRACTOR	TR	No	
HORSELESS CARRIAGE	HC	Yes		TRACTOR TRAILER 800 SERIES	TT	No	

GORHAM, ME – Starting May 1, 2025, Maine’s Chickadee License Plates will no longer be issued. All vehicles with a Chickadee plate, including those with vanity or low-digit plates will receive one of the new Pine Tree Plates at the time of renewal.

In 2023, the legislature mandated that the Bureau of Motor Vehicles (BMV) replace all Chickadee plates starting May 1, 2025. Chickadee plates have aged, entered various states of disrepair, and lost their reflectivity. Over a single year, 1,200,000 Chickadee plates, which is 71% of all license plates in Maine, will be replaced by Pine Tree or No Tree license plates.

You may be asking, why is this so important? Unlike introducing a new specialty plate, this is cycling out our standard license plate. Beginning May 1, 2025, the Chickadee license plate will no longer be issued.

Reserving Your Li-

cense Plate

Every Pine Tree plate will come with a new license plate number. If you want to reserve your current Chickadee license plate number, you can! You just need to fill out some information and pay a one-time \$25 fee. The BMV offers four easy ways to do this.

You can:

- Go to an online portal we specially designed for plate reservations at: maine.gov/online/reserve-myplate

- Reserve while using Rapid Renewal at: maine.gov/online/bmv/rapid-renewal/

- Visit a branch office for assistance. To do this, go to maine.gov/sos/bmv/ and click on “Schedule an Appointment”

- Mail a paper form to 29 State House Station, Augusta, ME 04333-0029. To do this, go to maine.gov/sos/bmv/bmv-forms-and-applications and scroll down to “Registration Forms”

If you have a vani-

ty, low-digit or a number that you like, we urge you to reserve your plate now. Doing so will get the plate sent to you several weeks before your vehicle’s registration’s month of expiration.

If you reserve your current Chickadee license plate number at the time you renew your vehicle’s registration, you will pay the one-time \$25 at that point, and you will not get it that day. Instead, your plates will arrive within several weeks and until your new plates arrive you will continue using your Chickadee license plate.

Every Chickadee Plate Will Be Replaced

A general issuance does not just affect passenger plates. Instead, it will touch every single Chickadee license plate class. Once the issuance begins not a single type of Chickadee license plate will be issued. The new standard license plate for Maine will be the Pine Tree license plate.

2-step process

There are four class codes that are not carried at the municipalities, due to additional processing requirements. Bus (BU), Hire (TX), Low Speed (LS) and Street Rod (SR). Registrants will need to pay excise tax at their local town and then go to a BMV branch location to complete their registrations and receive their new license

See Plates, page 3

North Gorham Public Library holding spring Plant, Book Sale

GORHAM, ME – Spring is here! Flowers are in bloom, and on some days it’s warm outside! Here at the North Gorham Public Library, we’re getting geared up for our spring Plant and Book sale on Saturday, June 7, from 9 am to 1 pm.

Do you have any books or plants you’d like to donate?

Drop off books anytime the library is open, or if you only have a few, put them in our front door book drop. Please do not put books in the big green parcel container. We accept all books in decent condition except encyclopedias, textbooks, yearbooks, or Reader’s Digest condensed books.

Plants can be put in front of the library where the pavement begins or in the little driveway to the right. If you know the name of the plant, please add a label. We can dig up your plants for you if you need some help. You’re also welcome to donate plant pots, gardening tools, and other useful gardening





Spring Plant & Book Sale

NORTH GORHAM PUBLIC LIBRARY
2 STANDISH NECK RD, GORHAM
SAT. JUNE 7, 9 AM TO 1 PM

paraphernalia.

If you want to get in touch, please drop by the library, email libng@north-gorham.lib.me.us, or leave a message at 892-2575.

To keep you better informed about what’s happening at our library

and in our community, we will now be sending out a monthly newsletter instead of a quarterly one.

Thank you for your support,

Diane Atwood, Library Director

Debbie Ledoux, Library Assistant.

SHOE SHOW features footwear-focused art

RACHEL SEES SNAIL SHOES X WORKING LOOSE PRESENT

SHOE SHOW

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interpretation.

Beginning May 9th, Working Loose x Rachel Sees Snail Shoes will present “SHOE SHOW”, a multi-faceted group exhibition at Working Loose, in Blue Hill, Maine. It will showcase contemporary shoemakers working completely by hand including Bonnie Andrus, Laura Schoorl, Stella Harry Lee, Lauren Brinkers, Maya Miel, Jeremy Atkinson, Mollie Silva, Rachel Sees Snail Shoes, Reid Elrod, Jane Addams, and Vicky D’Incecco. It will include footwear-focused artwork by Lane Walkup, Elena Samuelson, Chris Fallon, Sam Finkelstein, Ariela Nomi Kuh, Cassie McGettican, Megan Reed, Mallory Anita Lawson and Adriana Lozano Roman. We will also feature colorful historical folk footwear from across the last century, and a few pairs of designer/ vintage pieces curated by James Rowland Shop. At the culmination of the show in June, Rachel Sees Snail Shoes will host 2 immersive sandalmaking workshops for those who want to bring their own designs to life. SHOE SHOW promises to be an energizing view on the traditional art


See Shoe, page 14

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Newsmakers, Names & Faces

Local psychologist shares cure for rising aggressions

PORTLAND, ME — Licensed psychologist, professional speaker, and executive coach John M. O'Brien acknowledges hate and division have become a more prevalent part of our society. In his latest book, *Rudeness Rehab*, he suggests readers look inward to transform our world. We can easily identify how violent or aggressive behavior have a negative impact on those involved and even those who witness it. But what about the more subtle but nonetheless negative behaviors of rudeness and incivility? This book is about getting you to think about the less obvious ways that we treat each other poorly and the negative impacts that these behaviors can have on the physical and emotional health of ourselves and our loved ones. Through a mental-health-based approach to awareness using tools like breathing, active listening, and compassion, you'll learn how to better handle any rude situation.

AWARDS

Rudeness Rehab has received several awards and honors, including:

Literary Titan Gold Book Award (Nonfiction: Winner)

Author Shout: Reader Ready (Top Pick 2025)

New England Book Festival 2024 (Nonfiction, Winner)

Digital Books Today (Winner, First Place, Self-Help)

International Firebird Book Award Winner (Judges Choice)

Health/Wellness/Wellbeing (First Place)



John M. O'Brien Ph.D. is a professional speaker and executive coach who helps individuals and organizations create lower stress work environments that ignite employee engagement, increase productivity and strengthen profitability. He is a licensed psychologist, professional speaker, and executive coach in Portland, Maine with an over 30-year career in the mental health field as a clinician and adjunct faculty member at the University of Maine at Augusta. John is the author of the recently released book, *"Rudeness Rehab: Reclaiming Civility in the Workplace and Your Home Space."*

PRAISE for Rudeness Rehab:

"In a world of noise, this is the calming voice we all need in our ear."

—The Digital Books Today Literary Awards Judges

"Whether you're a professional seeking to improve workplace interactions, a parent teaching child the value of respect, or simply someone aiming to cultivate more meaningful relationships, *Rudeness Rehab* is an essential

read. Through a masterful combination of reflection, research, and practical guidance, John O'Brien delivers a powerful call to action for fostering kindness and respect in an increasingly uncivil world."

—Literary Titan

"Have you ever wished you could go back in time and remove all the rude things you've told other people? Have you ever regretted doing something or saying something that led to a bad mental state for yourself and others? If the answer to any of these is 'Yes', then this book is for you and all of us who are guilty of doing an action we didn't want to. Most of us are guilty and depressed for a certain time because of something brash we might've said before. How to deal with it? How to avoid doing the same act again? Read the book *Rudeness Rehab* by John M O'Brien to find out!"

—Book Nerdiction: "Must Read"

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

Over 150 stunning dahlia varieties available at Bowdoinham sale

BOWDOINHAM, ME - May 17th, 9am-2pm, flower lovers and garden enthusiasts, rejoice! The highly anticipated annual Dahlia Tuber Sale is back, featuring an extraordinary selection of over 150 unique and vibrant dahlia varieties. This is a rare opportunity for gardeners of

all levels to get their hands on premium-quality tubers just in time for the planting season.

From classic favorites to rare and unusual blooms, this collection includes an incredible range of colors, shapes, and sizes—perfect for cutting gardens, show gardens,

or simply adding a touch of summer magic to your backyard. Whether you're drawn to the dramatic dinnerplate dahlias or the intricate pompons, there's something here for every floral taste. We can't wait to see you there!

27 Main St Bowdoinham, ME

Midcoast Symphony Orchestra honors former executive director

TOPSHAM, ME —

The Midcoast Symphony Orchestra (MSO) community lost an invaluable member when John Teller, who worked tirelessly to raise funds, promote the orchestra, and recruit musicians, passed away on Monday, April 28. To honor his memory, Music Director Rohan Smith has decided to begin the program for the upcoming MSO concerts on Saturday, May 17, and Sunday, May 18, with the second movement of Beethoven's Symphony No. 7.

Teller, an oboist, joined the MSO in 1999, served as the first ever executive director of the MSO for almost two decades beginning in 2000. During that time, the orchestra began its residencies at both the Orion Performing Arts Center in Topsham and the Franco Center in Lewiston; hired Music Director Rohan Smith, now in his twenty-first season with the MSO; and oversaw a campaign to create the MSO's cash reserve which has kept the community orchestra on solid financial footing even during the COVID pandemic.

Teller stepped down from his role as executive director in 2018 but remained in charge of the Friends of the MSO volunteer group, served on the



John Teller (photo credit Jeff Morris)

board of directors and occasionally played with the orchestra. His successor as executive director, Carol Preston (MSO violinist since 2000 and concertmaster), said "He left very big shoes to fill as the executive director, and he gently guided me during my first year—as a volunteer by then."

He continued to personally greet audience members at the Orion up to and including the MSO's March concert this season and was for many people the face of the organization

he helped develop into its current 80-musician ensemble. In short, Teller helped take the MSO from a chamber orchestra to the full-sized symphony orchestra it is today.

Mary Hunter, MSO violinist and former board president, said "John was one of a kind. He was extraordinarily humble and endlessly generous, but brilliant at drawing musicians, audiences and donors into his boundless enthusiasm for the orchestra."

Before joining the MSO, Teller retired from 30 years employment with a pharmaceutical company as a Medical Sciences Liaison in Cardio-Vascular Diseases.

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Newsmakers, Names & Faces

Thornton Academy students welcomed at State House

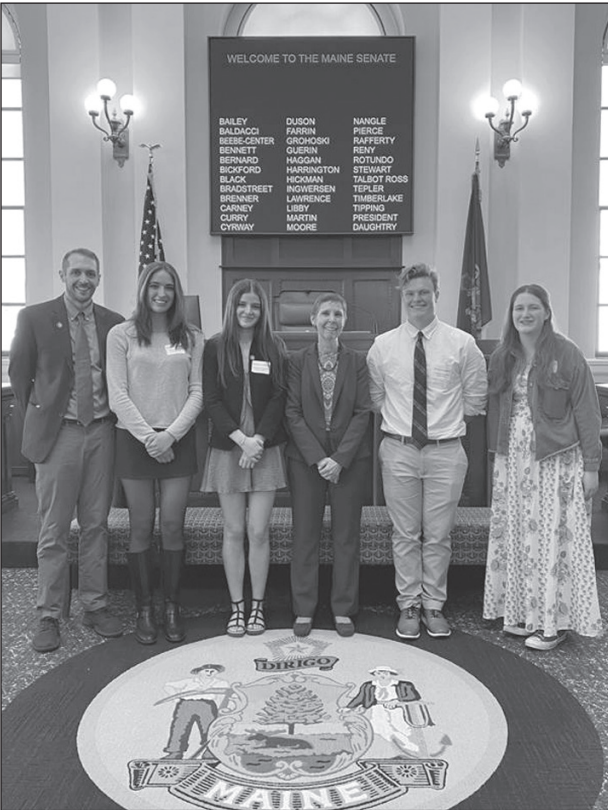


Sen. Donna Bailey, D-Saco, with Anika Manning, Lauren Carrier, MacKenna Durkee, Jackson Howard and Brandon Parise at the Maine Association of Independent Schools event in the Hall of Flags

AUGUSTA, ME – On Wednesday, April 30, Sen. Donna Bailey, D-Saco, met with Thornton Academy high school students Lauren Carrier, MacKenna Durkee, Jackson Howard and Anika Manning, as well as their chaperone and history teacher, Brandon Parise, at the State House.

“Between serving on the Student Council, applying to West Point and enrolling at American University, these students are contributing to their school community and making big plans for their futures,” said Sen. Bailey. “As the State Senator for Saco, where Thornton Academy is located, I am always thrilled to meet individual Golden Trojans, especially at the State House. Whenever I meet students here, I hope it sparks an interest in public service and state government. After all, students represent the future.”

Several of the students serve on the Student



Sen. Donna Bailey, D-Saco, with Brandon Parise, Anika Manning, MacKenna Durkee, Jackson Howard and Lauren Carrier in the Senate Chamber

Council and they are a mix of juniors and seniors. The students tabled on behalf of the Thornton Academy

in the Hall of Flags as part of an event with the Maine Association of Independent Schools.

June 10 is Gorham’s School Budget Validation Election

GORHAM, ME – A School Budget Validation Election will take place on Tuesday, June 10, 2025

Absentee Ballot requests are now available. You can request a ballot by calling the Town Clerk’s office at 222-1670. Ballots

will be mailed out the second week in May and may be returned after May 13, 2025.

You can vote absentee in person at the Town Clerk’s office after May 13, 2025. Last day to request or vote an absen-

tee ballot is June 5, 2025 at 5pm. Ballots need to be returned by June 10, 2025 at 8pm.

Plates

Continued from page 1

There is one class code that is only carried at the BMV administrative office in Augusta. Registrants with a Horseless Carriage (HC) license plate will need to pay excise tax at their local town and then go to a BMV branch location. The branch will call the BMV registration section for a Horseless Carriage license plate number and issue a temporary license plate, registration and stickers to the registrant. The BMV registration section will mail the new Horseless Carriage license plate to the registrant.

Disabled Motor Vehicle (WX) license plate will be replaced by the Motor Home (MH) license plate.

Once the issuance begins, customers with a WX license plate will receive an MH license plate in its place when they go to their town office to renew. The BMV’s registration section will send a letter to those affected by this change, along with an issued hand-

icapped placard if the current registrant doesn’t already one.

FAQs
Why are we getting a new standard issue license plate?

The American Association of Motor Vehicle Administrators has recommended a reissuance every 10 years. This is to ensure plates are properly maintained and in legible condition. Maine’s last general issuance was in 1999.

When will the Pine Tree and No Tree license plates arrive?

The BMV and its partners will begin circulating the new general issue plate on May 1, 2025.

Why do I have to pay a one-time fee of \$25 to reserve my license plate?

The license plate reservation fee is required of the BMV by Title 29-A Section 461.1.

If I have a Chickadee license plate, do I have to get a Pine Tree or No Tree license plate?

If you do not want the new standard issue license plate, you can get a specialty license plate. How-

ever, if you do not get a specialty license plate, you will be required to have a Pine Tree or No Tree license plate.

Can I get a No Tree license plate?

The No Tree license plate is only available if you have a Passenger (PC) license plate. Every other Chickadee license plate must get the Pine Tree license plate.

If I get a new license plate number, what changes?

Your license plate number is important to multiple aspects of your daily life. It a vehicle identifier for law enforcement, how you utilize EZ Pass, and much more. If your current Chickadee license plate number is used with a service and needs to be changed, it is important you do that as quickly as you can when you get your new license plate after the issuance begins.

You may contact the BMV Registration Section with questions or comments at: (207) 624-9000 ext. 52149 or by email at registrations@maine.gov.

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

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Friends and I began paddling the Contoocook River near Henniker, New Hampshire in the spring over three decades ago. In recent years, the renowned whitewater river has become a favorite with members of the Penobscot Paddle and Chowder Society (PPCS).

The Contoocook is usually one of the earliest Maine or New Hampshire rivers to experience ice out in the spring. Since it has a substantial watershed that provides a relatively large flow, it can be paddled into the summer during rainy years.

A three-mile sector between Hillsborough and Henniker is the main attraction. The river drops an impressive 50-feet per-mile in this exciting stretch of whitewater. At most water levels, it's rated Class III/IV by American Whitewater (AW).

Two rapids in particular warrant the careful attention of paddlers. The first is mile-long S-turn, rated Class III+ by AW. The big kahuna is a famous Class IV rapid called Freight Train. A lot of excitement is packed into this relatively short section of river.

As usual, senior Chowderheads with the PPCS began monitoring the online gauge for the Contoocook this spring. We were in search of an acceptable level for our aging skills. Early on, readings were higher than our preferred flow which is between 7.0 and 8.5 on the gauge.

In mid-April, the Contoocook news improved. The gauge dropped below 8.5 and a sunny, warm day was predicted. My retired friend, Eggman DeCoster, and I began formulating plans. At the last moment, the fates delivered a setback; his truck broke down and was in the garage.

I had a solution. My plan was to pick him up and bring a bike for the shuttle. This was not a particularly novel idea, since it's fairly common to bike a shuttle on the Contoocook.

We drove to the launch site In Hillsborough where there is a small parking area and a short path leads to the river. After unloading boats and leaving Eggman behind, I motored to the takeout in Henniker where I left my vehicle and biked back.

The Contoocook

starts out with Entrance Rapid around the first bend. The steep gradient and powerful volume was immediately apparent. Our first big water experience of the year was pushier than expected.

Next was Broken Dam Falls, a Class III. We entered the abrupt descent on the left to avoid submerged debris that remains from an old dam and hurtled rapidly downstream to the bottom.

After progressing through easy Powerline Rips, we entered S-turn on the right. A long, winding complex falls, we carefully weaved through feisty waves while avoiding large boulders and numerous potentially boat flipping pourers. Our S-turn adventure ended with a plunge over a ledge drop.

Shortly below, we stopped on the right shore to check the river gauge. The level was just a little over 8 feet, a Goldilocks flow for seniors.

Modest rapids follow to the beginning of Freight Train. Initially the demanding falls appears quite benign. That dramatically changes when the river angles slightly right where it narrows and steepens.



A canoeist successfully completes Class IV Freight Train on the Contoocook River in NH



Eggman DeCoster looks for an eddy at the bottom of S-turn Rapid



A paddler begins a ferry to the takeout on the Contoocook River

From the boaters' vantage point, all that can be seen are large breaking waves tumbling between huge boulders.

The AW website recommends staying in the middle to avoid nasty pour overs and pinning rocks. I respectfully disagree. I

start right to avoid some violent waves, try to catch an eddy, and then move out into the middle.

As planned, we started on the right side of the wave train aiming for the anticipated eddy. I missed and was being pushed down the risky right shoreline backwards. Eggman was faced with the same dilemma. We hastily ferried around a boulder and out into the middle. Dodging a series of tumultuous waves, I counseled myself to roll if I capsized.

For a brief moment in time, nothing else mattered except crashing through waves while trying to remain upright. Despite our early lack of control, we enjoyed an exhilarating successful descent.

We navigated through easier whitewater to the takeout on the left immediately below the second of two steel truss bridges. Time didn't permit a second run. That was alright, we'd had our share of excitement for one day.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates exciting escapades on the nine best whitewater rivers in Maine.

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



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Don't delay -- Book now to donate blood, platelets

Bath is getting brighter this spring – one splash of color at a time!

PORTLAND, ME — The American Red Cross encourages the public to schedule their May donation appointment before summer gets into full swing. Year-end school ceremonies, sporting events and celebrations are expected to fill evenings and weekends, and patients are counting on donors to also make blood donation a priority.

Emergencies can happen anywhere, at any time, without a moment's notice. By giving blood to the Red Cross, donors can help ensure blood is ready for patients in the most critical situations. Give blood or platelets during Trauma Awareness Month this May to keep hospitals prepared for all transfusion needs, including emergencies. Type O blood donors and donors giving platelets are especially needed right now:

Type O negative is the universal blood type

and can be transfused to any person, no matter their blood type. This makes it essential in the most dire situations.

Type O positive blood is the most used blood type because it can be transfused to Rh-positive patients of any blood type.

Platelets are often needed to help with clotting in cases of massive bleeding.

Make blood donation a priority in May and help accident victims and other patients in critical situations. Schedule a time to give now by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App. Those who come to give May 1-18, 2025, will receive a \$20 e-gift card to a merchant of choice. Those who come to give later in the month, May 19-31, 2025, will receive an exclusive American Red Cross solar lantern, while supplies last.

Plus, all who come to give in May will be automatically entered for a chance to win a U.S. trip of their choice for two. Full details can be found at RedCrossBlood.org/May.

Upcoming blood donation opportunities

Androscoggin
Auburn
5/20/2025: 9 a.m. - 2 p.m., Hilton Garden Inn Auburn, 14 Great Falls Plaza

Cumberland
Gorham
5/15/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road
Yarmouth
5/16/2025: 11 a.m. - 4 p.m., American Legion Post 91, 196 Main St
Gray
5/20/2025: 12 p.m. - 4:30 p.m., American Legion Gray, 15 Lewiston Rd
South Portland
5/20/2025: 9 a.m. - 1:30 p.m., American Legion, 413 Broadway.

BATH, ME — Are you ready to Think Spring? Come get colorful at the first annual Spring Colors 5k and Half-k Color Run hosted by Bath at Play, Sunday May 18.

“We’re incredibly excited to host the first-ever Spring Colors color run in Bath.” Says John Byram, President and founder of Bath at Play. “We aim to bring our Midcoast community together in a swirl of color, laughter, and purpose — all to celebrate Spring and support Bath at Play’s mission to make Maine a more joyful, active, and playful place for everyone.”

Participants will enjoy a beautiful out and back un-timed 5k course through scenic downtown Bath bursting with its own spring colors. Participants will begin and end their color run at the lovely Bridge Park on the banks of the Kennebec River. Volunteers will be scattered along the course wafting those puffs of colored powder to runners. For the littler runners, a shorter 1/3 rd mile closed course around Bridge Park is available and they can do



as many half-k color loops as their legs (and t-shirts) can handle. The timing of the two runs means that the 5k participants will run first and can meet back up with their littles to get an added color burst for the half-k.

run begins at 9:15AM.

Registrations for 2025 are limited to 250 participants. For more information and to register please visit <https://springcolors.bathatplay.org>.

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Ronald McDonald House to host Purses with Purpose

NEW GLOUCESTER, ME — Ronald McDonald House Charities® (RMHC) of Maine is excited to announce the 20th Annual Purses with Purpose fundraiser, taking place on Thursday, June 5, 2025, from 4:00 to 6:30 p.m. at Pineland Farms in New Gloucester.

This beloved annual event combines community, compassion, and a touch of glamor, all to support the families served by RMHC Maine. Guests will enjoy an evening of delicious appetizers, exclusive silent and live auctions, and heartfelt moments celebrating the impact of RMHC’s mission.

This year’s event will be hosted by WMTW Channel 8’s Jon Chrisos and features a special performance



Ronald McDonald House Charities® Maine

by Maine’s American Idol, Julia Gagnon, along with a guest appearance by Maine’s Funniest Mom, Karen Morgan.

Auction items range from stylish handbags and spa packages to luxury experiences and sparkling jewelry, with something for everyone. All proceeds directly benefit Ronald McDonald House programs in Portland and Bangor, helping families stay nearby while their child receives healthcare.

Tickets are on sale now and are expected to go

quickly. Don’t miss your chance to be part of this unforgettable evening of purpose and celebration. To purchase tickets, visit <https://rmhcmaine.org/events/>

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Ludwig van Beethoven

Allegretto (second movement) from Symphony No. 7

Joseph Haydn

Symphony No. 83 in G-Minor, “La Poule”

Sergei Prokofiev

Symphony No. 5 in B-Flat Major, Op. 100

Free Events at the Franco Center

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Intermission:

Linnea Turesson, violinist & Ronan Sands, cellist

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Arts & Entertainment

Maine-ly Harmony Barbershop Chorus

GARDINER, ME – Maine-ly Harmony Barbershop Chorus rehearses at the Highland Ave. United Methodist Church, 31 Highland Ave., in Gardiner, Maine, on Wednesdays 6:30 to 9:00 pm. We recently held our installation of officers, left to right, Members at large, Deanne Bangs, Lynn Izzi; Vice President, Christine Rogerson; President, Barbara Combs; Treasurer, Janet Croshaw Dunham; and Secretary, Colleen O’Loughlin.



Photo by Sue Staples

Women of all ages should contact Dee Dumais are welcome to join us and at deedumais@gmail.com.

Help craft the plan for Gorham Open Space, Trails

GORHAM, ME – The Town of Gorham is creating an Open Space & Trails Master Plan to help guide and prioritize future opportunities for open space preservation, protection of critical wildlife habitat and corridors, recreation access agricultural preservation and trail connections. This plan is being developed in recognition of the Town’s historic past on agricultural and natural

resource based economies, anticipated commercial and residential development needs, and the anticipated impacts of a changing climate and natural resource disturbances. A survey inviting public input to identify opportunities, connections, and issues to address ran between February and May 1, 2025.

Public Open House Event

All are invited to at-

tend a Public Open House event hosted by the Town of Gorham’s Open Space and Trails Master Plan & Steering Committee to continue conversations and provide the opportunity for public participation in the planning process.

When: Wednesday, June 9, 2025, 6 to 8pm

Where: Burleigh Loveitt Council Chambers, Gorham Municipal Center (75 South Street).

Clothes galore at Gorham’s Mission of Hope Clothes Closet

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

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

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

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

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


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

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The Little Prince

May 9 & 10 at 7:30 pm • May 11 at 2:00 pm
May 15, 16 & 17 at 7:30 pm • May 18 at 2:00 pm

BY RICK CUMMINS AND JOHN SCOLLAR.
ADAPTED FROM THE BOOK BY ANTOINE DE SAINT-EXUPÉRY.






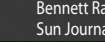
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Maine festival to showcase young filmmakers

WATERVILLE, ME — The 28th Maine International Film Festival (MIFF) is fast approaching, and this year brings with it a special opportunity for Maine students to showcase their film projects before an international audience with professional filmmakers from around the world. The Maine Student Film + Video Festival (MSFVF) will be held Saturday, July 19, during the final weekend of MIFF28.

Maine-based students in grades K–12 are eligible to submit their short films to the festival program by June 15. Selected shorts will be shown on the big screen at the Maine Film Center (MFC) during MIFF, providing the next generation of Maine moviemakers the rare opportunity to see their work presented in the highest quality audiovisual projection in the state. Participating students have the chance to win professional filmmaking gear or a \$500 grand prize sponsored by Maine Public.

Students can visit mainestudentfilm.org for more information and to submit their projects by June 15.

“It’s an incredible opportunity for students and young filmmakers to screen their works as part of an international film festival,” said Mike Perreault, executive director of the Maine Film Center and MIFF. “They’re able to make connections with filmmakers from Maine and around the world and gain, perhaps, their first experience exhibiting their work to a general audience. With free admission for the public and several prizes in store at each edition of MSFVF, we’re proud to



celebrate the best young filmmakers in Maine in this way.”

In the past year, MFC has gained momentum with new filmmaking workshops and camps for youth, led by MFC Operations Coordinator Raynor Ahlstrin-Muniec and Waterville Creates’ Education Manager Lisa Wheeler.

“It’s very important to provide Maine children with as many opportunities as possible to explore their passions and create art that matters to them,” Ahlstrin-Muniec said. “Between MSFVF and our youth film classes throughout the year, MFC’s goal is to help foster the next generation of Maine filmmakers and encourage them to proudly express their creativity and feel comfortable experimenting with film and other media.”

MIFF, the largest film festival in Northern New England, offers audiences a unique experience, showcasing the latest international cinema from around the world while simultaneously foregrounding Maine-made projects. Last year’s full 100-film program featured 40 countries, but also 22 films that were produced right here in Maine. By sustaining a year-round emphasis on young talent, with MSFVF as the centerpiece, MFC hopes to encourage further development of the state’s film industry.

“Championing the young filmmakers of Maine and encouraging them to continue creating will result in a stronger film industry, both in Maine and worldwide, and hopefully demonstrate to would-be directors and filmmakers that making your first film is much easier than expected,” Ahlstrin-Muniec added. “Plus, it’s not every day that you get to see your short film screened in the cinema in front of a packed audience!”

A project of the Maine Film Center, MIFF showcases 100 films during the 10 days of the festival, highlighting the best of American independent, international, and repertory cinema, including the very finest Maine-made productions, celebrated each year with the Tourmaline Prizes. During MIFF, thousands of cinemagoers from near and far will visit the Maine Film Center’s three-screen cinema in the Paul J. Schupf Art Center, and enjoy screenings in the 123-year-old Waterville Opera House. The festival’s diverse audience includes Waterville locals who have attended the festival for nearly three decades and first-time visitors to Maine from all over the world.

In addition to MSFVF, the Maine Film Center will be announcing more filmmaking workshops and camps for youth this summer.

2025 USA Club Rugby D3 Women’s+ Champions!



MAINE — PWRFC+ is a USA Club Rugby team that is part of the New England Rugby Football Union (“NERFU”). Our team members range in age from those right out of college to those in their mid-40s. We are students, health care workers, teachers, parents, and more. We practice and play in our spare time for fun and for the love of the game.

Last fall we won the NERFU D3 Women’s+

Championship. As a result, this past weekend we represented not just Maine, but also New England, in the 2025 USA Club Rugby Atlantic Super Regionals (“ASR”) held in Newport, Rhode Island, which is the highest level of competition for women’s+ D3. ASR featured D3 teams from 3 other Unions:

DC Revolution (Capital Rugby Union - representing Maryland, Virginia, and

DC)

North Bay (Eastern Penn Rugby Union - representing Pennsylvania, Delaware, and New Jersey)

Union Mudturtles (Empire Rugby Geographical Union - representing New York, New Jersey, and Connecticut)

In early May, we defeated North Bay 40 - 33 and went on to beat the DC Revolution 35 - 12 in the championship match!

AARP Maine seeks nominations for Champion in Aging Award

PORTLAND, ME — AARP Maine announces a call for nominations for its second annual Champion in Aging award, which will be presented to a nonprofit organization in Maine that has demonstrated an innovative commitment to serving older adults in the state.

Organizations nominated for the award are required to be recognized by the Internal Revenue Service with a status of 501©3, 501©4 or 501©6. Eligible organizations must have advanced an activity or initiative for at least two years that is specific to older adults (50+) and consistent with AARP’s mission: “to enhance the quality of life for all as we age.”

“AARP Maine’s annual Champion in Aging award celebrates an exceptional, local nonprofit organization that has advanced

meaningful initiatives consistent with AARP’s mission which are specific to older adults in the Pine Tree State,” said Noël Bonam, AARP Maine State Director. “Through this award, we recognize innovation, inclusion and a deep commitment to enhancing the lives of older Mainers and their families.”

The award’s nomination period ends July 15, 2025. Nomination forms may be requested by sending an email to me@aarp.org. The recipient of the 2025 Champion in Aging award will be announced at AARP Maine’s annual meeting in the fall.

The winner of AARP Maine’s inaugural Champion in Aging award was Healthy Peninsula, whose mission is “to mobilize, support, and collaborate with community partners

to improve the health of all residents of the Blue Hill Peninsula, Deer Isle and Stonington.” Upon receiving the award in 2024, Executive Director Anne Schroth said, “Healthy Peninsula is thrilled to be recognized by AARP Maine for our work with older Mainers. At a time when healthcare and community-based resources are becoming harder to navigate, we are proud to work with our many age-friendly community partners to address barriers to healthy aging with creative, collaborative programs and services.”

To learn more about AARP and our work in Maine, visit www.aarp.org/me and follow us on social media @aarpmaine. For more information about volunteering with AARP Maine, click here.

Addressing alcohol use disorder in the workplace

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

Alcohol use has become so deeply woven into our cultural fabric that its consumption often goes unquestioned. But a growing body of research signals a troubling trend: high intensity drinking is up among middle-aged adults, who make up a significant portion of today’s workforce.¹ This demographic shift has not gone unnoticed. Earlier this year, the former U.S. surgeon general warned about the rising burden of cancer linked to alcohol consumption, and research funded by the National Institutes of Health indicates that 35- to 50-year-olds reported the

highest prevalence of binge drinking ever recorded for this age group.² Moreover, in Maine, 17.1% of adults reported binge drinking or heavy drinking in 2023.³

A growing health and workplace concern

Excessive alcohol consumption is both a personal health issue and a public health crisis with serious implications for employers. Chronic, high-risk drinking has been linked to heart disease, liver failure, mental health challenges, and increased cancer risk. At the same time, other stressors—including economic uncertainty, job pressures, and post-pandemic burnout—are likely fueling higher rates of unhealthy alcohol use. According to the American

Psychological Association, 77% of workers reported experiencing work-related stress in the past month, a key contributor to substance misuse.⁴

Employees struggling with alcohol use disorder miss an average of 32 workdays per year, contributing to over 232 million missed workdays annually in the U.S. The ripple effect—reduced productivity, increased health care costs, and turnover—translates to an estimated \$81 billion in annual losses for U.S. businesses.⁵

Recognizing the signs

Common signs of Alcohol Use Disorder (AUD) in the workplace include employees not meeting

See Disorder, page 12

Sen. Collins announces \$8.5M for Resiliency Center in Lewiston

WASHINGTON, D.C. — Today, U.S. Senator Susan Collins announced that the Maine Resiliency Center will receive an \$8,526,240 grant from the U.S. Department of Justice’s (DOJ) Office for Victims of Crime (OVC). The funding is being supported through OVC’s Antiterrorism and Emergency Assistance Program (AEAP). This grant will go toward the Maine Resiliency Center’s critical work to provide support to those affected by the October 25, 2023, mass shootings in Lewiston. Senator Collins

contacted Attorney General Pam Bondi to strongly advocate for funding for the Center.

“The Lewiston shooting robbed the lives of 18 innocent people and shook the community and our entire state to its core. A year and half later, others injured are still recovering from that horrific day. As the community works to rebuild, the Maine Resiliency Center remains a critical part of this recovery process. I am thankful this federal funding will go toward supporting these efforts,” said Senator Collins.

“We launched the Maine Resiliency Center in the wake of the awful tragedy in Lewiston to create a space dedicated to providing support, resources, and hope to help the local community heal and thrive. This funding will allow this important work to continue for victims, their families, first responders, and the larger community. We are so thankful to Senator Collins for her efforts and helping to secure this critical support,” said Jim Martin, LCSW, Chief Executive Officer of Community Concepts.

Wild Seed Project supports Westbrook Middle School

AUGUSTA, ME – The Maine Department of Education (DOE) continues to promote climate education opportunities for school districts statewide with the recent publication of the Maine Climate Literacy Plan.

In the spring of 2024, the Maine DOE convened a taskforce to develop this statewide climate education plan, designed to support the Maine DOE Climate Education Program, which launched in 2023. This program takes a place-based, interdisciplinary approach to helping students learn more about our planet’s climate system and how it works.

So far in its three-year pilot, the Maine DOE Climate Education Program has supported nearly 30 locally-designed climate education professional learning opportunities throughout the state—including 10 underway this school year. Some examples include:

MSAD 17

Elementary, middle, and high school students in MSAD 17 are engaging in a wide range of experiential, environmental education programs through a partnership with Roberts Farms Preserve and



RSU 34 teachers participate in professional learning at the Hirundo Wildlife Preserve as part of the Maine DOE Climate Education Program.

the Center for an Ecology-Based Economy. Advisory groups made of teachers throughout the district help to guide and lead curriculum efforts. MSAD 17 recently expanded its capacity for this climate education work by unveiling a new experiential learning building at Roberts Farm Preserve.

Westbrook Middle School

Westbrook Middle School has a robust farming and environmental education program right in its own backyard. This year as part of the Maine DOE Climate Education Program, the middle school has hosted an educator from the Wild Seed Project three days a week to help teachers explore and learn more about the natural en-

vironment. Teachers work with the Wild Seed Project educator to integrate interdisciplinary lessons for students throughout the school day. This programming is set to continue throughout the spring.

RSU 34

RSU 34 in Old Town is wrapping up a busy year of programming through the Maine DOE Climate Education Program in partnership with the RiSE Center at the University



MSAD 17 students enjoy time at Roberts Farm Preserve as part of the Maine DOE Climate Education Program.

of Maine. This initiative has focused on braiding together Indigenous knowledge and Western science to develop climate education curricula and support teacher professional learning. Celebratory events for this program will be hosted on Thursday, May 29, and Friday, May 30, at the UMaine Orono campus.

Call for item donations: Shaker Barn Sale!

NEW GLOUCESTER, ME – If you’ve been following the progress of the Shaker Barn repairs, you know it’s in its final phases. The structural repairs are done, and we have to raise money for new exterior siding, a roof, painting, windows and doors, and re-grading around the building. We’re almost there!

We’re planning a fun and exciting fundraiser, and we hope you’ll help! We hope it will help you clear some household clutter while giving to a great cause.

On Saturday, June 14th, we will host an old-fashioned barn sale, professionally run with services donated by Constant Galore Estate Sales, and all proceeds raised will be used to complete the barn project this summer. Please help us bring this three-year project to a close!

As you’re doing spring cleaning around your house this year, please consider donating unwanted items that might be someone else’s treasures. We’re looking for clean, complete, and working items that retain some resale value. The barn is huge, and we have a lot of space for the barn sale. Here’s a list of the things to give you ideas about what you might have spare around your house to get your creativity flowing:

Furniture, antiques, household items, clean kitchen-wares in working

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condition, collectibles, recreational/sports equipment, knick-knacks and decorative items, artwork, jewelry, toys and games in good condition, usable craft supplies, hand tools and power tools, patio and outdoor items, baskets and vases, garden tools and supplies, anything new-in-box, pet supplies and equipment.

We cannot accept mattresses, box springs, or firearms.

We’re accepting donations now through Sunday, June 8th.

The donation process is simple: Pack your items into boxes and load up your car. We’ll open the barn door, and you’ll have plenty of room to offload and there will be signage. Drop-off at the Shaker barn can occur Sunday through Saturday from 8am-5pm. If you need assistance, please contact us.

Together, we’ll complete the barn as a lasting monument to the Shaker Farm and all the ways that the Shakers have contributed, and continue to

See Sale, page 14

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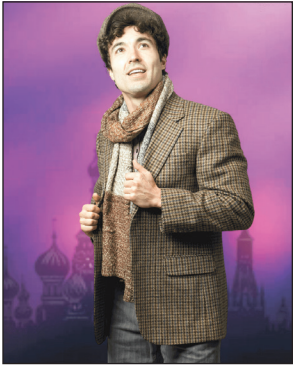
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MSMT opens season with *Anastasia: The Musical*



Coleman Cummings. Photo courtesy of MSMT/Fulton Theatre.



Lila Coogan. Photo courtesy of MSMT/Fulton Theatre.



Gregory Lee Rodriguez. Photo courtesy of MSMT/Fulton Theatre.

BRUNSWICK, ME – Maine State Music Theatre (MSMT) is thrilled to launch its highly anticipated 2025 season with the sweeping Broadway musical *Anastasia: The Musical*, running June 4–21 at the Pickard Theater in Brunswick. A co-production with Lancaster, Pennsylvania’s renowned Fulton Theatre, *Anastasia* whisks audiences from the twilight of the Russian Empire to the dazzling lights of 1920s Paris in a grand tale of mystery, courage, and self-discovery.

Based on the beloved 1997 animated film, *Anastasia: The Musical* follows Anya, a brave young woman haunted by fragmented memories of a royal past. With the help of a dashing con artist named Dmitry and his endearing friend Vlad, she sets off on a thrilling quest to uncover the secrets of her identity—discovering love, belonging, and a place to call home along the way.

With a book by four-time Tony Award winner Terrence McNally (*Ragtime*, *Master Class*), music by Stephen Flaherty, and lyrics by Lynn Ahrens—the award-winning team behind *Ragtime* and *Once on This Island*—*Anastasia: The Musical* is a sweeping romantic epic that dazzles with soaring melodies, dynamic choreography, and richly detailed period costumes. The lush score features beloved favorites like “Journey to the Past” and “Once Upon a December.”

The production stars: Lila Coogan as Anya (Broadway: *Mary Poppins*, National Tour: *Anastasia*)

Coleman Cummings as Dmitry (National Tour: *RENT*)

Nick Gaswirth as Vlad (Broadway: *How To Dance In Ohio*, *Natasha, Pierre & The Great Comet of 1812*)

Mary Ernster as Dowager Empress Maria (Broadway: *War Paint*)

Gregory Lee Rodriguez as Gleb (National

Tour: *Les Misérables*)

Amanda Rose as Lily (Broadway: *Merrily We Roll Along*, *Wicked*)

Five local young performers will alternate the roles of the Romanov children:

Alexa Largay, Alison Largay, and Rya Redding (*Little Anastasia*)

Milo Fantigrossi, and Bentley Milliano (Alexei Romanov)

The ensemble features:

Mark Aldrich, Sierra Anastasi, Rachel Alvarez-Robinson, Paul Amrani, Bailey Blaise, Greta Cardoza, Bryan Fortunato, Erin Gonzales, Tauren Hagens, Payton Hines, Matthew Irani, Andrew Love, Sabina Martin, Christopher Page-Sanders, Stephen Petrovich, Lauren Steinert, Dylan Stukenberg, Todd Turner, and Gisella Amari-sa Watts.

Directed and choreographed by Kenny Ingram

Music Direction by Kevin Stites

Scenic Design by William James Mohney



Costume Design by Shannon Slaton
Jeff Hendry
Props Design by Meg
Lighting Design by Valentine
Samuel Biondolillo
Wig Design by Kevin
Sound Design by S. Foster II

Video Coordination by Luis Garcia
Fight Choreography by Preston Cuer
Casting by Jamibeth Margolis, CSA
Anastasia: The Musical is inspired by the Twentieth Century Fox Motion Pictures by special arrangement with Buena Vista Theatrical, and from the play by Marcelle Maurette as adapted by Guy Bolton.

Anastasia: The Musical is presented by arrangement with Concord Theatricals. For more information, visit concordtheatricals.com.



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Maine Nurse Practitioner Association celebrates 30 years



PORTLAND, ME — The Maine Nurse Practitioner Association (MNPA) marked its 30th anniversary—its Pearl Anniversary—with a celebratory “Cheers to 30 Years” event during its annual conference. The milestone honored the association’s decades-long commitment to advancing nurse practitioner practice and improving access to care across Maine.

U.S. Senator Angus King sent a message recognizing Maine’s nurse practitioners for their service and leadership, offering his strong support for the profession. “I think one of the

most important things I did as governor was sign that bill,” remarked King in a video message. Secretary of State Shenna Bellows, former Senators Dale McCormick, Phil Harriman, and Jill Goldthwait also shared words of encouragement, underscoring the critical role NPs play in the state’s healthcare system.

A highlight of the evening was a special book signing by several pioneers of nurse practitioner Full Practice Authority in Maine, coinciding with the release of their new book chronicling the journey to legislative and professional

independence. Their stories reflect the dedication and perseverance that have shaped NP practice both locally and nationally.

“The MNPA has been a driving force in ensuring high-quality, accessible healthcare for all Mainers,” said MNPA President, Lori Towne. “This anniversary is a celebration of where we’ve been—and the bright future ahead.”

Founded in 1994, MNPA continues to be the voice of nurse practitioners in Maine, advocating for clinical excellence, policy advancement, and professional unity.

4 tips to help Maine residents save on health care costs

By Caitlin McCormick, UnitedHealthcare of New England

Better understanding of health care costs should be an important part of any family’s financial plan. Medical costs continue to rise year-over-year and can have an impact on your wallet.¹ In fact, nearly 9% of Maine adults avoided health care due to costs in the previous year, according to new data from America’s Health Rankings.²

Resources and benefits may be available to help support whole-person health and may help people save more money in 2025. Here are 4 tips to consider:

1. Consider health plans designed to help you shop for care. Price transparency and rising health care costs have long been an issue in health care.¹ Prices can vary by hundreds or thousands of dollars for the same services within the same city. Until recently, many consumers did not have a simple and convenient way to compare their health care and cost options ahead of time. Fortunately, that is starting to change.

Some employers

now offer more modernized health plans to their workforces that offer upfront costs and care options to help people shop for health care like they shop for other products. Talk to your employer about what benefits may be available to you.

2. Take advantage of financial incentives and wellness programs. You may be able to earn rewards through your health plan for activities like your annual wellness visit, getting certain preventive screenings or completing a health survey. Some employers offer wellness programs that aim to help individuals better manage costly chronic conditions.

3. Don’t forget about other core benefits. Dental and vision plans may help you save money and access care while supplemental health benefits like accident, critical illness and hospital indemnity insurance may help provide financial protection and greater peace of mind.

Many dental plans include coverage for preventative care including dental cleanings and oral cancer screenings. Some plans offer extra benefits like

additional cleanings and gum maintenance during pregnancy at no additional cost. You may also have access to teledentistry services that provide a clinical consult 24/7 in addition to your regular preventive care.

4. Access preventive care. Remember to schedule your annual wellness exam and preventive screenings. Health plans usually cover preventive care, which means you may pay \$0 out of pocket for certain covered preventive services if you go to a network provider. Additionally, consider options like virtual visits for non-emergency care. Virtual visits may be both cost-effective and more convenient.

These strategies may help you make more informed health decisions and may help you save more money. Talk to your employer and health plan about what benefits are available to you for 2025.

1 Health Care Cost Institute, <https://health-costinstitute.org/>

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

Living strong: Maintaining bone health, preventing falls

Contributed by Dr. Steven Angelo, Chief Medical Officer, UnitedHealthcare Medicare & Retirement of Maine

As we grow older, women – and men – begin losing bone density and mass, which may make us more susceptible to bone-related conditions and injuries. Falls are a leading cause of injury among older adults, often resulting in fractures and other serious health issues, according to the U.S. Centers for Medicare and Medicaid Services (CMS). With many older adults wanting to live independently as long as possible, good overall health is crucial. Maintaining strong bones and preventing falls may help.

Know your numbers – CMS recommends women 60 or older receive a bone density scan, also known as a DEXA bone

scan, as bones change due to menopause and decreases in estrogen. The bone scan measures the mineral content, particularly calcium, to determine bones’ density. Based on the results, providers may recommend treatments. This test is generally covered under Medicare and other health plans.

Understand your risks – While bone density naturally decreases over time, the amount, speed, and impact of loss may be slowed so take stock of what you eat and drink, and how much you exercise and move. Also, review your family’s health history to help determine what health conditions may be hereditary. Be sure to share this with your physician.

Eat right and exercise – Consider including foods high in Vitamin D and calcium as part of a well-balanced diet. Dis-

cuss with your health care provider the possibility of incorporating weight-bearing exercises into your workout routine. Activities like walking, jogging, and exercises that improve balance and coordination might be beneficial. New to exercise? Start off slowly as any additional movement can have benefits as you gain strength.

Make your surroundings fall-proof – Look around your home – inside and outside. Can you safely pass by tables, chairs, and other furniture? Are all the rugs and floorboards secure? Are there grab bars and handrails? Are bare floors slippery, even when dry? What about outside your home? Are there holes, cracks, uneven spots? Address these obstacles and other worries to make your home safer inside and out.

Dress for safety – In addition to ensuring clothes do not drag the floor – a potential trip hazard, be mindful of what you are wearing on your feet. Wear rubber-soled shoes or sneakers, or slip-proof socks or slippers. Specifically designate these as “inside wear only” if you do not want to track the outside dirt and grime into the home.

See Falls, page 12

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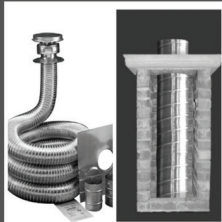
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Annual Plant, Bake and Green Elephant Sale is back

BUXTON, ME – It is time for the First Congregational Church of Buxton, Tory Hill Meetinghouse, annual sale and it is going to be a great one. First, plants, plants, plants...annuals, perennials, herbs and more; secondly, baked goods of all kinds, and lastly, a green elephant table with a variety of used pots, garden tools, lawnmowers, spreaders, etc.

Also, this year we are offering a variety of general lawn sale items as well. And don't forget to save room for one of our famous hot dogs and a beverage.

Please come and check out our great sale! We are located at the junction of Rte 112/Rte 202, look for the signs, this is a rain or shine event!

Saturday, May 17th from 9:00 – 1:00.

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A MAINE TRADITION, JUST LIKE YOU REMEMBER

Initiatives support Maine Asian American Community Center

PORTLAND, ME – Khmer Maine is proud to announce the launch of a \$50,000 Donor Matching Challenge in support of Maine's first Asian American Community Center, alongside the debut of a special AANHPI coffee blend in partnership with Coffee By Design. These initiatives mark the beginning of Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month, a time to celebrate the rich histories, cultures, and contributions of AANHPI communities in Maine and across the country.

The matching challenge is made possible by a generous lead gift from Tess Gerritsen, internationally bestselling author and Maine resident. Every dollar donated to the campaign during the month of May through October 31st, 2025, will be matched—doubling the impact of community contributions up to \$50,000.

“What a wonderful idea for Maine: a place where everyone can learn about Asian cultures, join in their festivities, hear their languages, and sample their wide variety of foods,” said Gerritsen. “It promises to be an enriching place for all.”

Gerritsen, a retired physician turned author, is best known for her Rizzoli & Isles thriller series, which inspired the long-running TNT television show. Her work has been translated into 40 languages, with more than 40 million books sold worldwide. Her 32 novels include *The Summer Guests*, *The Spy Coast*, *Gravity*, and *The Surgeon*.

To coincide with the challenge, Coffee By Design has released a limited-edition AANHPI Blend in support of the capital campaign. This expertly crafted medium roast incorporates beans from Sumatra, Papua New Guinea, and India KaadKaapi, with tasting notes of grapefruit and molasses. For every 16oz bag sold, \$2.00 will be donated to the campaign.

“At Coffee By Design, we believe everyone deserves a seat at the table—and that means taking the time to understand and respect the diverse values, beliefs, and traditions that make up the fabric of our communities,” said Mary Allen Lindemann, Co-Founder of Coffee By Design. “In these challenging times, the Asian American Community Center offers a powerful vision of hope and belonging. It’s a space that brings people together and deepens appreciation for the Asian American communities that have long helped shape Maine. We’re proud to support this project and help raise both awareness and funds to make it a reality.”

Funds raised through these efforts will go toward the AANHPI community’s ambitious \$10 million capital campaign to build Maine’s first-ever Asian American Community Center. Envisioned as a welcoming hub for education, cultural celebration, and intergenerational gathering, the center will house programming for youth and elders, language and arts classes, wellness initiatives, advocacy efforts, and resource navigation.

“This center is about belonging,” said Marpheen Chann, Executive Director of Khmer Maine and project lead for the development of the center. “It’s about creating a space

See Community, page 14

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AARP Maine thanks Senator Susan Collins

PORTLAND, ME — AARP Maine commends the reintroduction of the Credit for Caring Act, legislation that would provide financial relief to eligible working family caregivers. The bill, co-sponsored by Senator Susan Collins, offers up to a \$5,000 nonrefundable federal tax credit to help offset caregiving expenses, addressing the significant personal and financial sacrifices caregivers make to support their loved ones. On average, family caregivers spend over \$7,200 annually—26% of their income—on out-of-pocket expenses.

“Family caregivers play an essential role in supporting their loved ones and keeping our communities strong, yet they often face steep personal and financial challenges,” said Noël Bonam, AARP Maine State Director “The Credit for Caring Act represents an investment in our families, our economy, and our values. We thank Senator Collins for co-sponsoring the bill and we urge Congress to pass this legislation to ease the challenge on family caregivers and help



them continue their vital work.”

More than 166,000 Mainers are caregivers who dedicate themselves to caring for aging parents, spouses, and others in need, enabling them to remain in their homes and communities. However, caregiving often comes at a steep personal cost. Sixty-one percent of family caregivers nationwide work either full- or part-time, but many have had to cut back on work or leave their jobs, sacrificing income, retirement savings, and financial security.

“You have to give so much more of yourself time, money, energy,” says Carol, a Maine caregiver. “There never seems to be enough. Then you feel so guilty feeling that you can’t do enough. Caregivers need way more help financially, physically and mentally than they get. I loved my mom, but it was hard.”

The Credit for Car-

ing Act addresses these challenges by providing a nonrefundable federal tax credit of up to \$5,000 for specific caregiving-related expenses, such as home care aides, adult day services, home modifications, and respite care.

Caregivers provide immense economic value by delaying or avoiding costly institutional care. Collectively in Maine, they contribute an estimated 155 million hours of unpaid care annually. An AARP analysis estimates that if caregivers aged 50 and older received better workplace support, the U.S. GDP could grow by an additional \$1.7 trillion in 2030.

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

2025 Immigrant-Led Organizations (ILO) Fund
Funding Opportunity Announcement

Maine Initiatives is now accepting applications for the 2025 Immigrant-Led Organizations (ILO) Fund.

The ILO Fund supports immigrant-led organizations whose work advances immigrant, refugee, and asylum seeker flourishing in Maine, unceded Wabanaki Territory. All immigrant, refugee, and migrant-led organizations are encouraged to apply and will be eligible for grant awards.

APPLY HERE
for eligible organizations

Applications due by **May 9th, 2025 11:59 PM ET**

Disorder

Continued from page 7

deadlines, experiencing memory impairment, or showing distress when alcohol isn’t available. They may have unusual difficulty completing everyday tasks, disappear

for no apparent reason or frequently call in sick or show up late. It’s important to note that not all people who struggle with alcohol use will exhibit the same symptoms. These behavioral and physical signs aren’t always connected to

alcohol.⁶

Supporting your workforce

To mitigate these challenges, employers can implement strategies to support their workforce.

Promote the use of Employee Assistance Programs (EAPs). Actively communicate the availability of counseling services offered through EAPs. These programs, which are generally offered at no cost to employees, offer support for those struggling with alcohol use, including referrals to addiction specialists and treatment programs.

Offer a comprehensive network of providers.

Falls

Continued from page 10

Stay aware – Maintaining annual well visits may help address health issues and concerns early, including bone health. And if something seems not quite right, say something.

While we cannot prevent all injuries no matter how careful we are, maintaining strong bones, gaining strength, and improving balance may lessen the impact of a fall and speed recovery – even from other injuries. So, bone up on your health for a stronger

future.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

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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Work with a benefit provider that offers an extensive network of healthcare providers specializing in substance use disorders and behavioral health. Providers that offer specialized care can offer personalized care plans, including in-person and virtual treatment options to help employees receive the right level of support tailored to their needs.

Facilitate digital health solutions. Offer digital health solutions that provide accessible and flexible support for employees. These can include educational content to help your workforce understand the impact of alcohol consumption and problem drinking, as well as self-screening tests, virtual support groups, telehealth services, and app-based tools to help them access care discreetly and conveniently.

Foster a supportive work environment. Training managers to recognize the signs of alcohol use disorder and providing them with resources to support their teams may help create a more supportive and understanding environment. Regularly communicating the availability of resources and support can also reduce stigma and encourage employees to seek help.

By taking proactive steps to address alcohol use in the workplace, employers can help create a supportive and productive environment, reduce the financial burden of alcohol use disorders, and improve overall employee well-being.

1 American Addiction Centers, 2024, <https://americanaddictioncenters.org/rehab-guide/addiction-statistics-demography>

2 National Institutes of Health, 2023, <https://www.nih.gov/news-events/news-releases/marijuana-hallucinogen-use-binge-drinking-reached-historic-highs-among-adults-35-50>

3 America’s Health Rankings, 2023, <https://www.americahealthrankings.org/explore/measures/ExcessDrink>

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

5 Harvard Health Publishing, 2017, <https://www.health.harvard.edu/blog/working-on-addiction-in-the-workplace-2017063011941>

6 Alcohol Rehab Help, 2022, <https://alcoholrehabhelp.org/addiction/alcoholism-work>

6 Alcohol Rehab Help, 2022, <https://alcoholrehabhelp.org/addiction/alcoholism-work>

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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-

Calendar

Send your submissions to the Editor. More online.

brary, 49 Spring Street.
Sundays
LEWISTON -- Lewiston Farmers’ Market held every Sunday, May 11th-November 23rd from 9:30am-1:00pm. Hours change to 11:00am-1:00pm beginning first Sunday in November. Located at 2 Oxford St., Lewiston

May 15
AUBURN -- “Moving past fear—to healing”, a talk at 7:00 pm by practitioner of Christian Science healing and international speaker, Lisa Troseth at First Church of Christ, Scientist, 79 Lake St., Auburn. The talk will focus on universal healing precepts found in the Holy Bible, especially in Christ Jesus’ life and teachings, showing how they are available for anyone to understand and experience through the lens of Christian Science. This event is free, open to the public, and sponsored by First Church of Christ, Scientist, Auburn-Lewiston. Child care available upon request: 207-782-0012

May 15
BUXTON -- Thursday, May 15, 5PM Buxton Town Hall, 185 Portland Road. Buxton Library Writers’ Presentation Melody ML Norris, Author, Designer & Photo Preserva-

tionist Presents The Fine Art of Creating Attention Grabbing Book Covers; Sue Cassidy, Author, Discusses her journey to publishing a children’s book: Ladybugs and Ellie Go Camping. “Campfire Tales and Trails” A kids guide to reading and activities in the great outdoors. Light Refreshments. Free. FMI: Lorraine Lindstedt lindcabin@gmail.com

May 16
FALMOUTH -- Women in Harmony: “Love and Justice” Friday, May 16 at 7:30 pm, Saturday, May 17 at 3:00 pm, Falmouth Congregational Church, 267 Falmouth Rd, Falmouth, ME. Tickets: \$15 in advance at wihmaine.org

May 16
GARDINER -- The first ArtWalk of the year is coming up on May 16th from 5-8pm and it will kick off many anniversary celebrations to mark 20 years of highlighting the arts in Gardiner!

May 17
BUXTON -- Saturday, May 17th from 9:00 – 1:00 The Annual Plant, Bake and Green Elephant Sale at First Congregational Church of Buxton. We are located at the junction of Rte 112/Rte 202, look for the signs, this is a rain or shine event!

May 17

LEWISTON, TOPSHAM -- “Ethereal Weaves of Air” Saturday, May 17, 2025, 7:00 p.m. - Franco Center, Lewiston and Sunday, May 18, 2025, 2:30 p.m. - Orion Performing Arts Center, Topsham

Coleridge-Taylor Perkinson: Rondo: Allegro Furioso (from Sinfonietta No. 1); Joseph Haydn: Symphony No. 83 “La Poule”; Sergei Prokofiev: Symphony No. 5 in B flat, Op. 100; Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for anyone 25 and under.

Student Musicians in the Heritage Hall at the Franco Center (part of the “More with Midcoast” series) Saturday, May 17, 6:15pm - pianist Ryan Sweet; Saturday, May 17, intermission - cellist Ronan Sands and violinist Linnea Turesson

Open Rehearsal with Music Director Rohan Smith (part of the “More with Midcoast” series) Sunday, May 18, 2025, 1:30 p.m. - Orion Performing Arts Center, Topsham

For more information about the concert or “More with Midcoast,” visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoastsymphony.org.

Community

Continued from page 11

where Asian Americans in Maine can see themselves reflected and celebrated—

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not just during AANHPI Heritage Month, but all year round. This campaign is a community-driven effort to honor our stories, invest in our future, and ensure Maine communities benefit for generations to come.”

The capital campaign is supported by Khmer Maine in partnership with Watt Samaki Temple, the Filipino American Samahan of Maine, the Chinese American Friendship Association of Maine, and a growing coalition of AANHPI community members throughout the state. Once built, the center will be a first-of-its-kind cultural and community facility in Maine and a major step forward in recognizing and resourcing the state’s growing AANHPI population.

The matching campaign runs through October 31, 2025. Donations can be made online at www.aac-cmaine.org. The AANHPI Blend will be available at Coffee By Design locations

and online at www.coffee-bydesign.com.

Sale

Continued from page 8

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Shoe

Continued from page 1

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Opening Reception: May 9th 5-7pm Sandal Workshops | Cost: \$350/person Session I - Sunday June 8th, 10am - 5pm Session II - Monday June 9th, 10am - 5pm Pre-registration required, more information can be found at www.workingloose.com
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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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To purchase your ticket today, visit <https://tinyurl.com/JH-2025GiveYourVoiceAll-Stars>.

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