

Dragons and family fun come to The Public Theatre

44th Median Iris Spring Flower Show returns to Auburn

LEWISTON, ME — On Sunday, May 18 at 2pm, The Public Theatre will present The Tanglewood Marionettes in their production of The Dragon King, perfect for children ages 4 and up and their families.

When a terrible drought overtakes the land, a courageous grandmother journeys to the bottom of the sea in search of the elusive Dragon King (the ruler of all things water) to discover the answer to why he has not brought rain to their land in a very long time.

Get ready for colorful sea creatures, an exciting adventure, and a Drag-



on King that will knock your socks off in this award-winning production and underwater fantasy based on Chinese folklore.

Run time is approximately 50 minutes and all tickets are \$15.

The Dragon King will be performed on Sunday May 18th at 2pm at The Public Theatre located at 31 Maple St in Lewiston. For tickets visit thepublictheatre.org or call 782-3200.



AUBURN, ME — We would like to welcome you to the Maine Iris Society's 44th Median Iris Spring Flower Show! Join us at the Auburn Middle School, 38 Falcom Drive, Auburn, Maine on Saturday, May 24, 1:30 to 4:00 pm. Get ready to feast your eyes on a stunning display of colorful iris flowers and spring blooms.

Whether you're a seasoned gardener or just love flowers, this event is perfect. Admission is FREE and open to the public! Don't miss out on the chance to admire these beautiful flowers up close. Mark your calendars and come celebrate the beauty of spring with us! Potted plant sale, too! Come and vote for your favorite iris stalk or spring flower!

Hope House's Family Support Center opens spring Free Market

LEWISTON, ME — Hope House's Family Support Center kicked off its spring season of Free Markets Saturday, May 3rd at their 91 College Street location in

Lewiston. The Free Market will be open on Saturdays from 10am-noon. This week will feature gift baskets for all mothers and many drawing prizes for mothers

as well. The Free Market features fresh fruits and vegetables, bakery items, packaged foods, housegoods, diapers, and spring clothing for all who come.

"The Rise of Balloons" this year at L-A Balloon Festival



for guests to experience the thrill of ballooning without leaving the park. During a tethered ride, a hot air balloon rises 30 to 60 feet off the ground while remaining securely anchored, offering sweeping views of the park and city.

"The festival isn't just about watching balloons fly across the sky," said Mell Hamlin, LABF Committee member. "It's about stepping into the magic and thrill while supporting our community. For decades this festival showcases the best of Lewiston Auburn during the peak of Maine summer. As always, our goal is to make it an immersive ballooning experience where you don't just spectate, you participate while supporting local non-profits."

LABF remains a signature summer event in Maine, drawing tens of thousands of visitors from across the world each year. It began as a creative way to spotlight the region's vibrant small businesses and nonprofits. Today, the event spans both banks of the Androscoggin River, offering live music, car shows, a parade, and a makers' market.

The festival is free and open to the public with something for ev-

See Balloon, page 3

Volunteers needed to honor deceased veterans

LEWISTON, ME — The L/A Veterans Council and the City of Lewiston are asking the community to volunteer for an important annual effort to honor local veterans: placing American flags at their gravestones ahead of Memorial Day.

In accordance with a state law enacted in 2001,

municipalities across Maine are required to place individual American flags at the grave of every veteran buried in their cemeteries. In Lewiston, this means placing approximately 7,500 flags across 13 cemeteries.

While smaller cemeteries are often supported by nearby residents, the

city's two largest cemeteries, Riverside and St. Peter's, require additional volunteer support. Service organizations have adopted these sites over the years and coordinate the effort, but due to the scale of the project, more community help is needed.

Flag placement details:

Riverside Cemetery, 192 Summer Street, Lewiston

Saturday, May 17, 2025, at 8:30 AM

Rain date: Saturday, May 24, 2025, at 8:30 AM

Approximately 1,800 flags to be placed

Coordinated by the Knights of Columbus

Contact: Leo

See Veterans, page 14

LEWISTON, ME — The Force will be strong over Lewiston this summer as the Lewiston Auburn Balloon Festival (LABF) blasts off with a Star Wars theme from Fri., Aug. 15 to Sun., Aug. 17 at Lewiston's Simard-Payne Memorial Park, 46 Beech St.

This year's theme, "The Rise of the Balloons," is an out-of-this-world experience for hot-air balloon lovers, cosplay enthusiasts, and families seeking an unforgettable weekend of fun, flight, and fandom. The LABF committee, a collaboration of staff and residents from the cities of Lewiston and Auburn, brings the intergalactic theme to life with 16 hot air balloons, including four special shapes that are sure to turn heads.

Festival planners are excited to announce the return of tethered balloon rides, a perfect opportunity

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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

Central Maine Healthcare celebrates National Nurses Week

LEWISTON, ME — Central Maine Healthcare (CMH) understands how integral our nurses are to the health of our community and there is no better time to let them know this than last week’s National Nurses Week, May 4-11.

Whether they are caring for patients at CMMC, Rumford Hospital, Bridgton Hospital or one of our many practices, our nurses are critical frontline professionals who ensure every patient receives high quality care.

“I want to take this moment to thank each and every nurse at our three hospitals, the Cancer Care Center, and our practices for their dedication, hard work and compassionate care,” said Michelle Kap, MS, RN, chief nursing officer. “Whether they’re caring for patients with



cardiac issues, cancer or helping deliver newborns – I deeply appreciate their commitment to our patients, their families and our community.”

The theme for this year’s National Nurses Week was “The Power of Nurses”, shining a national

spotlight on nurses as the driving force behind compassionate care, innovation and transformative changes in healthcare. These highly skilled professionals influence healthcare systems, advocate for patients and promote health and wellness.

MEMIC announces partnership with Portland Hearts of Pine

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

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

ate lasting, positive change.

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

Founded in 1993 during Maine’s workers’ compensation crisis, MEMIC has spent more

than 30 years revolutionizing workplace safety and reducing lost-time injuries by more than 60%. Now, as Portland Hearts of Pine prepares for its inaugural season, MEMIC is proud to support this new chapter in Maine’s sporting history.

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

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

See Community, page 14

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Balloon

Continued from page 1

everyone from sci-fi fans in full Storm Trooper mode to families in awe of the glow of balloons airlifting into the sky, to dancing the night away with Saturday night’s headliner band,

Motor Booty Affair.

Organizers invite local businesses, organizations, and individuals to consider sponsorship opportunities. For more information, email at labf@lewistonmaine.gov. To check the event schedule,

book a ride, and get the latest updates, visit www.la-balloonfest.org or like/tag/follow LABF social media pages at facebook.com/la-balloonfest.

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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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7:00 PM • Franco Center, Lewiston

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

SHOE SHOW features footwear-focused art

BLUE HILL, ME — Who hasn't marveled at a shoe and its miniature architecture? Another venue for form and function to duke it out. A shoe, like a chair, becomes an extension of the human body, exuding symbolic power, universal appeal, humor and beauty. Shoes— these everpresent functional sculptures— are always a ripe vessel for fresh 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 includ-

ing 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 and allure of the handmade shoe.

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

Working Loose 49 Main Street, Blue Hill, ME Gallery Hours | Tuesday - Saturday 10am - 5pm (closed daily from 1pm-2pm for lunch/dog walk).

Matter Of Mind: My Alzheimer's screening in Auburn

AUBURN, ME — Indie Lens Pop-Up, presented by ITVS, INDEPENDENT LENS, and Auburn Public Library will host a screening of "Matter of Mind: My Alzheimer's," followed by a discussion. "Matter of Mind: My Alzheimer's" explores how family dynamics change when a loved one is diagnosed with Alzheimer's disease.

Nearly 7 million people in the United States are living with Alzheimer's disease, and family and friends of those living with dementia provide 18 billion hours of unpaid care each year. "Matter of Mind: My Alzheimer's" follows three families and the unique challenges of their loved ones' diagnoses, delving into their lived experiences. Going beyond the statistics, the film explores how this disease impacts identities and roles in relationships—when one partner becomes a caregiver or how both parent and



child are transformed when the traditional role of provider is reversed.

WHAT: Free preview screening of "Matter of Mind: My Alzheimer's" followed by a community discussion

WHO: Presenters: Indie Lens Pop-Up and the Auburn Public Library

WHEN: Thursday, May 22, 2025 - 3:30 to 5:30 PM

After the screening, Auburn Public librarians will host an engaging and informational discussion about Alzheimer's and resources for people impacted by the disease, how becoming a caregiver for

a parent or partner transforms relationships, the impact of community support, and more.

"Matter of Mind: My Alzheimer's" will debut on May 5, 2025, at 10 p.m. ET on PBS and the PBS app (check local listings).


For more information, visit Independent Lens.

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

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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The Dragon King

by Tanglewood Marionettes

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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.

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

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.

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.

Bailey Library to host award-winning writer Claire Hersom



WINTHROP, ME — The Bailey Public Library in downtown Winthrop will host local writer Claire Hersom on Wednesday, May 28th at 6:30 p.m. The talk will focus on Hersom’s debut novel “Smithville Junction,” and is the first in the 2025 Winthrop Lakes Region speaker series that started in 2010.

Hersom is a native Mainer whose work has

appeared in several poetry journals and anthologies, as well as in Yankee Magazine’s New England Memories series. Her book “Drowning: A Poetic Memoir” was used as a textbook by the Rockland UMA Campus for Human Services.

Hersom was awarded an Emerging Artist Grant in Literature from the St. Botolph Club Foundation

of Boston. Her poem “Norman Lee” was awarded first place by the Maine Poets Society as Best Poem about Maine. She lives in Winthrop and has three grown children and several grandchildren.

The event is free and open to the public. For more information call the library at 207-377-8673 or visit www.baileylibrary.org.

Horses improving mental health with Riding to the Top

WINDHAM, ME —Riding To The Top (RTT) is excited to announce their participation in Seen Through Horses 2025—a nationwide public awareness and fundraising campaign promoting the mental health benefits of working with horses. Seen Through Horses is a peer-to-peer campaign that will run through the month of May and coincides with Mental Health Awareness Month, a time when conversations around mental health will be elevated around the country.

Mental health does not discriminate and statistics show that one in five people in the U.S. will be affected by mental illness, with depression being the number one cause of disability worldwide. Two-thirds of people with mental illness never seek help, and of those who do, only about 50% find traditional talk therapy successful (NAMI, 2020). What we have seen, however, is that experiential work with horses can bring about profound changes in people who struggle with mental health issues. This can be through direct therapy services (Equine Assisted Psychotherapy), or can be through equine-assisted learning and therapeutic riding—services that are not direct mental health therapy, but can improve one’s overall health and wellness by making con-

Riding To The Top is an official Charity Partner for the

seen through HORSES

HORSES FOR MENTAL HEALTH 2025 CAMPAIGN






Scan here to support RTT!

(L to R): Riding To The Top is thrilled to be part of the second, sector-wide awareness and fundraising campaign, Seen Through Horses 2025.

nections with these powerful, sentient beings.

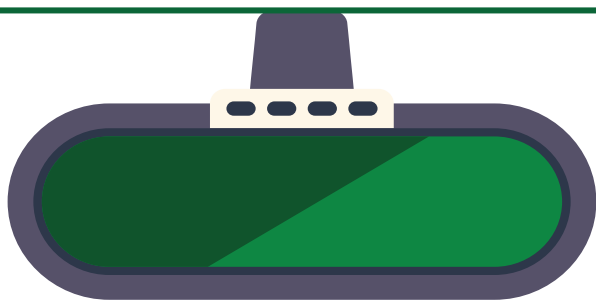
“We are thrilled to be part of this campaign that will bring awareness and as well as important funds to organizations who seek to improve access to equine-assisted services. Riding To The Top is a PATH Intl. Premier Accredited Center, and while we do not provide direct mental health services, we witness daily the changes that happen when people and horses work together—from physical well-being, to social-emotional connections and improved self-confidence, to overall enhanced mental health and wellness. Our volunteers also frequently comment on how much better they feel after working with our amazing equine partners. We are grateful to be part of the Seen Through Horses campaign,” said Sarah Bronson, Executive

See Horses, page 11



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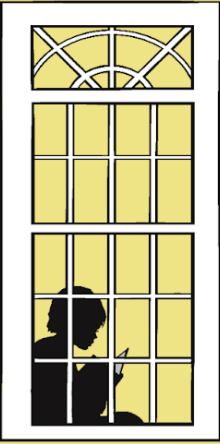
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New Gloucester library announces Spring Book and Bake Sale



FRIENDS

of the

New Gloucester Public Library

NEW GLOUCESTER, ME — The Friends of the New Gloucester Public Library are pleased to invite the community to their annual Spring Book and Bake Sale on Sunday, June 8, 2025, from 12:00 to 3:00 p.m. at the New Gloucester Community Building located at 381 Intervale Road.

A members-only preview sale will be held earlier that day from 11:00 a.m. to 12:00 p.m. Community members who are not yet members of the Friends are welcome to join on the day of the event to gain early access and support the Library.

The Friends book and bake sale is a beloved New Gloucester tradition, dating back as early as the 1960s, when discarded library books were first offered for sale to raise funds. Today, the event brings residents together to browse gently used books while enjoying homemade cookies, bars, and other baked treats - just in time for summer reading.

Book donations are welcomed and may be dropped off at the New Gloucester Public Library (379 Intervale Road) during regular open hours. The Friends are especially seeking children's books as well as adult fiction and nonfiction. Donations are limited to two cartons or four grocery-sized bags per household. Please ensure all items are clean and free of odors, mold, or mildew. Due to space limitations, the Friends are unable to accept Reader's Digest Condensed Books, encyclopedias, textbooks, magazines, VHS tapes, DVDs, or CDs. Note that containers will not be returned and staff are unable to assist with unloading.

Established in 1989, the Friends of the New Gloucester Public Library is a 501(c)(3) nonprofit organization dedicated to enhancing the Library's programs and services. The Friends provide funding for events, materials, museum and park passes, and community engagement initiatives. Notable efforts have included landscaping projects, educational workshops, and participation in town-wide events such as the Community Fair and the annual Tiny Timber tree lighting.

For more information or to learn how to become a member of the Friends, please visit the Library, the Friends website (www.friendsnewgloucesterlibrary.org) or follow The Friends of the New Gloucester Public Library on social media.

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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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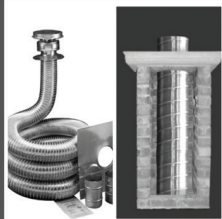
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Wild Blueberry Weekend launches t-shirt design contest

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

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

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

Must include the words “Wild Blueberry

Weekend”

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

Must NOT include the year 2025

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

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

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

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

Why Enter? Maine’s Fifth Annual Wild Blue-

berry Weekend celebrates the state’s beloved native fruit, drawing thousands of visitors annually to explore wild blueberry farms, meet local farmers, and enjoy blueberry-inspired foods and experiences. This T-shirt contest is a fantastic way to become part of the tradition and leave a lasting artistic mark on the event.

About Wild Blueberry Weekend

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

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



T-Shirt Design Contest!

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

We can't wait to see your creativity!

Winner receives:

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

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





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



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Horses

Continued from page 8

Director.

Riding To The Top’s mission is enhancing health and wellness through equine assisted services. As we join the

equine and mental health sectors around one message, shared together during the month of May, we encourage you to help us spread awareness of our services. You can support

Riding To The Top leading up to and during the campaign, by visiting <https://sth2025.raiselysite.com/riding-to-the-top-therapeutic-riding-center> and making a donation.

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.

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.

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Sat - 8 am to 2 pm
Sun - 8 am to Noon

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.

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

niently.

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>

ics/by-generation

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>

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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

Calendar

Send your submissions to the Editor. More online.

browse our ever changing selection! Auburn Public Library, 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 Preservationist 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 wih-maine.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@midcoast-symphony.org.

May 17
BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season’s charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to https://www.uubrunswick.org/events/.
House of Hamill - Sat, May 17, 2025 at 7:30 pm. Doors open 7:00 pm.

The upcycled Celtic folk trio, House of Hamill, features Brian Buchanan and Rose Baldino of the Celtic folk-rock band Enter the Haggis. They are both accomplished traditional fiddle players and classical violinists, with over 25 years of writing and performance experience between them. They write unusual new fiddle tunes and exciting, unpredictable original songs while breathing new life into traditional and contemporary songs. A third full-time member, Caroline Browning, recently joined the duo, playing bass, mandolin, and vocals. Their

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music occupies a space between traditional Irish and sophisticated indie folk.

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

May 24
AUBURN -- Maine Iris Society presents its 44th Median Iris and Spring Flower Show, Saturday, May 24, 2025 at the Auburn Middle School, 38 Falcon Drive, Auburn, ME. 1:30 to 4:00 pm. Admission is free!

May 31
LEWISTON -- Join us for a Dinosaur Party Saturday, May 31st from 11am-12:30pm the Lewiston Public Library Children’s Department will be hosting a Dinosaur Party for children and families!

During this program, children will be able to engage in a variety of hands-on activities featuring dinosaurs. Some of the activities include a fossil dig, hatching dinosaurs from coffee ground eggs, creating dinosaur shadow lanterns, and making hand-print dinosaurs. Attendees will also be able to take photos in front of a Jurassic backdrop.

One take home bag of dinosaur goodies will be given to each child until supplies run out.

This program will take place in Callahan Hall on the third floor of the library. The program is free, all materials will be provided, and there is no registration required.

Community

Continued from page 3

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.coffeebydesign.com.

Veterans

Continued from page 1

Baillargeon, 207-577-7424
St. Peter’s Cemetery, 217 Switzerland Road, Lewiston (meet at the Mausoleum)

Saturday, May 17, 2025 at 10 AM

Rain or shine
Approximately 4,500 flags to be placed

Coordinated by the L/A Veterans Council

Contact: Jerry Dewitt, 207-576-0376

Volunteers will be assigned to small teams and given a section of the cemetery to cover. Because no master list of veterans exists, participants will walk row by row, reading gravestone inscriptions. If military service is noted, a flag will be placed.

No pre-registration is necessary. Volunteers may arrive directly at the cemetery at the scheduled time and will receive instructions on-site.

Recommended items to bring include:

Screwdriver (to help insert flagpoles into the ground)

Work gloves

Sneakers or boots (in case of wet grass)

Water bottle, sunscreen, bug spray, and hat

Hand sanitizer

Children and youth are welcome to participate if accompanied by an adult

Company or organization T-shirts may be worn to show community support

“This is a hands-on and heartfelt way to pay tribute to those who served, especially veterans who no longer have family to remember them,” said Jerry Dewitt of the L/A Veterans Council. “Thank you for your support of our veterans this Memorial Day.”

Questions may be directed to the Lewiston City Clerk’s Office or to the individual cemetery coordinators listed above.



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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 Light-house. 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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18-HOLE GOLF COURSE



WEDDINGS AND EVENTS

USM earns 2025-2026 Military Friendly School designation

PORTLAND, ME — For its strong support of students with military ties, the University of Southern Maine (USM) has met the standard to be designated a 2025-2026 Military Friendly® School at gold-level status.

USM's Military-Affiliated Student Hub (MASH) was integral in achieving the designation by coordinating a wide array of services and resources. The newly developed peer mentor program connects incoming student veterans with someone who understands the challenges of adjusting to campus life. Those students also have access to a dedicated lounge and workspace designed specifically for their needs. Financial aid is available through the Veteran Completion Scholarship. The MASH website has details on those offerings and more.

"At the University of Southern Maine, we are deeply committed to supporting the success and well-being of our student veterans and military-affiliated students," said MASH Director Lorrie Spaulding. "These individuals bring unique expe-



riences, leadership skills, and a strong sense of purpose to our campus community, and we are proud to create an environment that honors their service and supports their academic and personal goals."

Institutions earning the Military Friendly® designation were evaluated using both public data sources and responses from a proprietary survey. More than 1,800 schools participated in the latest survey with 830 earning special awards for going above the standard. The 2025-2026 Military Friendly® Schools list will be published in the May and October issues of G.I. Jobs magazine.

Methodology, criteria, and weightings were determined by Victory with input from the Military Friendly® Advisory Council of independent leaders in the higher education and military recruit-

ment community. Final ratings were determined by combining the institution's survey scores with the assessment of the institution's ability to meet thresholds for student retention, graduation, job placement, loan repayment, persistence (degree advancement or transfer), and loan default rates for all students and, specifically, for student veterans.

"Military Friendly® is committed to transparency and providing consistent data-driven standards in our designation process," said Military Friendly® Vice President Kayla Lopez. "Our standards provide a benchmark that promotes positive outcomes and support services that better the educational landscape and provide opportunity for the military community. This creates a competitive atmosphere that encourages institutions to evolve and invest in their programs consistently. Schools who achieve awards designation show true commitment in their efforts, exceeding the standard."

USM additionally earned a 2025-2026 Military Spouse Friendly School® designation.

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