

Story Hour kids visit North Gorham Fire Station



GORHAM, ME — A few weeks ago, Paula Boyce, who leads the North Gorham Public Library weekly Story Hour, read Mucky Truck to the children. It's a story about a little truck stuck in the mud, and a fire truck helps get it out. Paula wondered if any local firefighters could give them a tour of the North Gorham Fire Station and tell the children what it's like to be a firefighter. Her wish was granted.

Thank you, Captain Shane Enright, for making it happen, Tyler, from the Standish Fire Department, and Emma from the

Gorham Fire Department, for sharing your time and stories, and for passing out fire helmets. Your visit was a huge success!

Story Hour is in the library every Wednesday morning from 10:30 to 11:30. Join the group! Check our Facebook page for updates.

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

Riding To The Top is an official Charity Partner for the

seen through HORSES

HORSES FOR MENTAL HEALTH 2025 CAMPAIGN

Riding To The Top

Therapeutic Riding Center

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.

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 See Horses, page 3

UMaine Extension offering ServSafe certification course

FALMOUTH, ME — University of Maine Cooperative Extension is offering an 8-hour ServSafe® Food Protection Manager course on Tuesday, June 17, 2025, from 9 a.m. to 5 p.m. at the Cumberland County office, 75 Clearwater Drive in Falmouth. The course helps prepare attendees for the ServSafe® Food Protection Manager Certification exam, which will be administered immediately following the course.

This nationally rec-



Photo courtesy US Department of Agriculture.

ognized certification is for anyone working in the food industry, including nonprofit organizations. The course covers topics such as food safety; personal hygiene; preventing

cross-contamination; cleaning and sanitizing; time and temperature control; and receiving and storing food. Attendees will receive the ServSafe® Manager Book 7th Ed., a diagnostic exam and a practice exam approximately 2 weeks prior to the course. No refunds for the course will be issued.

The \$150 fee covers the class, materials and exam. Register and find more details at the program website. For more information or to request reasonable accommodation, call the Cumberland County office at 207.781.6099 or 800.287.1471 (in Maine). Registration closes June 3, 2025.

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 absen-

tee in person at the Town Clerk's office after May 13, 2025. Last day to request or vote an absentee ballot is June 5, 2025 at 5pm. Ballots need to be returned by June 10, 2025 at 8pm.

Cressey Road Christian Church in Gorham holding fundraiser sale

ALL CHURCH PERENNIAL, BAKED GOODS, &

YARD SALE

GORHAM, ME — Cressey Road Christian Church, located at 81 Cressey Road, Gorham will be hosting a perennial and baked goods sale, along with a yard sale on Saturday June 7 from 9AM-2PM.

FMI Lorraine Lindstedt lindcabin@gmail.com.

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

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Newsmakers, Names & Faces

AARP News You Can Use – May 2025

First annual Lilac Festival at Viles Arboretum

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

Recently, I told a friend that I had a birthday coming up. It is a big one, the big seven zero. My friend quickly replied that I didn't look seventy at all. Which was nice, but it made me wonder what, exactly, seventy should look like? Is seventy the new sixty? Probably not, but it begs the question: what does aging look like in our modern society?

Gone are the days of retiring to your rocking chair on the front porch. Many Mainers continue to work well past the Social Security retirement age of 67. Maine's retirees and other older citizens are often active in many different ways in their communities as volunteers, advocates and as caregivers for family members.

Like every other stage in life, the current Baby Boomers are pushing out old stereotypes of aging and generating new ideas of what aging means. According to AARP's Aging Well in America: AARP's Vision for a National Plan on Aging report, one in five Americans will be over 65 by 2030. How we age as a generation will depend upon how communities address challenges of modern aging: healthy living and



access to quality health care always come to mind. However, in addition, we need to examine financial health (in terms of earning, saving, and preserving financial sources as we age), supporting family caregivers, and creating age-friendly communities that will enable people to age in place.

If asked, most older Mainers would prefer to "age-in-place" close to family and friends. Maine has almost 100 designated age-friendly towns where groups work within each community and help people of all ages stay in their own homes and communities where we know they prefer to be.

Debra Whitman, Ph.D., AARP's Chief Policy Officer and author of the new book, The Second Fifty: Answers to the 7 Big Questions in Mid-life and Beyond will be the keynote speaker at the upcoming

Maine Geriatric Conference sponsored by the University of New England on May 21-22. Whitman will discuss how we view aging and the types of changes communities might consider to help all of us move through the second half of our lives.

It is hard for me to reconcile the idea of geriatrics with my upcoming birthday age. I don't feel geriatric, but perhaps this is how I should feel at my age contrary to stereotypes. I do believe that as the large and loud boomer generation moves into their 70s and beyond, we will drive the conversation of what aging, and aging well, looks like.

Let's talk! As always, you can find friendly people at the AARP coffees and other events near you.

Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma's Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. She enjoys her gardens, being outdoors and traveling.

Please use the QR Code or web address to find more information about AARP Maine and events near you:

aarp.org/me · me@
aarp.org · @aarpmaine ·
866-554-5380.

AUGUSTA, ME — Viles Arboretum invites the public to celebrate spring in full bloom at the first annual Lilac Festival, taking place on Saturday, May 24, 2025, from 10:00am to 3:00pm. This free, family-friendly event is open to all!

Evolving from the Arboretum's longtime spring plant sale, the new Lilac Festival will feature a Makers Market showcasing local artisans, a wide variety of lilacs for sale from Christine's Lilacs (Winthrop, ME), educational stations on managing invasive plants and container gardening, a community art project, a bounce house, and other fun activities.

The festival also includes the annual American



Chestnut Seedling sale, a joint conservation fundraiser with the Maine Chapter of the American Chestnut Foundation. Pre-orders are now open and will be ready for pick-up at the event.

Come hungry - local food trucks 207 Foodies, Of Maine Origin, Shake-down Treats & Sweets, and Smokin Pig BBQ will be serving up delicious food

throughout the day.

Admission is free thanks to the generous support of Kennebec Savings Bank, G&E Roofing, and MaineShare.

The event will be held rain or shine. For more information or to pre-order chestnut seedlings, visit www.vilesarboretum.org or follow us on social media.

Bill to allow information sharing between law enforcement, schools

AUGUSTA, ME — The Maine Legislature enacted a bill from Sen. Peggy Rotundo, D-Lewiston, that would allow law enforcement officers and criminal justice agencies to share information with school officials about minors possessing a firearm or other dangerous weapons. The bill, LD 386, "An Act Regarding Information That May Be Shared by Law Enforcement Entities with a School Superintendent or a Principal," aims to increase safety in Maine school systems and communities.

"This legislation will provide an additional, crucial avenue of communication between our schools and our communities," said Sen. Rotundo. "The language in this bill allows police officers, sheriffs and other law enforcement entities to contact school officials if they acquire information that indicates a student has a firearm or other potentially dangerous weapons. This increases the safety of Maine's schools, our students, teachers and our communities at large."

LD 386 will clear any legal obstacles in existing

statute that create uncertainty around the legality of local law enforcement agencies contacting school officials with information pertaining to juveniles who are in possession of a firearm or other potentially lethal or dangerous weapon.

This bill was the result of discussions between the Lewiston Legislative Delegation and the Lewiston Chief of Police, the District Attorney and other members of law enforcement last fall about ways the State could help promote public safety in Maine communities.

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

DaPonte String Quartet June concerts

MAINE — The DaPonte String Quartet and Pianist Christopher O'Riley are set to perform piano quintets by Schumann and

Korngold: Sunday June 1 @ 3:00 pm, First Church of Christ Congregational, 2521 White Mountain

Hwy, North Conway, NH Wednesday June 4 @ 7:00 pm, Hammer Hall, 5 Mountain St., Camden, ME

Friday June 6 @ 7:00 pm, St. Paul's Union Chapel, 1965 Dutch Neck Rd., Waldoboro, ME

Saturday June 7 @ 4:00 pm, Minsky Recital Hall, Collins Center for the Arts, UMO, 2 Flagstaff Rd., Orono, ME

Gala Concert at Studzinski

Sunday June 8 @ 4:00 pm, Studzinski Hall, Bowdoin College, Brunswick, ME

This gala celebration marks our 34th anniversary and the launch of our 3rd annual, international DSQ Institute for advanced quartet studies.

For information about the DSQ and tickets go to dapontequartet.org

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Newsmakers, Names & Faces

Alzheimer’s Educational Conference open to everyone

MAINE — The Alzheimer’s Foundation of America (AFA) will host a free Alzheimer’s & Caregiving Educational Conference in Portland on Wednesday, June 11 from 10:00 am to 1:00 pm ET at the Portland Regency Hotel & Spa (20 Milk Street). The free conference is open to everyone and will allow participants to learn from experts in the field of Alzheimer’s disease, brain health, caregiving, and aging. Register by visiting www.alzfdn.org/tour. Advance registration is highly recommended.

“Knowledge is a useful and powerful tool that can help make any situation easier to navigate, especially something as challenging as caring for a loved one with Alzheimer’s disease,” said Charles J. Fuschillo, Jr., AFA’s President & CEO. “Connecting families with useful, practical information and support that can help them now and be better prepared for the future is what this conference is all about. Whether Alzheimer’s is affecting your family, you are a caregiver or just want to learn more about brain health, we invite you to join us on June 11.”

Sessions during the AFA conference will include:

Alzheimer’s Disease: What’s Good for the Body is Good for the Brain – Taking proactive steps to protect our brain health is important as we get older. Cognitive sharpness helps us stay independent longer. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. Alyson Maloy, MD, FAPA, FABIHM, will discuss the benefits of a healthy diet, including reducing the likelihood of dementia-related symptoms. She will talk about the best way to eat and teach participants about the Nutritarian way of eating, applying an extremely specific, common-sense way to eat that delivers

maximum brain and body health.

Dr. Maloy, a triple board-certified physician in neurology, psychiatry, and integrative holistic medicine, is the Founder of Brain Health Maine, a neuropsychiatric practice which offers comprehensive assessment and treatment for a wide range of conditions affecting mood, memory, behavior, and cognitive function.

Breaking Barriers: Creating Better Care and More Choices for Families with Dementia - Ageism in healthcare can delay or prevent early diagnosis of dementia because symptoms may be wrongly dismissed as “normal aging,” resulting in missed opportunities for early intervention that might slow the disease’s progression. It also affects caregivers, who may be dismissed, not taken seriously, or blamed when they advocate for proper care for someone with moderate dementia. Jessica Maurer, Esq., will discuss this issue, including how individuals can confront cultural stigmas that cause harm to people living with Alzheimer’s disease; expand options for better health; and improve quality of life.

Ms. Maurer is the Executive Director of the Maine Council on Aging, a multidisciplinary network of 140 businesses and community members working to ensure we can all live healthy, engaged, and secure lives as we age.

Building Community Supports for Caregivers - Having a strong community support system—together with access to resources, respite services, support groups, financial and legal assistance, and education—is essential for caregivers. No one should go through the caregiving journey alone. Megan Walton will discuss various ways to build support for caregivers—from on-the-ground outreach and resources to state level respite options—to help them provide better care for their loved ones.

Ms. Walton is the

Chief Executive Officer for the Southern Maine Agency on Aging, which serves older and disabled adults in York and Cumberland Counties and is dedicated to planning and implementing social services.

Safeguarding Your Home After a Dementia Diagnosis - Dementia-related illnesses impact the mind and affect virtually every aspect of a person’s life, including making many facets of daily living more difficult. Most residences are not built with the needs of an individual living with Alzheimer’s disease or other dementia-related illnesses in mind. However, almost every part of a residence can impact quality of life for someone living with a dementia-related illness and their family care partners.

Paul Ballance, Chief of Operations for Project Lifesaver International, will provide valuable information on how you can safeguard your home. Project Lifesaver International is a nonprofit organization dedicated to locating individuals with cognitive conditions—such as Alzheimer’s disease—who are prone to wandering and may become lost.

Free, confidential memory screenings will be conducted throughout the day.

For more information or to register for the June 11 conference in Portland, visit www.alzfdn.org/tour. Those who cannot participate in the conference or have immediate questions about Alzheimer’s disease can connect with licensed social workers seven days a week through AFA’s National Toll-Free Helpline by calling 866-232-8484, texting 646-586-5283, or web chatting at www.alzfdn.org by clicking the blue and white chat icon in the right-hand corner of the page. The web chat and text message features are available in more than 90 languages.

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 anti-



pated 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 attend 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).

Horses

Continued from page 1

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 connections 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 Direc-

tor.

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.

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Seniors Not Acting Their Age A Day of Adversity on Mopang Stream

Although Mopang Stream in Washington County is a significant tributary of the Machias River, it's rarely paddled. Limited road access, obtaining a reliable description, and determining an adequate water level make planning a trip complex. Another complication: since it enters the Machias River some distance from dependable road access, an overnight trip is necessary.

This spring, I decided to incorporate Mopang Stream into a multi-day trip that included two days on the Machias River. Two of my regular river tripping companions, Ken Gordon and Eggman DeCoster, also wanted to explore the elusive stream.

Ascertaining the necessary water level was my first consideration. There is no online gauge for Mopang Stream (or the Machias River) but I concluded the gauge for Old Stream, another Machias River tributary with a similar-sized watershed, would be a good indicator. I've been using the Old Stream gauge for years as a guide for Machias River levels and deduced that a flow of at least 70 cubic feet per second (CFS) was necessary for Mopang to be passable.



Eggman DeCoster begins a challenging descent of Penman Rips

A quality weather forecast was also needed. We identified an excellent late-April three-day forecast and the Old Stream gauge was 110 but dropping.

The Appalachian Mountain Club (AMC) Maine River Guide states the distance from Route 9 to the Machias River near Wigwam Rapids is 23.75 miles. Based on our calculations, using the Delorme Atlas, we concluded the actual mileage for the winding stream was only about 15 miles.

We made a reserva-

tion to stay at a Downeast Salmon Federation cabin at the Wigwams on the first night of our trip. Given the estimated distance, that goal appeared easily attainable.

Three of us met at the Mopang Stream landing on Route 9 a few miles east of Beddington on a warm, sunny morning. The Old Stream gauge read 73. Seemingly, all of the required elements were in place.

The water level seemed adequate when we launched two expedition kayaks and a canoe

in quick water on the narrow stream. Numerous blowdowns were an early impediment that required careful negotiation and slowed our progress.

Initially, rapids were short and steep but too shallow for fluid descents in our heavily loaded boats. Instead, we maneuvered down narrow, congested channels. Although passable, more water would have been an improvement.

Signs of beaver activity were abundant throughout the trip. At one location, we plunged over a vertical four-foot beaver dam. Following our maps as we traveled downstream, progress was slower than anticipated.

The rapids lengthened and blowdowns continued to the first of several pipelines that mysteriously cross the stream. Some were submerged while others interfered with navigation. At one point, we passed under a bridge with an attached pipeline on what we surmised was Shadagee Road.

Below, we entered an extended circuitous stretch of flat water. We weaved for several miles through a swampy valley with



Ken Gordon plunges over a beaver dam on Mopang Stream



Blowdowns were an impediment during much of the trip

blueberry barrens visible high above. Near the end, we passed through a large culvert under a road we couldn't identify. It was getting late.

Soon after, the gradient steepened and more rapids ensued. We began watching for Penman Rips, purportedly the most challenging falls on the stream. When rounding a sharp bend in whitewater, Eggman caught an emergency eddy and signaled to stop. He was perched at the top of a precipitous pitch and a downed tree blocked the primary channel.

We scouted the long difficult falls, which I rate Class IV, from river left. Due to the fallen tree, the only option was a series of three steep shallow slides through narrow boulder-enclosed slots followed by a rocky runout for as far as we could see. I lined my kayak along the slides while my companions successfully bounced down.

The remainder of Penman Rips required maneuvering through a continuum of boulders in narrow twisting passages that tested our skills. Subsequently, we navigated

through a few short rapids and several miles of calm water to the Machias River.

After descending through big waves in First Wigwam Rapid, we finally reached the much anticipated cabin shortly before dark. Our voyage on Mopang was a learning experience. We needed more water and the distance reported in the AMC River Guide is likely correct.

We had two more days of exciting paddling remaining on the Machias River.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates the six best river trips in Maine.

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

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UMaine Extension features soil health in virtual lunch and learn

MAINE — University of Maine Cooperative Extension will present a 7-part online lunch and learn series intended to help farmers take their soil health to the next level. The sessions will be held from noon–1 p.m. on Tuesdays, May 27 to July 8.

The sessions are for farmers who have experience with soil health practices and want to build on those outcomes and benefits. Topics will include crop rotation considerations, advanced cover cropping techniques, enhanced soil amendment use and reduced tillage.

May 27: Overview of cover cropping best practices

June 3: Nutrient management with cover crops

June 10: Cover cropping planning tools and resources

June 17: Nutrient considerations with compost, manure and biochar



Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

June 24: Interseeding cover crops

July 1: Tractor scale reduced tillage approaches

July 8: Open soil health discussion and brainstorming on participant scenarios

Registration is required to receive the webinar link. Suggested registration fee of \$5 per session or \$25 for all 7 sessions. Fees are non-refundable; this may be considered on a case-by-case basis. For

more information and to register visit the Cumberland County Upcoming Events webpage.

To request a reasonable accommodation, contact Sarah Davenport, sarah.davenport@maine.edu, 207-781-6099. Receiving requests for accommodation at least seven days before the program provides a reasonable amount of time to meet the request, however, all requests will be considered.

My Place Teen Center selected by 100+ Women Who Care

MAINE — My Place Teen Center was selected by 100+ Women Who Care as the designated nonprofit recipient at the May 5th quarterly meeting at The Elks Club in Portland. My Place Teen Center (MPTC) operates in Westbrook and Biddeford as a safe haven and aims to ensure that every teen feels safe, leaves with a full belly, and is encouraged to become a thriving adult. MPTC is open year-round as an after-school program, five days a week, five hours daily and serves kids ages 10 to 18 from York and Cumberland counties. All services are free. To date, over \$15,500 has been raised with the 100+ Women member donations still coming in, with expectation to amount to over \$24,000.

The two runner-up presenters were The Sexual Assault Response Services of Southern Maine, which provides free services in York and Cumberland Counties and Mainely Character, which awards scholarships to Maine High School seniors of exceptional character. Each of these nonprofits will receive \$1,000 from 100 Women plus an additional \$1,000 from Jackson & MacNichol Law.

Founded in November 2014, 100+ Women Who Care Southern Maine is a growing community of women who raise funds for local nonprofits. With 536 members, the group has raised over \$710,500 for a wide variety of causes, including support for veterans, teens, seniors, children with disabilities,

domestic abuse survivors, animal welfare, teens, and much more.

Members commit to donating \$50 each quarter to a nonprofit chosen at each meeting. Three nominated nonprofits present 5-minute pitches followed by a 5-minute Q&A, and the group votes on which nonprofit will receive the donations.

The next meeting of 100+ Women Who Care Southern Maine will be held on Monday, August 4, 2025, at The Elks Lodge on Congress Street in Portland. Networking begins at 5:45 PM, with the meeting starting at 6:30 PM. Guests are welcome to attend and learn more about the group.

For more details, visit: www.100womenwhocaresouthernmaine.com.

Maine Community Foundation launches local press initiative

PORTLAND & ELLSWORTH, ME —

The Maine Community Foundation (MaineCF) today announced the launch of a new initiative to strengthen Maine communities by ensuring strong, local news coverage in all parts of the state. MaineCF applied and has been selected by the nonpartisan philanthropic initiative Press Forward to become one of 36 independent chapters nationwide.

Press Forward and Press Forward Maine share the goal of strengthening communities by reinvigorating local news. Press Forward Maine will be housed within MaineCF and led by Senior Advisor Lisa DeSisto, former CEO of Maine Today Media and the Maine Trust for Local News. The initial focus will be building a broad-based advisory panel to identify and prioritize the best ways to reimagine and expand access to local reporting.

“Our own research and the ‘Strengthening Maine’s Civic Life’ report we funded last year tell us two things,” said MaineCF CEO Deborah Ellwood. “One, most people in Maine are interested in reading and learning about their communities but, two, may encounter barriers for understanding how they can engage and participate locally. Press Forward Maine will bring people and resources together to close that gap because quality reporting means people can learn about any issue, understand how to get involved, have their voice heard and find solutions together. We are very pleased Lisa DeSisto is joining to help lead this effort as senior advisor and excited to get to work with our donors and partners.”

DeSisto, who also worked at the Boston Globe for 17 years before leading



Maine’s largest media organization through many changes over 13 years, said, “I know all too well that these are changing times in the news business. This is important work and am glad to continue as senior advisor to Press Forward Maine. We are committed to contributing to a vibrant media ecosystem by partnering with large and small news organizations. As a nonprofit community foundation with a 42-year record of working in communities across all 16 Maine counties, Maine Community Foundation is the perfect institution to convene media partners and craft new models for collaboration and innovation to better engage with Maine people.”

MaineCF’s Vice President of Philanthropy Bree Arsenault said there is interest in supporting local news infrastructure among MaineCF’s current and potential donors. “There seems to be an understanding among those looking to build a better Maine that local news and information are essential to inform and involve people in working together to find solutions. We are pleased to partner with Lisa DeSisto and work with our network of donors and partners to invest in promising solutions.”

In 2023, MaineCF embarked on a needs assessment project to help define the next phases of the foundation’s strategic work. Over a period of nine months, more than 1,500 community leaders, donors, nonprofits and stakeholders from every county



in Maine provided their insights and perspectives on the state’s challenges, needs and opportunities.

Respondents repeatedly noted the need for more information about how to get involved locally. Consistent access to news and information is central to the health of Maine communities and core to the state’s progress on its biggest challenges. These include resilience to severe weather events, the need for affordable housing and economic opportunities in all parts of Maine.

The MaineCF-funded “Strengthening Maine’s Civic Life” report by the Goldfarb Center for Public Affairs at Colby College and Public Engagement Partners highlights the state’s strengths and vulnerabilities and uncovered a high level of support for quality local news.

According to this research, Maine people rank 10th in the nation on keeping up with the news, with 74% percent of Mainers engaging in reading, watching or listening to news about political, societal or local issues, compared with the national average of 68%. Residents expressed facing barriers to civic participation, including lack of information about engagement opportunities.

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Arts & Entertainment

Learn about food preservation, canning in hands-on workshop

FALMOUTH, ME — University of Maine Cooperative Extension is offering a 3-hour Pressure Canning course on Wednesday, June 11, 2025, from 5:30 p.m. to 8:30 p.m. at the Cumberland County office, 75 Clearwater Drive in Falmouth.

This hands-on food preservation workshop taught by UMaine Extension volunteers and staff covers the basic steps for pressure canning vegetables. Participants will receive a “Preserving the Harvest” food preservation packet and will learn recommended methods for preserving foods, the latest and safest recipes, about equipment to ensure safety,



Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

and how to check for properly sealed jars. Attendees should bring a potholder to the workshop.

Registration is required for the course. The fee is \$20. Register on the

program webpage. For more information or to request a reasonable accommodation, contact Kate McCarty, 207.781.6099; kate.mccarty@maine.edu.

Maine Senate enacts bill to strengthen consumer protections

AUGUSTA, ME — On Tuesday, April 17, the Maine Senate enacted a bill from Sen. Donna Bailey, D-Saco. LD 580, “An Act to Protect Maine Consumers by Prohibiting Fees Charged for Receiving Paper Statements from Financial Institutions and Credit Card Issuers,” would protect Mainers — especially older adults and retirees — fees that banks and credit unions charge for paper statements. The Senate gave unanimous, bipartisan support to the bill.

“Like many of my bills, a constituent story was the inspiration for this one. ‘Why,’ they wondered, were they being charged for receiving a paper statement from the bank, especially when they had always received a free one before?” said Sen. Bailey. “When I heard this

story, I began to bring it up in conversation, and I even wrote about it for The Courier. I learned that this issue was larger than one person. Now, that single constituent question is likely to become a new law to protect Mainers from unnecessary fees and help consumers save money across the state.”

So far, New York and Pennsylvania are the only states to have broadly banned these fees. Massachusetts has a similar law, but only for those under 18 and over 65. LD 580 would make Maine the third state to ban these fees for everyone, regardless of age. The bill is modeled on the legislation from New York that prohibits financial institutions and credit card companies from charging customers for receiving paper statements.

In his testimony submitted to the public hearing for the bill, John Brautigam of Legal Services for Maine Elders wrote, “For many consumers, particularly older adults and those in rural areas, paper statements are not a luxury, but a necessity.”

The average cost for producing paper statements is approximately \$0.75, while the fees charged are often \$1.99 or higher. LD 580 would not prohibit incentives for bank and credit card customers to switch to paperless statements. Instead, it would prohibit additional fees for customers choosing to receive paper statements in the mail.

LD 580 now goes to the Governor’s desk, where she has 10 days to sign it, allow it to become law without her signature or veto it.

Community Action Grants awarded to Gorham, Scarborough

AUGUSTA, ME — Sen. Stacy Brenner, D-Scarborough, is pleased to announce that the towns of Gorham and Scarborough in Senate District 30 are recipients of a Community Action Grant award from the Community Resilience Partnership. The partnership is administered by the Governor’s Office of Policy Innovation and the Future to help Maine communities reduce emissions and prepare for the effects of extreme weather events brought on by climate change.

The recipient and amounts are:

Gorham: \$56,077

Funding for the Municipal Building Lighting Retrofit project

Scarborough: \$80,000

Funding for the Sus-

tainable Scarborough Climate Action Plan

“Community engagement is crucial if we are to weather future storms,” said Sen. Stacy Brenner. “These grants are vital resources that allow our towns to take meaningful steps toward reducing emissions and preparing for the extreme weather events we know are coming. This funding will help ensure our communities are better equipped to build resilience and protect our shared future.”

Funding for the grants came from several sources, including measures passed by the Maine Legislature with Sen. Brenner’s support:

The Supplemental Budget that was passed by the Legislature in 2024 to increase community resili-

ence and preparedness in the wake of the December 2023 and January 2024 storms;

Funds from the biennial budget authorized by the Legislature in 2023; and

A federal grant from the National Oceanic and Atmospheric Administration.

The grants in District 30 are part of a historic \$8 million in funding for Community Resilience Partnership grants announced by Governor Janet Mills on May 1, 2025. This round of funding will support projects in 166 communities across Maine.

Sen. Brenner is in her third term in the Maine Senate. She currently serves on the Environment and Natural Resources Committee.

Maine-ly Harmony Barbershop Chorus



Photo by Sue Staples

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.

Women of all ages are welcome to join us and should contact Dee Du-

mais at deedumais@gmail.com.

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

Follow us on Facebook

www.facebook.com/GorhamWeekly

5 tips for prioritizing mental health

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

May is Mental Health Awareness Month, which is a great time to check in with yourself, the people in your life and explore ways to prioritize emotional well-being. With one in five U.S. adults experiencing mental illness each year, taking small, intentional steps to support mental wellness may have a very meaningful impact.¹

This month, and in the months ahead, there are simple yet effective ways to focus on your mental health. Here are a handful to consider:

Stay Connected to a Strong Support System

Social support can play a critical role in mental well-being. Research shows that strong social connections are linked to lower levels of anxiety and depression.² In fact, according to UnitedHealthcare’s College Student and Graduate Behavioral Health Report, young adults are increasingly turning to their peers for emotional support more than any other outside influence.³ Whether it’s friends, family or colleagues, maintaining these connections may provide stability and encouragement during life’s ups and downs.

Build Healthy Habits Lifestyle choices

may have a significant impact on mental health. Regular physical activity, proper sleep, and balanced nutrition may help regulate mood and reduce symptoms of anxiety and depression. Studies have shown that individuals who engaged in regular exercise experience lower levels of stress and improved mental well-being.⁴ Even small changes, like a daily walk or practicing mindfulness, may make a significant difference.

Limit Online Time

Studies have shown that excessive social media use is linked to a higher risk of depression and anxiety, especially among young people.⁵ It’s important to keep in mind that a person’s social feed may not reflect their actual life story. Instead, try to embrace the difficulties of life as normal, focus on the present, and prioritize your offline relationships.

Take Advantage of Mental Health Resources

Exploring available mental health resources available through your health plan can be a great first step. For example, some insurers, such as UnitedHealthcare, offer digital self-care tools such as Calm Health, coaching, 24/7 mental health support lines for “in-the-moment” support visits, along with in-person and virtual visits, allowing individuals to

access support in a variety of ways. If you’re unsure where to start, sign in to your health plan or call the number on your insurance ID card.

Seek Professional Help When Necessary

If feelings of stress, anxiety, or depression start to feel overwhelming, reach out to your primary care physician (PCP). If you don’t have a PCP, establish a relationship with one. Your PCP will provide valuable insights and care, and referrals if needed. Getting the right support can guide you toward a more balanced and fulfilling life.

Please remember, taking care of your mental health isn’t just important this month – it may be something that benefits overall well-being year-round. Even small, consistent efforts may lead to long-term improvements in emotional resilience and quality of life.

For more mental health resources, visit [uhc.com](#).

- 1 National Alliance on Mental Illness, 2023
- 2 Public Library of Science, 2022
- 3 UnitedHealthcare’s College Student and Graduate Behavioral Health Report, 2025
- 4 Mayo Clinic, 2025
- 5 Centers for Disease Control and Prevention, 2024.

Financial literacy training offered for new, aspiring business owners

ORONO, ME — The Maine Business School and University of Maine Cooperative Extension have joined forces to create Finances in a Flash, an innovative online training designed to enhance financial literacy among Maine’s professionals, entrepreneurs and small business owners.

This interactive, self-paced course offers a comprehensive overview of essential financial management topics, including budgeting, cash flow analysis, emergency fund planning and understanding key financial statements. In just under two hours, participants can acquire practical skills to make informed financial decisions and strengthen their business acumen.

Finances in a Flash is available online, making it a convenient option for individuals seeking to improve their financial knowledge. The course is particularly beneficial for:

- Small business owners aiming to solidify their financial foundations
 - Beginning agricultural producers
 - Aspiring entrepreneurs preparing to launch new ventures
 - Freelancers and gig economy workers managing variable incomes
 - Professionals seeking to enhance their financial literacy
 - Students and recent graduates entering the workforce
- Upon successful completion, participants

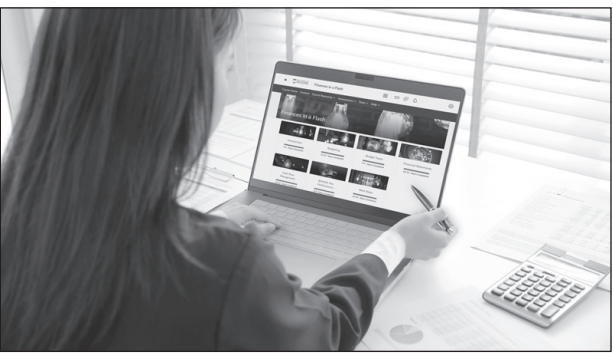


Photo courtesy University of Maine Cooperative Extension.

earn the Finances in a Flash micro-badge—a digital credential that signifies proficiency in the basics of financial literacy and business finance. This badge can be showcased on professional platforms such as LinkedIn or included in resumes to demonstrate a commitment to financial competence and continuous learning.

Micro-badges serve as concise, verifiable representations of specific skills and knowledge areas. They offer a flexible approach to professional development, allowing individuals to build and stack credentials that align with their career goals. The Finances in a Flash micro-badge highlights an individual’s capability to manage financial aspects effectively, a skill highly valued across various industries.

Finances in a Flash is part of the University of Maine System’s broader initiative to provide accessible, skill-based learning opportunities that meet the evolving needs of Maine’s workforce. The course is delivered through the Brightspace platform, ensuring a user-friendly experience that accommodates

diverse learning styles and schedules. Cost of the training is \$24.99 and registration is available on the course webpage. To request a reasonable accommodation, contact Laura Wilson at laura.wilson@maine.edu.

The University of Maine System’s (UMS) Micro-Credential Initiative supports the development and implementation of micro-credentials across the system’s seven universities and school of law. UMS micro-credentials are made up of digital badges that highlight the earner’s competencies in skills needed for today’s workforce. They are offered to UMS students, youth, and as professional development opportunities for individuals in the workforce to advance or increase their employability. Micro-credentials earned through UMS are verified, evidence-based, and shareable. For further information about the UMS Micro-Credential Initiative, visit the website or email ums.mc@maine.edu. A full catalog of all UMS Micro-Credentials is found on the badging platform.

New Ventures Maine mini-grants to businesses

AUGUSTA, ME — New Ventures Maine (NVME) has announced the winners of the statewide 2025 NVME Marketing Mini-Grant Competition.

Six Maine businesses have received cash grants of \$1,000 awarded through a competitive application process to help promote and market their products and services.

The six 2025 grant winners are:

Nonprofit Solution Hub (Northern/Downeast Maine) offers fundraising and marketing services to organizations throughout Maine and beyond, including grant research and writing, donor communications, graphic and web design, and Little Green Light implementation.

Dancing Jaguar Inspirations (Central Maine) provides programs and products to help children and adults connect to their inner world through metaphysical tools and techniques, mindfulness, meditation, and nature.

Nor’Easter Oyster



Tisha Bremner, CEO and Owner of Insightful Workplace Solutions, LLC (courtesy Insightful Workplace Solutions, LLC)

Co (Southern Maine) is a growing, female-led Maine seafood business, that creates premium, value-added products from sustainably grown shellfish.

Insightful Workplace Solutions (Western Maine) provides executive coaching, management training, and leadership development to small companies in Maine.

3B’s Catering Company (Midcoast Maine) specializes in creating memorable culinary experiences for events of all

sizes throughout mid-coast Maine.

Revive Wellness (Northern Maine) is a wellness clinic based in Presque Isle offering holistic services including IV hydration, wellness support, aesthetic treatments, and personalized weight loss programs serving women who want to feel better, look better, and take control of their health in a sustainable way.

Mini-grants will support new or expanded business.

See *Ventures*, page 10

USDA offers farm loans for beginning farmers

BANGOR, ME — The U.S. Department of Agriculture (USDA) Farm Service Agency (FSA) reminds producers that FSA offers farm ownership and farm operating loans to beginning farmers and ranchers. Beginning farmers and ranchers who cannot obtain commercial credit from a bank can apply for FSA direct or guaranteed loans.

“Farming and ranching is a capital-intensive business and FSA is committed to helping producers start and maintain their agricultural operations,” said Lucia Brown, FSA Acting State Executive Director in Maine. “FSA loans are designed to make sure that everyone has access to credit. Last year, FSA in Maine obligated \$4.9 million in loans to beginning farmers and ranchers.”

In order to qualify as a beginning farmer, the individual or entity

must meet the eligibility requirements outlined for direct or guaranteed loans. Additionally, individuals and all entity members must have operated a farm for less than 10 years. Applicants must materially or substantially participate in the operation. For farm ownership purposes, the applicant must not own a farm greater than 30% of the average size farm in the county at the time of application.

All direct farm ownership applicants must have participated in the business operations of a farm for at least three years out of the last 10 years prior to the date the application is submitted to FSA. Substitutions for as much as the full three years of experience may be made depending on education, military experience, participation with a SCORE mentor, and farm management experience as a hired hand. Your local

FSA office will be able to provide more details on acceptable substitutions.

If the applicant is an entity, all members must be related by blood or marriage and all entity members must be eligible beginning farmers. At least one of the members must have three years or more experience in the business operations of a farm prior to the date the application is submitted.

Direct loans are made to applicants by FSA. Guaranteed loans are made by lending institutions who arrange for FSA to guarantee the loan. FSA can guarantee up to 95% of the loss of principal and interest on a loan. The FSA guarantee allows lenders to make agricultural credit available to producers who do not meet the lender’s normal underwriting criteria.

The direct and guaranteed loan program offers

See *Farmers*, page 12

NSB: Best Wellness Employer, Best Place for Working Parents

NORWAY, ME — Norway Savings Bank is pleased to announce it is the recipient of two distinguished accolades that recognize NSB for its commitment to supporting the wellness of team members and meeting the needs of working parents.

Wellness Workdays, a leading provider of corporate wellness programs, named NSB a “Best Wellness Employer.” NSB received a Gold Certification designation, the highest achievable level which is only awarded to select businesses in the country that consistently display a commitment to creating best-in-class corporate wellness programs. NSB met and exceeded rigorous evaluation standards in assessment, strategy, implementation, and evaluation. It marks the seventh straight year that NSB has so been honored. The Best Wellness Employer program was developed by Wellness Workdays in collaboration with experts from Harvard Medical School to recognize significant achievements of U.S. employers dedicated to improving employee health and wellbeing.

In addition, NSB has also been recognized as a



“Best Place for Working Parents” winner for being committed to “supporting working parents through family-friendly practices.” The honor was bestowed by The Best Place for Working Parents, an organization that celebrates businesses across the country for their supportive policies regarding company-paid health care coverage, paid time off, parental leave, nursing benefits, childcare assistance, flexible hours, working remotely, and other categories.

“Offering education, encouragement, and programming that supports healthy living and a family-friendly workplace are priorities we’re happy to invest in,” said Dan Walsh, President and CEO of Norway Savings Bank. “We understand that creating and maintaining a flourishing culture is critical to success, and many team members have shared their appreciation for the effort made to emphasize proper

work-life balance.”

The two accolades are an affirmation of NSB’s longstanding belief that caring for team members is the best way to achieve and maintain a positive and top-performing organization.

“An empowered and enthusiastic team helps encourage innovation and new ideas, navigate challenges, and provides us with a strong and hopeful path forward,” said Walsh.

Norway Savings Bank seeks passionate and self-motivated individuals to join our team in several currently open roles and there is plenty of opportunity to grow in your career. Our team supports and encourages each other in achieving our professional and personal goals, and we have a lot of fun along the way! Learn more and view current openings at www.norwaysavings.bank/get-to-know-us/careers. #ForTheLifeYouChoose #ACareertoMatch

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

Discover the incredible journey of alewives in Gorham area



PRESUMPSCOT
Regional Land Trust

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MAINE — Presumpscot Regional Land Trust is excited to share two unique opportunities to learn about the Alewife—a type of river herring that makes an incredible annual migration through Mill Brook from Casco Bay to Highland Lake. This nearly 11-mile journey lasts just a few weeks each year and plays a vital role in our local ecosystem.

Alewife Migration Walks

Join us for our 2025 guided Alewife Migration Walks in partnership with the Gulf of Maine Research Institute (GMRI):

Thursday, May 29, 10:00 AM – 12:00 PM

Tuesday, June 3, 10:00 AM – 12:00 PM

Location: Mill Brook Preserve, Perry Court, Westbrook

Experience the awe of the Alewife migration firsthand while walking approximately 2 miles (round-trip) following the path that the Alewife take up Mill Brook. GMRI scientists will lead discussions on:

The ecological importance of alewife

The obstacles they face during their spawning run

How scientists collect and use data to understand environmental change and its effects on alewife populations and broader coastal ecosystems

All are welcome to attend! Registration is required, and space is limited to 30 people per walk.

Sign Up at PRLT’s website.

Now Streaming: The Alewife Journey Film

We’re also thrilled to announce the public release of our new short film, The Alewife Journey, now available for free on our YouTube channel.

The film showcases the breathtaking migration of alewives as they return to the Presumpscot River and Mill Brook to spawn in Highland Lake. Featuring captivating footage from our guided walks, it offers a powerful look at the significance of this species and the vital conservation efforts underway to protect them.

Watch the Film on PRLT’s youtube channel Alewife Migration

Season

The Alewife migration typically begins in late May and continues through the first week of June. We’ll notify our email subscribers as soon as the fish arrive in Mill Brook—so stay tuned!

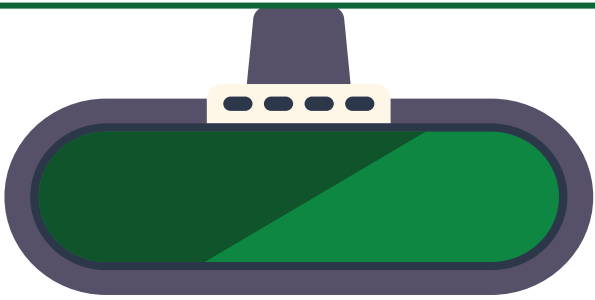
In the meantime, you can learn more about the Alewife migration by visiting our Alewife Migration page of the website and downloading our Alewife Migration Digital Field Guide.

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Fish migration through Mill Brook Preserve has begun!

Submitted by Presumpscot Regional Land Trust

MAINE — It's here! The largest fish migration from Casco Bay has begun much earlier than usual! Why exactly, we don't know, but the fish are here! Over the next 1-3 weeks, possibly less, thousands of alewives will make their way through Mill Brook Preserve. Every year is different, and nature follows its own timeline. We hope you catch a glimpse of this incredible wildlife phenomenon and that you will do your part to ensure the success of this crucial migration.

For the health of this fish migration, we have cordoned off the fish viewing pools; please do not cross the ropes. The ropes exist to:

Protect and support these special fish

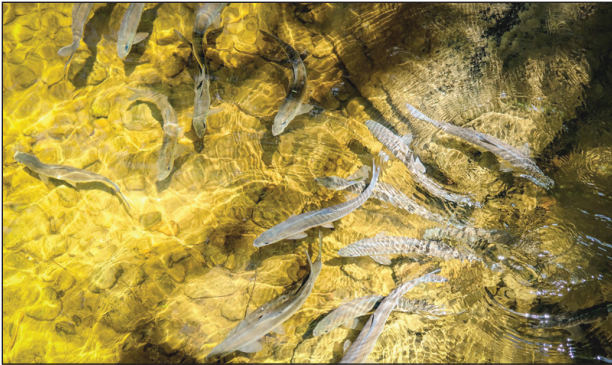
Help ensure all people and pets stay out of the water

Stop soil from eroding into the stream

Remember: the migration is stressful and challenging for the Alewives. Extra work in that process, like avoiding people or pets, can cause too much stress, and they may not make it to the lake to spawn. You wouldn't want to file your taxes, fend off visitors, box up your home, and move, all on the same day.

Alewife Migration Field Guide

Presumpscot Region-



al Land Trust is pleased to offer our community a FREE, electronic Alewife Migration Guide. This guide is your go-to resource for experiencing the annual Alewife migration. The guide was designed in collaboration with the Gulf of Maine Research Institute and provides information and guidance about the Alewife Migration, detailed information about Alewife, viewing protocol, and more. A perfect companion for a self-guided walk to see the fish.

The Gulf of Maine Research Institute (GMRI) has been involved in research and monitoring efforts of alewife for 10+ years. We are proud to partner with GMRI annually on educational guided walks around the Alewife Migration.

Alewife Migration Guide

Want to learn more about this fish migration?

Check out our Alewife Migration page of our website to learn the history and science behind this natural wonder. Watch our film: The Alewife Journey

by Frame Media to follow along one of our educational walks with the Gulf of Maine Research Institute.

What is the Land Trust's role in the fish migration, and how can I help?

As the stewards of the largest fish migration from Casco Bay, we have over 50 volunteers involved in ensuring the success of the alewives' journey from Casco Bay to Highland Lake, where they spawn. Member support is what makes this happen; if you are already a member, thank you. If not, please consider joining now online, and you too can support this incredible migration.

Mill Brook Alewife Migration Featured in National Geographic!

Do you know who else thinks this migration is spectacular? National Geographic. Photojournalist Brian Skerry describes his experience witnessing the alewife run at Mill Brook in this National Geographic article. Don't miss it!

Parking and how

to get to the fish viewing pools in Mill Brook Preserve

Can I see the fish migration from every one of the Mill Brook Preserve trailheads?

Yes! See our Trail Map for locations of all the trailheads.

Which trailhead is closest?

The trailheads on Perry Court and just north of 789 Methodist Road are the shortest hikes to the southern fish viewing pool. Please park safely off the road and completely off the

See **Migration**, page 16



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AGC Maine’s finest: Top 5 projects of 2025

BANGOR, ME — The Associated General Contractors of Maine (AGC Maine) recognized exemplary construction companies and their employees with the 2025 Build Maine Awards for 5 major projects. Over 150 Maine contractors and guests gathered at the Cross Insurance Center in Bangor for the awards ceremony held this past Wednesday, April 23rd.

Annual award winners are selected through a competitive, confidential process by representatives of design, engineering, construction, and owner perspectives. Criteria include safety, innovation and construction techniques/materials, contribution to the community, meeting the challenge of a difficult job, environmental sensitivity, and responsiveness to client needs and customer satisfaction.

“This award ceremony not only highlights the companies who completed the winning projects but is also a time to acknowledge and celebrate the level of skill, effort and professionalism that goes into completing one of these projects from start to finish. It is a highlight of the year to present these awards and see the proj-



AGC MAINE
THE CONSTRUCTION ASSOCIATION

ect teams take the stage to be recognized. Maine has some very skilled and talented companies, and it is our absolute pleasure to recognize them through the Build Maine Awards,” said AGC Maine Executive Director, Kelly Flagg. Building Division – The Malone Family Tower, Turner Construction

Company The Malone Family Tower project at Maine Medical Center, led by Turner Construction Company, is more than a testament to excellence in design & construction, enhancing healthcare services to Mainers and their families for generations to

See AGC, page 12

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Helping your child cope with seasonal allergies

By Dr. Ana Stan-kovic, Chief Medical Officer, UnitedHealthcare of Maine

Sniffles and sneezes are an inevitable part of growing up. But if your child has a lingering runny nose and cough – or both appear around the same time each year – it could be seasonal allergies. Seasonal allergies typically happen in the spring, summer and early fall.

Symptoms of seasonal allergies typically start to show up in children after the age of 3 and most prominently around 5 to 6 years. If your child has been diagnosed with eczema or asthma, they’re also more likely to develop allergies.

If you suspect that your child might be among the roughly 20% of children who experience seasonal allergies each year, know that relief is possible. There are many steps you can take to make seasonal allergies easier on your little one.

What are common signs of allergies in kids?

Seasonal allergies, also known as seasonal allergic rhinitis, have the same signs in kids that they do in adults. Common symptoms of seasonal allergies in children include:

- Itchy, stuffy or runny nose
- Red, itchy or watery eyes
- Itchy mouth or skin
- Sneezing
- Coughing
- Increased fatigue

Sometimes it can be tough for kids to communicate how they are feeling, so parents can also watch out for behaviors such as breathing through their mouth while sleeping.

Why do we have allergic reactions?

You can think of allergic reactions as your body overreacting to something it has been ex-

posed to. And different people may have different allergy triggers. People with seasonal allergies react to pollen or mold in the air – and their bodies produce antibodies in response. As a result, you get congestion and inflammatory symptoms. These inflammatory symptoms are caused by the body’s release of different chemicals such as histamines. Histamines cause itching, redness, swelling and secretions in the nose, eyes, skin, throat and ears.

What are common seasonal allergy triggers?

According to the Centers for Disease Control and Prevention, nearly 1 in 5 children report having a seasonal allergy.

There is a chance your little one could grow out of their allergies. Outgrowing allergies may occur over time as the body develops a tolerance to the specific allergen after long periods of natural exposure. But, if your child has severe allergies, the chances of outgrowing them drops.

The timing of allergies depends on where you live and which plants and pollens are your personal triggers. Some general guidelines:

Allergies from trees typically occur in springtime.

Allergies from grasses occur in late spring and early summer.

Allergies from weeds –including the common allergy trigger, ragweed, occur in late summer through early fall.

Weather can also affect your child’s allergies. For example, pollen counts can increase after rainfall and when the wind picks up. Counts also tend to be higher in the morning and during periods of cool nights and warmer days.

What’s the best way to treat allergies in kids?

Preventing exposure

When it comes to seasonal allergies, one of the best treatments is prevention. That means minimizing your child’s exposure to known allergens. Some ways to help your child avoid seasonal allergy triggers include:

Stay indoors with the windows closed (no window fans) when pollen counts are high

Shower, change clothes and wash your child’s hair after being outside

Dry clothes inside the house (rather than outside on a line) to avoid pollen contact

Wear a NIOSH-rated 95 face mask if pollen counts are especially high

Use a portable high-efficiency particulate air (HEPA) filter in the bedroom

Clean with a vacuum that’s certified “asthma & allergy friendly”

While it’s important to be mindful of triggers, kids will be kids. Don’t feel like you need to lock your kid indoors for a whole season when they should be out playing.

Allergy testing

Allergy testing can also help to identify specific triggers so you can be more targeted in your approach. For instance, if your child is allergy-tested and you have the specific tree or plant in your backyard, it may help to remove it. To get tested, make an appointment with an allergist who will typically perform an exam, asking about symptoms as well as any history of seasonal allergies in the family. Clinical allergy testing can be performed using skin scratch tests, blood tests or elimination tests.

What medications can kids take?

There are several kid-safe over-the-counter allergy medications on the market. They are typ-

See Allergies, page 12

Ventures

Continued from page 7

ness marketing and promotional activities, such as printed marketing materials, tradeshow displays, website development, and social media campaigns.

“The number of applicants we had this year nearly doubled—we received over 150 applications versus 70 in our previous competition,” said NVME Microenterprise Program Manager Alicia

LaFosse. “Local entrepreneurs need support during start-up and our participants say that mini-grants can make a real difference on their path to success.”

Criteria for small business applicants included: 1) Five or fewer full-time equivalent employees; 2) sales in the current calendar year; and 3) gross annual sales of no more than \$150,000 from the previous calendar year.

The competition was sponsored in part by Katahdin Trust Company, Norway Savings Bank, and Kennebec Savings Bank.

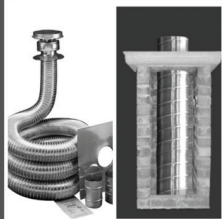
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USM earns 2025-2026 Military Friendly School designation

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 experiences, 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 recruitment 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.

\$23M secured to prevent erosion at Camp Ellis in Saco

WASHINGTON, D.C. — U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee, announced that she secured \$23 million for the Maine Army Corps of Engineers to prevent erosion at Camp Ellis in Saco. This funding, which was included in the Fiscal Year 2025 full-year continuing resolution, supports the construction of a 750-foot spur jetty and the replenishment of an estimated 300,000 cubic yards of sand fill.

“The construction of a spur jetty at Camp Ellis will help to prevent the severe erosion that has destroyed dozens of residents’ homes over generations,”

said Senator Collins. “As Chair of the Senate Appropriations Committee, I worked hard to secure this funding, which will help to resolve this problem, protect property, and restore the receding shoreline.”

“On behalf of the City of Saco, we cannot be more thankful for the hard work and dedication to Senator Collins for the securing of these funds. She has been a never-ending advocate in our partnership with the Army Corps of Engineers to secure our jetty in an attempt to protect our shoreline and all the residents who live there,” said Jodi MacPhail, Mayor of Saco.

“The City of Saco is very appreciative of Sen-

ator Collins’ hard work of releasing funding for the Camp Ellis project, now as a community we can look and move forward,” said John Bohenko, Saco City Administrator.

More than 150 years ago, the U.S. Army Corps of Engineers built a jetty extending out from the Saco River, adjacent to Camp Ellis Beach, and expanded it in the 1950s. This jetty altered the pattern of currents and sand deposition and is the primary cause of the severe erosion of Camp Ellis, washing away 38 homes. The 1998 shoreline was 400 feet from where the shoreline stood in 1908.

Maine Senate honors veterans, votes to rename area bridges

AUGUSTA, ME — Earlier this April, the Maine Senate enacted a bill from Sen. Donna Bailey, D-Saco. LD 672, “Resolve, to Rename the Salmon Falls Bridge Between Buxton and Hollis the Salmon Falls Veterans Memorial Bridge,” would honor Maine veterans by renaming Salmon Falls Bridge the Salmon Falls Veterans Memorial Bridge. Last month, the Legislature’s Transportation Committee gave its unanimous, bipartisan support to the bill at its work session.

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

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

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

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

Both bills received unanimous, bipartisan support in the Transportation Committee. They also passed both the Maine House and Senate and were signed into law by Governor Janet Mills. They will go into effect on June 20, 2025.

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

Sewall Foundation donates \$40K to Khmer Maine

PORTLAND, ME — Khmer Maine is honored to announce a generous \$40,000 grant from the Elmina B. Sewall Foundation to support the capital campaign for Maine’s first Asian American Community Center. This gift is a significant step forward in the organization’s effort to raise \$10 million to create a permanent home for Asian American communities across the state.

The future center—led by Khmer Maine in partnership with Watt Samaki Cambodian Buddhist Temple, CAFAM (Chinese & American Friendship Association of Maine), and the Filipino American Samahan of Maine—will serve as a vibrant hub for cultural preservation, education, wellness, and community building. It will offer programming for youth

and elders, host arts and cultural celebrations, support social services navigation, and provide shared space for Asian American-led organizations.

“We are deeply grateful to the Sewall Foundation for believing in our vision and investing in a future where Asian American communities in Maine can feel rooted, resourced, and reflected,” said Marpheen Chann, Executive Director of Khmer Maine and project lead for the community center. “This gift brings us closer to our goal of building a space that fosters belonging, leadership, and cultural celebration.”

This grant from the Sewall Foundation comes during a growing wave of support for the campaign, including a recently launched \$50,000 match-

ing challenge spearheaded by NYTimes bestselling author Tess Gerritsen and a new partnership with Coffee By Design featuring a limited-edition AAN-HPI Blend coffee to raise awareness and funds.

“The Asian American Community Center will be a place where people of all backgrounds can come together to learn, share, and celebrate,” said Chann. “It will not only serve Asian American communities, but contribute to the strength and diversity of Maine as a whole.”

The capital campaign is part of Khmer Maine’s broader mission to empower and grow a network of Asian American-led organizations and collaborations in Maine.

To learn more or support the campaign, visit www.aaccmaine.org.

New volume explores Maine’s bicentennial

ORONO, ME — This June, the University of Massachusetts Press will publish *What We Know, What We Wish: Maine Statehood, Historical Commemoration, and the Urgency of Public History*. As communities around the world wrestle with how to commemorate history in ways that are inclusive, honest, and reflective, this new collection offers a compelling case study drawn from Maine’s 2020 bicentennial celebrations.

Edited by noted historian Liam Riordan, *What We Know, What We Wish* brings together academics, independent scholars, members of Maine’s sovereign Wabanaki nations, and leaders of local cultural organizations who participated in commemorating Maine’s statehood. Their diverse essays demonstrate how public history can foster meaningful dialogue, collaboration, and civic

renewal—at a time when thoughtful engagement with the past is more urgent than ever.

Rather than merely celebrating the past, contributors use Maine’s bicentennial to reflect on the complicated legacies of the statehood era (1770s–1820s), the 1920 centennial, and modern museum exhibitions. In doing so, the book highlights a new, participatory model for public history—one grounded in collaboration across academic, public, and Indigenous communities.

“Those who care about public history, those pursuing collaborations enriched by diverse voices, those working to organize historical commemorations that deal honestly with the past in pursuit of civic and community renewal in the present will find inspiration in this book,” says Andrew Witmer, author of

Here and Everywhere Else: Small-Town Maine and the World.

Libby Bischof, Professor of History and University Historian at the University of Southern Maine, adds, “*What We Know, What We Wish* will become a model for how historians can (and must) reach across the silos of practice that divide our profession.”

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

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AGC
Continued from page 10
come, and earned them the 2025 Building Division Award. The project features a striking façade and a seven-story atrium to provide daylight throughout the facility. It showcases a commitment to environmental sensitivity and community wellness with its’ green roofs and urban plazas with native flora. Turner Construction worked to make a positive local impact beyond the build, with Maine residents being much of their workforce employed for the project and prioritizing worker health and safety initiatives such as a full-time wellness clinic staffed with a registered nurse, who provided a safe space for preventative care, education, injury management, and mental health support.

Building Renovation Division – The Thompson Block Project, Consigli Construction Co.

With the Thompson Block Project, Consigli Construction Co. sets a new standard for the adaptive reuse of landmark properties in Maine, demonstrating revitalization to meet modern needs while honoring historical significance. Designed by George M. Harding, the building is one of the state’s most high-style Victorian commercial structures and is on the National Historic Register. With its unique yet classical details, such as a slate roof and copper dormers, the project’s careful revival, including extensive

structural repair and exterior restoration efforts, maintained the building’s historic integrity while introducing modern amenities and improved functionality. Throughout the project, Consigli’s responsiveness, high standards of craftsmanship, and ability to adapt to evolving needs, and secured them the 2025 Building Renovation Division award.

Specialty/Subcontractor Division – The Back Cove South Storage Facility, N.S. Giles

Exceptional partnership & teamwork was cornerstone to The Back Cove South Storage Facility project. Despite challenges, subcontractor N.S. Giles consistently delivered top-tier quality and maintained an unwavering commitment to safety, amassing over 60,000 safe man hours without a single injury, and won subcontractor, N.S. Giles the 2025 Specialty/Subcontractor Division Award. To complete this project, N.S. Giles placed over 1,200 tons of rebar and poured over 18,000 cubic yards of concrete – making this the largest contract, rebar, and poured concrete project in their company history. Designed to improve the City’s wastewater infrastructure and the environmental health of Back Cove and Casco Bay, the Storage Facility collects the first inch of stormwater in the watershed area and holds it for later treatment at the wastewater treatment plant. Additionally, the facility helps reduce costs for the City of Port-

land while also resulting in a cleaner bay. The Back Cove South Storage Facility will serve as a lasting testament to what can be accomplished through partnership, perseverance, and a steadfast commitment to safety.

Bridge Division – Madawaska International Bridge, Reed & Reed, Inc.

Reed & Reed, Inc.’s Madawaska International Bridge project is not just an engineering success; it is a testament to the power of collaboration, innovation, and community engagement, securing them the 2025 Bridge Division award. It will stand as a lasting symbol of Maine’s commitment to building critical infrastructure that connects people, economies, and cultures across borders. The project replaced an aging bridge that could no longer support commercial traffic with a new structure that not only facilitates trade, tourism, and transportation, but also plays a crucial role in regional growth and international cooperation. By serving as a critical link for both local and cross-border commerce, the bridge significantly impacts Maine’s economy – particularly the industries of agriculture, manufacturing, and tourism – while also fostering a deeper connection between the U.S. and Canada. The project’s success was a result of close partnership with a dedicated group of subcontractors and suppliers and innovative construction methods, including an optimized trestle system and advanced steel erection techniques, that ensured that

all aspects of the project were completed safely, on time, and in compliance with regulatory standards.

Overall Project of the Year - Tekakapimək Contact Station at Katahdin Woods and Waters (KWW) National Monument, Wright-Ryan Construction

Located within the present and traditional homeland of the Penobscot Nation, the Tekakapimək Contact Station at Katahdin Woods and Waters (KWW) National Monument exemplifies excellence in sustainable construction, cultural significance, and community impact and won Wright-Ryan Construction the 2025 Overall Project of the Year award. With innovative mass timber construction techniques and bird-safe triple-pane curtain windows, the Tekakapimək Contact Station building sets a new standard for environmentally responsible construction. The project also fosters a deeper connection between visitors and Wabanaki culture through thoughtfully curated exhibits, etched granite designs, and woven copper ceilings, ensuring the site serves as a place of education, reflection, and relationship-building. From the site’s Eastern Lookout, a view of the Dawnland opens to encompass all Wabanaki homelands: Penobscot, Mi’kmaq Nation, Houlton Band of Maliseets, and Passamaquoddy Tribe. At the base of the Lookout there is a gathering circle with carved double-curve designs representing kin-

ship and unity among the Wabanaki Nations. Beyond its architectural and environmental achievements, Tekakapimək has created substantial economic and social benefits for the area. The project generated an estimated \$28 million in local economic impact, supporting Maine-based contractors, artisans, and Tribal members. Wright-Ryan worked with the owner, Elliotts-ville Foundation Inc (EFI) to facilitate their goal of transferring ownership to the National Park Service (NPS) as a gift while making an effort to recognize and maintain all Indigenous Cultural and Indigenous Property (ICIP).

The 2025 Build Maine Awards sponsors and supporters were Sargent Corporation, Landry/French Construction, United Insurance, United Surety, Cross Insurance, Cross Surety, Reed & Reed, Inc., Skillings-Shaw & Associates, CCB, Inc., Clark Insurance, N.S. Giles, Machias Savings Bank, Wright-Ryan Construction, Varney Agency, EJ Prescott, Auburn Concrete, Milton CAT, N.M. Curtis Earthworks, Ed Pelletier & Sons Co., Turner Construction, Gallagher Insurance, R.W. Gillespie & Associates, University of Maine of Orono, and Shaw Brothers Construction.

Allergies
Continued from page 10

ically the same treatments that are used for adults, although it’s important to read the instructions because doses may dif-

Thursday, May 22, 2025
fer based on age. Talk to your doctor to find the best medication for your child. Seasonal over-the-counter allergy medicines for children include: Topical nasal corticosteroid sprays Antihistamines, like cetirizine (Zyrtec) or loratadine (Claritin) Decongestants are typically only approved for short-term use Sterile saline nasal sprays and rinses, while not medications, they may help relieve symptoms Content is for general informational purposes only and not intended to be medical advice or a substitute for professional health care. See your physician for medical advice personalized to your situation. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

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What’s Going On
to the Editor.
Deadline is
Friday by five.

Farmers
Continued from page 7
two types of loans: farm ownership loans and farm operating loans. Farm ownership loan funds may be used to purchase or enlarge a farm or ranch; purchase easements or rights of way needed in the farm’s operation; build or improve buildings such as a dwelling or barn; promote soil and water conservation and development; and pay closing costs. Farm operating loan funds may be used to purchase livestock, poultry, farm equipment, fertilizer, and other materials necessary to operate a farm. Operating loan funds can also be used for family living expenses; refinancing debts under certain conditions; paying salaries for hired farm laborers; installing or improving water systems for home, livestock or irrigation use; and other similar improvements. Repayment terms for

direct operating loans are scheduled from one to seven years. Financing for direct farm ownership loans cannot exceed 40 years. Interest rates for direct loans are set periodically according to the government’s cost of borrowing. Guaranteed loan terms and interest rates are set by the lender. For more information on FSA’s farm loan programs and beginning farmer guidelines, please contact your local FSA office or visit farmers.gov.



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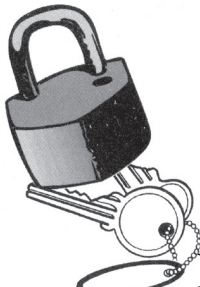
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Wednesdays
GORHAM — Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

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 — THOUSANDS OF BOOKS for sale at the APL Bookstore on Saturdays 9:30-1:00. Gently used books of all types, DVDs, music CDs and puzzles & games - new items added every week. Kids’ books are 50 cents and all other books are \$3 or less! Stop by the lower level of the Auburn Public Library for great deals. Auburn Public Library, 49

Calendar

Send your submissions to the Editor. More online.

Spring Street, Auburn.

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 24
RAYMOND, ME — A yard sale fundraiser will be held at Nathaniel Hawthorne’s Boyhood Home in Raymond, Maine, 40 Hawthorne Road, on Saturday, May 24, from 9 a.m. to 3 p.m.

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 24
GRAY — First Congregational Church of Gray Saturday Night Church Supper Saturday, May 24, 2025 at 5:00 at the Parish House, 5 Brown Street, Gray

Handicapped Accessible. Meals are Single-sized and are \$10.00 each. Please pay at the door. The Menu includes:

Variety of Casseroles & Salads, Baked Pea Beans & Red Kidney, Red Hot Dogs, Breads, & Assortment of Desserts & Beverages.

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.

June 4 and the 1st, 3rd Wednesday of every month

LEWISTON — Join Lewiston Public Library for Bumps & Babies on the 1st and 3rd Wednesday every month starting June 4th from 10:30am to 11:30am in the Children’s Department.

Bumps & Babies is a support group that provides a safe, compassionate space for individuals navigating the emotional and physical challenges of pregnancy and the postpartum period. Members can share experiences, receive encouragement, and connect with others facing similar struggles, such as anxiety, depression, or the joys and adjustment to parenthood.

June 6
LEWISTON — June 6th at 12PM the Lewiston Public Library Children’s Department will be offering the program Family Rock Painting Keepsakes. Caregivers and their children will have the opportunity to decorate rock keepsakes using acrylic paint pens.

June 14
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/>.

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Susan Werner - Sat, June 14, 2025 at 7:30 pm. Doors open 7:00 pm.

Susan Werner is a singer/songwriter, guitarist, and pianist who has built a reputation as one of the country’s most compelling live performers. She has been playing to sold-out audiences across the country for 27 years. Renowned as a charismatic performer, she’s known above all for challenging herself to conquer new styles every few years. She writes ambitious concept albums with subject matter and sounds to match. She has produced 18 albums of songs that effortlessly slide between folk/rock, jazz, Tin Pan Alley to gospel, country, and pop, all delivered with sassy wit and classic Midwestern charm.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office,

Gulf of Maine Books, or online at <https://ticket-stripe.com/swerner>

June 22
AUBURN — About Love: Grief & Loss, 11:30-1pm. First Universalist Church of Auburn, 169 Pleasant St. (enter on Spring St. across from Dairy Joy). Freewill donations accepted. Parking: accessible. FMI 783-0461.

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

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SENIOR TRIPS

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

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

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

OCTOBER 6 – 10, 2025
– ATLANTIC CITY, CAPE MAY, & PHILADELPHIA - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble.
 Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. A **\$75.00 deposit per person is due upon signing up.** The price for this trip is **\$849.00 per person double occupancy. Add \$210.00 for single occupancy.**

Final Payment is due 7/30/25.

**NOVEMBER 16-26, 2025
– CLASSICAL GREECE**
- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners). Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

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

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

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

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

**Send all
items for
What's Going On
to the Editor.
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18-HOLE GOLF COURSE



WEDDINGS AND EVENTS

Migration *Continued from page 9*

pavement along Methodist Road.

Which viewing pool is the best?

They are all wonderful but the southern fish viewing pool is the more likely place to see fish. The northern fish viewing pool is more remote, and if the timing is right, you can watch multiple fish ascending the waterfall at once

What can I do to be a good neighbor?

All trailheads have limited parking; please be sure not to block drive-ways or park on neighbors' lawns, and please try and visit during off-peak hours.

Is visiting the fish migration a family-friendly activity?

Yes! If your children are five or older (or young-



er, if you can carry them) we recommend the 2-mile hiking loop that crosses two bridges, includes nature scavenger hunt cards along the trail, and has a fairy and gnome village. The 2-mile loop can be accessed from the two southern trailheads, see the preserve map for more information.

What are the trail conditions?

These trails follow a beautiful forested valley, so

these are hiking trails with steep slopes. Wear solid footwear. Since spring is in full swing, you may want to bring bug spray.

We hope you can get out and enjoy one of the most incredible wildlife wonders in Greater Portland. And if you get some great photos, please email them to us; we always love seeing our friends enjoying the Preserves. You are why we do this work.

Happy adventuring!

Clothes galore at Gorham's Mission of Hope Clothes Closet

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

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have

displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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