

Gorham High School art students present “Chair Masters”

GORHAM, ME – 18 of Gorham High School’s Art 2 students just wrapped up the school year with a project called “Chair Masters.” Students in Sarah Dolley’s class chose a work of art by a fine artist to recreate onto a metal folding chair. On the back of the chairs each student wrote an artist statement that describes the fine artist & artwork chosen as well as their reason for choosing it. The chairs will be



Pictured from left to right: Natalie Wilkins, CeCe Sloat, Larissa Moore, Stella Wu, Terra Rioux, Eva Wandell, Jasmine Radjabova, Anna Nichols, Kennady Peary, Liam Delaney, Tyler Olson, Max Lampron, Collin Bunch, Jacob Pike, Antoine Dube & Bennett Deveaux. Not pictured: Annabelle Vail & Arwen Bravo

part of our school’s installation art to supply seating for use by visitors to events at GHS.

Town of Gorham receives grant for LED Lighting Retrofit Project

GORHAM, ME – As part of the Town’s commitment to help address climate change and reduce its carbon footprint, the Town of Gorham has been selected as a recipient of a Community Action Grant award from the Community Resilience Partnership.

Gorham received an award of \$56,077 to retrofit municipal buildings with LED lighting, which will improve energy efficiency and save local taxpayers money by lowering long-term costs.

Gorham Facilities Coordinator Kevin Wood stated that Gorham will also receive \$11,103 in funding from Efficiency



Maine for this project.

As of May 28, most light fixtures on the first floor of the Gorham Municipal Center were replaced.

As of June 10, the lighting retrofit project has been completed at the Gorham Municipal Center.

488 fluorescent lights were replaced with ener-

gy-saving LED fixtures, helping to reduce the Town’s carbon footprint and lower energy costs.

The Gorham Recreation Department had previously installed LED lights in the Shaw Gym and the Council Chambers were also recently converted to LED fixtures.

This project was made possible with funding from a Community Action Grant as well as a rebate from Efficiency Maine, both programs administered by the State of Maine, and from the dedicated efforts of Assistant Town Planner Damon Yakovleff, Facilities Coordinator Kevin Wood and Town Engineer Chuck Norton.

Volunteers needed for Gorham Affordable Housing Committee

GORHAM, ME – The Town Council Appointments Committee is seeking citizen volunteers for a newly formed Affordable Housing Committee.

The committee has been created for the purpose of aiding in the Town’s response to those adverse housing trends, including rising housing costs and limited housing options.

The committee shall consist of seven members, all of whom shall be Gorham residents or residential property owners or

residential property operators/managers in the Town of Gorham. In making appointments to the Committee, the Council shall seek to include representation of diverse perspectives and opinions.

If you are interested in applying to serve on the Affordable Housing Committee, or for more information, please visit the Town Clerk’s Office. To apply, please complete and submit a Committee Volunteer Application available online. You may also contact the Town Clerk’s

Office at 222-1670 or e-mail the Town Clerk Laurie Nordfors at lnordfors@gorham.me.us.

Applications will be accepted until June 26, 2025.

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

HOME IMPROVEMENT special section pages 7-10

Vigorous Tenderness: A summer solstice concert

GORHAM, ME – On Friday, June 20th 6-8pm at Gambo Preserve, Gorham, celebrate summer with vibrant chamber music that connects new sounds, the environment, and the community.

Vigorous Tenderness is an immersive outdoor concert series that amplifies marginalized voices in classical music and democratizes new / experimental music. This summer solstice event resembles an art museum experience, with chamber music in harmony with the landscape as the audience follows a path of listening and reflection.

People of all ages are welcome; this is a family friendly event.

Please arrive between 6 and 6:45pm and move through the installation at your own pace.

Sliding scale donations are welcomed: sug-

gested ticket price is \$30 but please pay what you can based on need.

Cash and venmo are accepted; everything goes to the musicians and to sustaining future concerts. Venmo: @VigorousTenderness

The rain date for this event is Saturday, June 21st from 6-8pm.

Please bike, carpool, or take public transit; parking may be limited.

We value inclusion and access for all participants. This concert involves moving over uneven ground, navigating some wide flat trails, and visiting musical sites up to .5 miles from the parking lot. For more information, please reach out to vigorous.tenderness@gmail.com.

Featuring music by Daijana Wallace, Carlos Simon, Wu Man,

Shruthi Rajasekar, Melika Fitzhugh, William Grant Still, and more.

Performed by Tracey Jasas-Hardel, Christina Chute, Jordan Guerette, Kal Sugatski, Katherine Liccardo, Sam Schuth, Kate Beever, Fred Edelen, Nate Lesser, Nicole Rabata, Christina Edelen, Michael Albert, March Steiger, Kate Campbell Strauss, Carolyn Lanigan, Zoe Hardel, and more.

Last year, Vigorous Tenderness musicians were honored to collaborate with Nick Bear of the Bur-nurwurbskek Singers to create a new work. Nolan Altvater documented this project.

This concert is supported in part by Shahida Keen Associate Broker Realtor, The Onion Foundation, and many wonderful volunteers. We are deeply grateful.

Vigorous Tenderness : a summer solstice concert

Friday June 20th 6-8pm

rain date is saturday 6/21

Gambo Preserve | Gorham

all are welcome

sliding scale donations accepted

contact for accessibility details

follow @vigorous.tenderness on instagram or email vigorous.tenderness@gmail.com for more details

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Newsmakers, Names & Faces

Summer blood, platelet donations vital to avoid blood supply impact

PORTLAND, ME – Atlantic hurricane season began this month. Disasters like hurricanes and severe summer weather can disrupt blood drives for several days and impact the momentum of a growing blood supply. Help the American Red Cross plan for the unexpected by making an appointment to give blood or platelets.

Even when hospitals are fully stocked with blood products, sudden events can cause a rapid drop in the availability of lifesaving transfusions. While many may be engaging in outdoor adventures this month, the Red Cross asks people to continue making and keeping donation appointments a part of their June plans.

Blood has a shelf life of 42 days, which means ongoing donations are key to ensure medical needs are met. Type O blood donors and those giving platelets are especially needed as the summer season continues.

Upcoming blood donation opportunities

Androscoggin
Lisbon Falls
6/24/2025: 1 p.m. - 5:30 p.m., Holy Trinity Church, 67 Frost Hill Avenue

Livernore Falls
6/23/2025: 10 a.m. - 2:30 p.m., Livernore Falls Town Hall, 2 Main Street

Cumberland
Brunswick
6/25/2025: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row

6/28/2025: 9 a.m. - 1:30 p.m., United Masonic Lodge #8, 65 Baribeau Dr

Falmouth
6/25/2025: 10 a.m. - 3 p.m., Lunt Auditorium, 74 Lunt Road

Freeport
6/23/2025: 9 a.m. - 2 p.m., Hilton Garden Inn Freeport - Old Town Hall Building, 5 Park Street

Gorham
6/19/2025: 1 p.m. - 5:30 p.m., Cressey Road Christian Church, 81 Cressey Road

Portland
6/26/2025: 9 a.m. - 3 p.m., Portland Elks Lodge, 1945 Congress St.

South Portland
6/24/2025: 9 a.m. - 1:30 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy

6/30/2025: 9 a.m. - 1:30 p.m., Portland Sheraton at Sable Oaks, 200 Sable Oaks Drive

Westbrook
6/27/2025: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street

Windham
6/30/2025: 10 a.m. - 2:30 p.m., North Windham Union Church, 723 Roosevelt Trail, Route 302

Yarmouth
6/20/2025: 11 a.m. - 4 p.m., American Legion Post 91, 196 Main St

How to donate blood
Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or

two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Amplify your impact – volunteer!

Another way to support the lifesaving mission of the Red Cross is to become a volunteer blood donor ambassador at Red Cross blood drives. Blood donor ambassadors help greet, check in and thank blood donors to ensure they have a positive donation experience.

Volunteers can also serve as transportation specialists, playing a vital role in ensuring lifesaving blood products are delivered to nearby hospitals. For more information and to apply for either position visit redcross.org/volunteertoday.

Official Cooper Flagg Draft Party to benefit RMHC Maine

FALMOUTH, ME – Ronald McDonald House Charities® (RMHC) of Maine is excited to partner with In Flag We Trust, Rivalries Sports Pub & Restaurant, and the Flagg Family to host the only Official Cooper Flagg Draft Party in Maine! VIP area tickets are available, and 100% of the proceeds will benefit RMHC Maine. This is an all-ages welcome event. Tickets are only needed for access to the VIP area, Rivalries will remain open to the public, where raffle tickets and merch will also be available for purchase. Raffle items include an authentic Cooper & Ace Flagg autographed t-shirt and hat.



Wednesday, June 25, 2025 | 7pm - 9pm with draft scheduled to go live at 8pm

Rivalries Sports Bar & Restaurant - 2 Hat Trick Dr. Falmouth, ME

\$100 per person - Only 75 tickets will be sold. Ticket includes: access to VIP area, delicious food, 2 complimentary raffle tickets, an exclusive Cooper Flagg Draft Party T-shirt, 10% off merch, and 100% of your ticket price donated to RMHC Maine. Rivalries will remain open to the public; tickets are only needed for the VIP area.

Thank you to the sponsors of this event: Rivalries Sport Pub & Restaurant, Victor Rios Design, Double Play Collectibles, and Town Square Media.

Sen. Collins speaks at Alzheimer's Advocacy Forum

WASHINGTON, D.C. – U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee and a senior member of the Senate Committee on Health, Education, Labor, and Pensions, delivered remarks at the 2025 Alzheimer's Impact Movement (AIM) Advocacy Forum in Washington. Maine Alzheimer's advocates Mary Dysart Hartt and her husband Mike introduced Senator Collins at the event. Mary and Mike live in Hampden, and Mary has been a tireless advocate on behalf of Mainers living with Alzheimer's—like Mike—and their caregivers.

"When I first joined the Senate, there wasn't really much of a focus in Washington on brain health. Neurodegenerative diseases were thought of as just part of growing old," said Senator Collins during



her remarks. "But, working with incredible partners like the Alzheimer's Association, we have raised awareness and put a federal focus on this disease. For myself and members of the Congressional Task Force on Alzheimer's I lead, this fight is both a personal

cause and a matter of crafting effective policy. We must not let Alzheimer's be one of the defining diseases of our children's generation as it has ours."

In her remarks, Senator Collins also highlighted her successful legislative efforts to advance Alzheimer's research, prevention, and treatment. In the 118th Congress, there were 1,868 standalone health care bills introduced in both the U.S. Senate and the U.S. House of Representatives. Of those bills, only 15 passed both chambers and were signed into law. U.S. Senator Susan Collins led or co-led 5 of those 15 bills to passage with strong bipartisan support, and 3 of those 5 bills dealt directly with brain health. Those bills were the National Alzheimer's Project Act (NAPA), the Building Our Largest Dementia (BOLD) Infrastructure for Alzheimer's Act, and the Alzheimer's Accountability and Investment Act.

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

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Newsmakers, Names & Faces

Discover, connect, collect at Found Object

PORTLAND, ME – Shop Maine Craft invites you to Found Object, a community marketplace of seconds, supplies and activities held on Saturday, June 28, 2025, in Portland’s East End. Found Object brings together over 40 local artists, makers, and friends from Running With Scissors Art Studios and the Maine Crafts Association for a single-day market.

Discover handmade goods, studio seconds, surplus supplies, equipment, and more at this outdoor event. Whether you’re a fellow maker, an art collector, or just curious, Found Object is your chance to shop directly from local artists, score unique finds, and connect with Maine’s vibrant craft scene.

This free, fami-

ly-friendly event is open to the public, rain or shine, with ample parking available on Anderson Street, Marginal Way, and the nearby commuter lot.

SPECIAL FEATURES
Pots on Wheels (POW!)

Step into POW!’s mobile clay studio and gallery to experience the Make-A-Cup, Take-A-Cup exchange, live artist demos, and hands-on clay activities for all ages. Celebrate the joy of ceramics and take home a handmade cup while contributing to future community events.

Tintype Portraits by Cole Caswell (AgNO3 Lab)

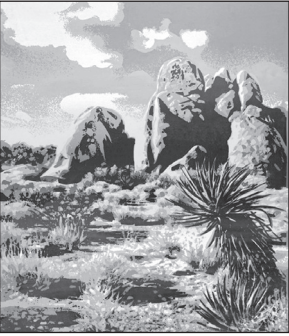
Back by popular demand, experience the magic of 19th-century photography! Cole Caswell will

be on site offering tintype portraits made using the historic wet-plate collodion process. Attendees will walk away with a one-of-a-kind metal photograph developed on-site and ready to take home.

Snacks Galore

Enjoy delicious bites and beverages throughout the day from M Platter Paradise and Side by Side coffee cart, keeping the creative energy flowing while you shop and explore.

“Expect the unexpected at Found Object,” says Whitney Gill, Executive Director of Shop Maine Craft and Maine Crafts Association. “Whether you’re an estate sale treasure hunter, a hobbyist, or a collector, you’ll find pieces here that are



unlikely to surface at your typical craft show or supply store. From one-of-a-kind discoveries to special guests like Pots on Wheels, this is a fun & fresh event designed for Portland’s creative community.”

The Gist of it:

What: Found Object – A Seconds & Supplies Marketplace

When: Saturday, June 28, 2025 | 9:00AM – 3:00PM

Where: Running With Scissors, 250 Anderson Street, Portland, ME

Admission: Free & open to the public

Parking: Available on Anderson Street, Marginal Way, and nearby commuter lot

Website: shopmainecraft.com/programs/found-object

UMaine Extension offers online equine speaker series

MAINE – University of Maine Cooperative Extension announces a virtual Equine Speaker Series for 2025. The theme of the summer webinar series is “From Foaling to Farewell: Essential Knowledge Covering the Equine Lifecycle” with presentations by topic experts from Maine and across the country. All webinars start at 6 p.m. EST.

The first in the series will be held on June 26 with Devan Catalano, Ph.D, Extension equine specialist at Colorado State University speaking about setting up foals and young horses for success. On July 30, Dr. Fran Roew, DVM, Equine Nutritionist at Mad Barn, will discuss basic equine nutrition at every life stage. On August 15, Mary Walby, the founder of God’s Window Senior Horse Re-



Photo courtesy University of Maine Cooperative Extension.

hab and Hospice, will talk about grief management for equine and livestock care givers, and on August 21, she will present her experience with senior horse care. Last in the series on September 3, is a talk about managing equine mortalities on-farm, presented by Nicholas Rowley, sustainable agriculture professional at UMaine

Extension. Attendees will have the opportunity to ask questions at the end of each presentation.

There is a suggested donation of \$5 per event. Registration can be found on the program web page. For more information or to request a reasonable accommodation, contact Sue Beaz and 207.667.8212 or sue.bacz@maine.edu.

Gorham senior property tax assistance applications available

GORHAM, ME – Applications are available for the Town of Gorham Senior Property Tax Assistance Program. This program was established to provide property tax assistance to persons 65 years of age and over who reside in the Town of Gorham. Under this program, the Town of Gorham will provide refund payments to those individuals who maintain a homestead in the Town of Gorham and meet the criteria established by this article.

To obtain an application, please visit the Town Clerk’s Office at the Gorham Municipal Center (75 South Street) or visit the Town of Gorham’s website.

Completed applications can be submitted to the Town Clerk’s Office now through the deadline of August 1, 2025. If you have questions and/or need assistance completing your application, email senior-rebate@gorham.me.us, or call 222-1670.

The Town of Gorham Senior Property Tax As-

sistance Ordinance can be read online.

Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME – If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, President, at 839-3859 for more information

Membership fee is \$20 a year with many perks.

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Seniors Not Acting Their Age Eagles Abound on Sebasticook River

“You’ll see lots of eagles,” Eggman Decoster promised when he invited my wife, Nancy, and me for a paddle trip on the Sebasticook River. That was all the incentive we needed to join him and others for a six-mile outing between Benton Falls and the Kennebec River in Winslow.

Eagles haven’t always been plentiful on the Sebasticook. Two dam removals changed that dramatically. In 2008, the Fort Halifax Dam near the mouth of the river in Winslow was breached. That coupled with the earlier removal of Edwards Dam on the Kennebec River in Augusta has resulted in free-flowing rivers between Benton Falls Dam and the ocean in Popham.

The dam removals facilitated the return of native sea-run fish to include alewives, striped bass, salmon, sturgeon and chad. As they migrate upriver in the spring, fish eating birds, particularly eagles, follow them.

Finding a full day of good weather in the month of May was a daunting task. After two postponements due to inclement weather, we finally identified an acceptable, but imperfect, opportunity for our avian river outing.

Seven of us met at the takeout in Fort Halifax Park on a cloudy, cool windy day. Situated where the Sebasticook joins the Kennebec River in Winslow, the scenic park has ample parking and offers opportunities for walks, boating and picnics. A downside, the physical takeout is a long carry to the parking area.

We left a shuttle vehicle and drove a few miles north on Garland Road to Brimstone Road on the left. This narrow road leads to a parking area at the foot of Benton Falls Dam. A lengthy portage trail on river left provides access to an undeveloped put-in in a pool above some rapids.

Two tandem canoes and three solo kayaks

launched in quick water. Since some of us were paddling flatwater boats, our first challenge was navigating through a few Class I/II rapids. Everyone had problem-free descents.

Once the rapids were completed, we caught eddies to regroup. Eggman’s predictions were quickly confirmed. We were amazed to see exceptionally large numbers of eagles circling above and perched in tree branches overhanging the river.

The sheer numbers of the impressive birds was remarkable. Maine Marine Resources reports a higher concentration of eagles in this area than any other location in the continental United States. Paddlers in our group counted 26 eagles at one time in just one area. Overall, the estimated count was about 75.

After the early rapids, we benefited from a strong current for the remainder of our trip. Although we had to cope with powerful winds, for the most part

they were tailwinds that helped propel us along.

As we progressed downriver, eagles were perpetual traveling companions. However, they weren’t the only winged inhabitants we met. A multitude of Canada geese, ducks, cormorants, ospreys and more joined us. Most were presumably feeding on the abundant fish supply.

Since it was prime migration season for alewives, we expected to find huge schools of the river herring. However, they were largely absent during our trip. A biologist in our group familiar with their habits observed that they don’t move much in cold temperatures. Regardless, the obviously very well-fed eagles must be proficient at locating stationary alewives or they’re feeding on other fish species.

About a mile from downtown Winslow, Outlet Stream enters on the left. Until recently, over 200 years had elapsed



Two eagles overlook the Sebasticook River from an overhanging tree branch



A kayaker passes the remains of the Fort Halifax Dam



Paddlers look for eagles on the Sebasticook River

since alewives were able to reach China Lake due to dams on the stream. With the removal or modification of six dams, hundreds of thousands of alewives now migrate seven miles upstream to the lake each year. The eagle population has exploded on the lake and stream.

We paddled up Outlet Stream for a short distance. The narrow waterway appeared navigable but no alewives were seen. Some of us contemplated a descent from China Lake when the water level is higher.

Below the stream, the water velocity increased and the river narrowed causing erratic currents that required careful negotiation. Soon after, we passed the remains of the Fort Halifax Dam in Winslow before arriving at the takeout in Fort Halifax Park.

We teamed up to lug our boats and gear on the demanding carry to our vehicles. Everyone agreed the very entertaining adventure was worth the effort.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* describes many more paddling exploits on Maine lakes, rivers and streams.

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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

St. John’s holds Food Pass to help end food insecurity

BRUNSWICK, ME – This morning, in the rain, St. John’s Catholic School proudly carried on a beloved tradition more than two decades in the making: the Annual Food Pass to Midcoast Hunger Prevention Program (MCHPP). Students, faculty, and staff formed a human chain stretching from the school all the way to the doors of MCHPP, passing donated food items hand to hand in a moving display of community and compassion.

This living chain of generosity reflects the school’s deep commitment



to service and social responsibility. Boxes filled with nonperishable food made their way to MCHPP, where they will help support local families facing food insecurity.

“This event is one of the most meaningful parts of our school year,” said Principal John Yorkey. “It teaches our students the importance of community, service, and the impact we

can have when we work together.”

The Annual Food Pass not only honors the legacy of those who began it over 20 years ago, but also serves as a powerful reminder of the ongoing need—and the role each person can play in helping to meet it.

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

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Courtney



Michael

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Cancer Resource Center holds June activities, classes

USDA announces new appointee to serve rural Maine

NORWAY, ME – UPCOMING ACTIVITIES & EVENTS

Maine Dragon Boat Club Celebrates Cancer Survivors - SATURDAY, JUNE 21, 2025/Rain Date June 22nd.

In Honor of National Cancer Survivors Day in the month of June, the Maine Dragon Boat Club will sponsor a FREE paddle opportunity for anyone impacted by cancer. Cancer survivors, families and caregivers are invited to gather at 61 Lake Road, Norway, Maine. No prior experience is necessary and Club staff will be on hand to assist participants. Dragon boating is a fun, safe, worthwhile activity and has many health benefits. Around the world, dragon boating has become a very popular group sport, especially among all cancer survivors. The Maine Dragon Boat Club goal this year is to start an All Cancer Paddler Team which will include family, friends and caregivers.

Times: 9:00am-5:00pm-Open House-Check out information about the MDBC and the boat. Family, friends, caregivers invited .10:00am-12:00pm and/or 2:00pm-4:00pm Participate in paddling the Dragon Boat. On land paddling and safety instruction will be given prior to going out in the boat. All equipment is provided. (No reservation needed)

In-person Classes
Stamping Up at the Cancer Resource Center: First Monday of each month: 1:00 - 2:30pm

Join Kathy Pulsifer and make some beautiful greeting cards to take home! All materials provided.

Craft & Chat at the Cancer Resource Center: Mondays 1:00 – 3:00pm.

Drop in and explore your creative side, and meet new friends at the same time. All supplies are provided. No pre-registration is required.

Chair Yoga at the Cancer Resource Center: Thursdays 1:00 – 2:00pm. Join Kat Larsen for this gentle form of yoga which utilizes both seated and standing poses using a chair for support to provide all the benefits of traditional yoga. Chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress. Please call the Cancer Resource Center to register at 890-0329.

Chair Yoga in Bridgton: Mondays and Fridays 10am -11am. PLEASE

NOTE SUMMER 2025 CLASS DATES:

June 2,6,9,13,23,30; July 7,14,21,28; August 4,18,25.

Taught by Susan Kane, this class is open to all cancer patients and can easily be modified to anyone’s ability level. You do not need to register in advance. Meet at the Bridgton Community Center, 15 Depot Street, Bridgton.

Support Groups
Women’s Support Group and Coffee Hour: Meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center. No registration needed. For more information, call Kelsey at the Center at (207) 890-0205.

Men’s Rally Group: Meets the third Friday of each month from 1:00pm-3:00pm at the Cancer Resource Center. No registration needed. For more information, call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975.

Sacopec Valley Cancer Support Group for Men and Women: Meets the fourth Friday of each month from 1:30-3:00 pm at the Riverside United Methodist Church, 5 Porter Street, Porter. For more information, please call Marianne Wyer at: (207) 749-0392.

Access to Free Counseling Services

For patients and caregivers looking for more support during their cancer journey, please ask us about our access to free counseling programs. You have the option to meet with a professional counselor in person or via telehealth. Some limitations do apply.

Soup Program
The Cancer Resource Center of Western Maine has begun a Free Soup Program for patients who are in treatment. For those who are too tired, feel too ill or otherwise cannot prepare a meal, the Resource Center has individual containers of frozen, homemade soup that are easy to thaw. Several kinds of soup are available. Please call or stop in during our open house hours on Thursdays to pick some up.

Public Swim Passes: For cancer patients who have completed their treatment and their caregivers, the Cancer Resource Center offers a free pass for 10 visits at the Colonial Mast Campground Pool & Hot Tub in Naples Maine. Ask for more details.

Virtual Classes on our website: www.crcofwm.org

Please pre-register at

www.crcofwm.org,
“A Mindful Hour” Mindfulness -based Stress Reduction: Thursdays, 9:00-10:00am. Learn how the practice of Mindful-based Stress Reduction (MBSR) can assist with reducing stress through breath, movement and meditation. Kat Larsen leads this class, and also integrates other practices from her work as a certified yoga therapist and registered yoga instructor.

Recorded Classes: Recorded classes are available via our YouTube Channel via the YouTube link on our website: www.crcofwm.org

Other Local Wellness Activities

Wellness Share at Center for Healing Arts, 180 Main St., Norway; 2nd Saturday of each month, 10am to 2pm. Free event offering Reflexology, Massage, and more. For more information: Charlotte LaBelle – 207-890-2177.

Drum Circle at Center for Healing Arts, 180 Main St., Norway – 4th Saturday of each month, 11am to 2pm. Free event, drums available for use. For more information: Dan Gravel - 207-604-0323 or Nel Bernard - 207-312-9955.

Best Source for Arts, Music and Theater! Your Hometown Paper.

BANGOR, ME – U.S. Secretary of Agriculture Brooke Rollins announced John Butera is appointed by President Donald Trump to serve as the USDA Rural Development State Director for the state of Maine. Director Butera will implement President Trump’s America First agenda at USDA Rural Development, ensuring the needs of America’s farmers, ranchers, and producers remain a top priority.

“When America’s farming communities prosper, the entire nation thrives. This new group of USDA appointees will ensure President Trump’s America First agenda is a reality in rural areas across the country. I am grateful for the leadership of these new state directors and look forward to their work reorienting the agency to

Sen. Collins announces release of TRIO Upward Bound Grants

WASHINGTON, D.C. – U.S. Senator Susan Collins, Chair of the Senate Appropriations Committee, announced that the Department of Education has released the TRIO Upward Bound grants—which fund programs preparing high school students from disadvantaged backgrounds for college—to current grant recipients in Maine. This action from the Department follows a letter sent last week by Senators Collins and Jeanne Shaheen (D-NH) to Secretary Linda McMahon urging the immediate release of this funding after reports that multiple Upward Bound programs had yet to receive the funding they’d been promised for the coming program year.

“I am pleased that

put Farmers First again,” said Secretary Rollins.

“Rural America is the backbone of our nation, and I look forward to implementing President Trump and Secretary Rollins’ priorities in Maine, empowering communities from the ground up,” said State Director Butera.

John Butera will serve as State Director for Rural Development in Maine. John recently served as Vice President, Commercial Loan Officer at Skowhegan Savings Bank. He previously served as Senior Economic Advisor and Commissioner of Labor to Maine Governor Paul LePage. John received his bachelor’s and master’s degrees from the University of Pennsylvania.

State Directors serve as the Chief Executive Officer of USDA Rural De-

velopment in the states and territories and are tasked with leading teams to carry out the mission of Rural Development to the benefit of all rural Americans. In conjunction with the guidance and support of the National Office, State Directors are responsible for advancing the key priorities and initiatives of the Presidential Administration, the Secretary of Agriculture and the Deputy Under Secretary for Rural Development. State Directors also provide key leadership to foster a mission-driven, accountable, and high-performing workforce focused on operational excellence, public trust, and responsible stewardship of taxpayer resources.

To learn more about USDA Rural Development’s leadership and programs, view www.rd.usda.gov.

Secretary McMahon responded quickly to our request and that Upward Bound students in Maine will continue to have access to this lifechanging program,” said Senator Collins. “TRIO has made an incredible difference in the opportunities provided for many low-income and first-generation students seeking higher education. As Chair of the Senate Appropriations Committee, I will continue to work to ensure this program is protected for Maine families and students across America.”

The following Upward Bound programs received funding, which will support over 180 Maine students:

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Lawrence	High School
Madison	High School
Mt. Abram	High School
Skowhegan	High School
Spruce Mountain	High School
Waterville	High School
The University of Maine at Farmington	Upward Bound - \$437,584
Currently serving students at:	
Gardiner Area	High School
Lewiston	High School
Lisbon	High School
Medomak	Valley High School
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MSMT opens season with New England premiere of *Anastasia*

BRUNSWICK, ME – Maine State Music Theatre (MSMT) is thrilled to launch its highly anticipated 2025 season with the sweeping Broadway musical *Anastasia: The Musical*, running June 4–21 at the Pickard Theater in Brunswick. A co-production with Lancaster, Pennsylvania’s renowned Fulton Theatre, *Anastasia* whisks audiences from the twilight of the Russian Empire to the dazzling lights of 1920s Paris in a grand tale of mystery, courage, and self-discovery. Based on the beloved 1997 animated film, *Anastasia: The Musical* follows Anya, a brave young woman haunted by fragmented memories of a royal past. With the help of a dashing con artist named Dmitry and his endearing friend Vlad, she sets off on a thrilling quest to uncover the secrets of her identity—discovering love, belonging, and a place to call home along the way. With a book by four-time Tony Award winner Terrence McNally (*Ragtime*, *Master Class*), music by Stephen Flaherty, and lyrics by Lynn Ahrens—the award-winning team behind *Ragtime* and *Once on This Island*—*Anastasia: The Musical* is a sweeping romantic epic that dazzles with soaring melodies, dynamic choreography, and richly detailed period costumes. The lush score features beloved favorites like “Journey to the Past” and



“Once Upon a December.” The production stars: Lila Coogan as Anya (Broadway: *Mary Poppins*, National Tour: *Anastasia*) Coleman Cummings as Dmitry (National Tour: *RENT*) Nick Gaswirth as Vlad (Broadway: *How To Dance In Ohio*, *Natasha, Pierre & The Great Comet of 1812*) Mary Ernster as Dowager Empress Maria (Broadway: *War Paint*) Gregory Lee Rodriguez as Gleb (National Tour: *Les Misérables*) Amanda Rose as Lily (Broadway: *Merrily We Roll Along*, *Wicked*) Five local young performers will alternate the roles of the Romanov children: Alexa Largay, Alison Largay, and Rya Redding (*Little Anastasia*) Milo Fantigrossi, and Bentley Milliano (*Alexei Romanov*) The ensemble features: Mark Aldrich, Sierra Anastasi, Rachel Alvarez-Robinson, Paul Amrani, Bailey Blaise, Greta Cardoza, Bryan Fortunato, Erin Gonzales, Tauren Hagans, Payton Hines, Matthew Irani, Andrew Love,

Sabina Martin, Christopher Page-Sanders, Stephen Petrovich, Lauren Steinert, Dylan Stukenberg, Todd Turner, and Gisella Amaris-a Watts. Directed and choreographed by Kenny Ingram Music Direction by Kevin Stites Scenic Design by William James Mohney Costume Design by Jeff Hendry Lighting Design by Samuel Biondolillo Sound Design by Shannon Slaton Props Design by Meg Valentine Wig Design by Kevin S. Foster II Video Coordination by Luis Garcia Fight Choreography by Preston Cuer Casting by Jamibeth Margolis, CSA *Anastasia: The Musical* is inspired by the Twentieth Century Fox Motion Pictures by special arrangement with Buena Vista Theatrical, and from the play by Marcelle Maurette as adapted by Guy Bolton. *Anastasia: The Musical* is presented by arrangement with Concord Theatricals. For more information, visit concordtheatricals.com.

Arts Jubilee’s 2025 Summer Concert series

NORTH CONWAY, NH – Celebrating their 42nd year of presenting live music in the Mt. Washington Valley, Arts Jubilee is pleased to announce that their 5-week concert series is returning to Cranmore Mountain Resort this summer. The outdoor concerts will run weekly on Thursday nights from July 17th through August 14th at the North Slope Base of Cranmore Mountain Resort in North Conway. Arts Jubilee’s 2025 concert lineup features Ceili Rain (Celtic Pop Rock) on July 17th, Satisfaction (The Premier International Rolling Stones Tribute Show) on July 24th, Aidan Canfield (Country Rock) on July 31st, The Dave Matthews Tribute Band on August 7th, and Say You Love Me (The Music of Fleetwood Mac) on August 14th. All concerts feature a local opening act at 6 pm, followed by the headliner at 7 pm. This year’s opening acts include Family Van (July 17th), Blugrit Blues Band (July 24th), Gary Plourde (July 31st), Rek-lis (August 7th), and Lighthouse Louie (August 14th). Admission is \$20 for adults, \$15 for seniors, \$5



for students, and free for kids 12 and under. You can pre-order tickets online at www.artsjubilee.org or pay at the gate on the night of the show starting at 5:30 pm. Concerts are ‘rain or shine’ with the exception of rare circumstances, so concertgoers are advised to come prepared as they would to any outdoor event. Parking is free, food and beverages are available for purchase on site, and there will be a raffle for a variety of prizes at every concert. Seating is not provided at the venue, so concertgoers are encouraged to bring

a lawn chair or blanket. Animals are not allowed on the property except for leashed service dogs. There is an elevator located next to the front gate for handicap accessibility. Special thanks to Cranmore Mountain (Host Sponsor), White Mountain Oil & Propane (Season Sponsor), The Fairfield Inn by Marriott (Lodging Sponsor), the Conway Daily Sun and Conway Broadcasting Co. (Media Sponsors), and all of our valued sponsors. For more information please visit www.artsjubilee.org.

Clothes galore at Gorham’s Mission of Hope Clothes Closet

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

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

displayed them for a time, they are donated to our local second-hand shops. In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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

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Maine realtors meet with lawmakers

AUGUSTA, ME – During the 2025 National Association of REALTORS® Legislative Meetings, 35 Maine REALTORS® met with Maine’s Congressional delegation in Washington, D.C., to advocate for policies that will increase the housing supply and improve access to homeownership, nationwide and in Maine.

Members and staff of the Maine Association of REALTORS® met with Senator Susan Collins, Senator Angus King, Congresswoman Chellie Pingree, and Congressman Jared Golden’s staff to advocate for legislation to increase housing supply, protect and expand tax provisions for property ownership and small business, and create a national strategy for new housing development.

The Maine Association of REALTORS® has worked closely with Maine’s members of Congress for many years to ensure that Maine’s real estate industry remains well represented at the national level. During their Congressional Hill Visits, REALTORS® highlighted Maine’s residential and commercial real estate markets, the economic impact real estate has nationally and at home in Maine and stressed the importance of property ownership in building safe, resilient communities.

The real estate industry represents nearly one-fifth of the United States’ GDP and was 20.5 percent of Maine’s gross state product in 2024.

NAR and the Maine Association of REALTORS® support policies that will address the estimated 4.7 million home shortage in America. Increasing the supply of housing, easing market constraints, and making it easier for Americans to find homes they can afford will stabilize prices and revitalize communities.

“Homeownership builds generational wealth and provides opportunities for our children and their children to have a safe place to call home” says Jeff Harris, 2025 President of the Maine Association of REALTORS®. “Maine’s Congressional delegation was receptive to our ideas and appreciate that REALTORS® are hard-working small business owners who make the American Dream of homeownership possible across our beautiful state,” added Harris.

The Maine Association of REALTORS® is a professional trade association established in 1936 with over 6,500 members statewide. REALTORS® protect private property rights, build Maine communities, and grow our state’s economy. Our members represent buyers and sellers involved in both residential and commercial real estate transactions. Our membership also includes industry affiliates, such as lenders, closing agents, title agents, appraisers, building inspectors, surveyors, etc. The Maine Association is chartered by the National Association of REALTORS® (NAR), the largest trade association in the country.

MaineHousing offers grant for home repairs



MAINE – MaineHousing’s Home Accessibility and Repair Program provides help to low-income homeowners who cannot afford necessary home repairs in the form of a grant.

For eligible homeowners, the Maine Home Accessibility and Repair Program can assist with such things as:

- Well repairs or replacements
- Heating and electrical system repairs
- Roof and chimney repairs
- Structural repairs
- Lead paint mitigation
- Repair or replacement of windows and doors
- Energy efficiency improvements
- Repair or replacement of siding
- Improvements necessary to permit use by persons with disabilities or who are experiencing physical barriers living at the home

ELIGIBILITY

To be eligible for a Home Accessibility and Repair grant you must have owned and lived in the home that will be renovated or repaired for at least one (1) year prior to applying and have a household income at or below 80% AMI Income Limits.

MORE INFO

Please refer to our agency contact list to fill out an application. For more information see <https://www.mainehousing.org/programs-services>.

HOME IMPROVEMENT special section pages 7-10

AI tools aid interior design

RRNewswire - Homekynd (www.homekynd.com), the next-generation visualization platform redefining how consumers experience real estate and retail, has partnered with leading lifestyle publisher Apartment Therapy (www.apartmenttherapy.com) to launch the brand’s first-ever interactive room layout feature: the Room Plan tool. Powered by Homekynd’s proprietary AI, this tool transforms static images into interactive 3D spaces—allowing users to visualize, redesign, and shop their dream interiors in seconds.

The Room Plan tool empowers users to upload a photo of any room, remove existing furniture, and reimagine the space using shoppable products from trusted retail brands. It marks a pivotal moment for immersive commerce—where editorial storytelling, personal design, and direct purchase converge.

“Homekynd is proud to help usher in this new era of immersive commerce,” said Kate Ritter, Founder and CEO of Homekynd. “Together with Apartment Therapy, we’re creating a deeply engaging bridge between content and commerce—where users don’t just get inspired, they dream up immaculate designs that drive confident purchases.”

A Seamless Fusion of AI, Retail, and User Experience

With over 120,000 spaces reimaged, Homekynd has evolved into a full-stack SaaS platform merging advanced visualization technology with user-centric design. The Homekynd Design Studio is a dynamic, shoppable 3D environment connecting users to real products.

This partnership extends Homekynd’s reach into the editorial space, bringing its technology to one of the most engaged audiences in home lifestyle media. Through the Room Plan tool powered by Homekynd, Apartment Therapy readers can turn lifestyle inspiration into actionable design and purchasing decisions using the latest in online room design tools.

Ready to transform your space? Experience the future of shoppable interior design today. Visit apartmenttherapy.com to try the new Room Plan tool powered by Homekynd and turn any photo into your dream room in seconds. Upload your space, reimagine your style, and shop your vision—all in one seamless experience.

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HOME IMPROVEMENT

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5 top trends for transforming your outdoor space

Contributed by BPT
Homeowners today are reimagining their outdoor spaces, moving beyond a basic patio and grill to create thoughtfully designed areas that blend style, comfort, and functionality. According to the latest Houzz Outdoor Trends Study, one in three homeowners are upgrading their outdoor areas as functional, beautiful extensions of their homes with an emphasis on convenience, style and sustainability. If you're among those looking to transform your outdoor space this year, following are five top trends to consider:

1. Seamless segues from inside out
As the lines between indoor and outdoor spaces continue to blur, homeowners are finding creative ways to bring the comfort of the indoors outside. Picture large glass doors

gliding open to reveal a deck adorned with stylish outdoor furniture, cozy rugs and ambient lighting, creating an inviting atmosphere that feels just as welcoming as a living room.

2. Climate-friendly features
As climate resilience becomes a top priority, outdoor areas are being designed to withstand every season and adapt to a wide range of conditions. Homeowners want solutions that offer a year-round balance of comfort, durability, ease and style to ensure these spaces remain practical and inviting. Heat-mitigating composite decking, weather-resistant furniture, and shade structures help keep outdoor spaces enjoyable, no matter the season. Water-resistant materials are also becoming essential for decks, poolside areas and docks, ensuring dura-

bility against moisture, sun exposure and heavy foot traffic. Low-maintenance solutions, such as Trex® composite decking, require only occasional cleaning to maintain their beauty for years.

"People want outdoor spaces that adapt effortlessly to their homes and lifestyles, no matter the climate, setting or season," says Adam Zambanini, COO of Trex Company. "Our Performance-Engineered™ products offer the ability to enjoy the outdoors in comfort and style, whether you live along the salty coast, high up in snow-capped mountains or in the heat of the desert."
3. Cozy, curated spaces
Rather than sprawling, undefined yards, many homeowners are designing smaller, purpose-driven outdoor spaces tailored to specific activities like



dining, relaxing or entertaining. Defined zones with level changes, pergolas, privacy screens and stylish deck railings create a sense of intimacy and character. And don't forget the space beneath the deck. The simple addition of a deck drainage system, like RainEscape®, makes it possible to add furnishings, lighting, appliances and other electronics to transform this underutilized area into a fully functional, all-season retreat.

4. Smart features for comfort and convenience
Technology is making outdoor spaces more comfortable and functional than ever. Smart lighting, weatherproof entertain-

ment systems, app-controlled irrigation, and outdoor Wi-Fi hotspots are turning backyards into high-tech havens. Features like built-in USB ports and wireless charging stations ensure outdoor spaces stay as connected and convenient as any indoor room.


5. Sustainable and serene retreats
More homeowners are prioritizing eco-friendly choices when designing their outdoor spaces. Products made with recycled and reclaimed materials and native plants contribute to a sustainable backyard oasis. Elements like rainwater collection systems and solar-powered lighting not only help reduce environmental impact

but also create a peaceful and natural atmosphere.
Outdoor living continues to evolve, offering endless possibilities for relaxation, entertainment and connection with nature. Whether you're envisioning a multi-level deck, a cozy garden escape or a poolside retreat, let these trends help you create your dream outdoor space. For more inspiration, visit Trex.com.
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Low-maintenance landscaping tips to keep your yard looking great

Contributed by
BPT

Choosing the right materials and incorporating well-planned design features can enhance the appearance of your landscape while reducing the effort needed for maintenance.

“Adding mulched areas around shrubs, plants and trees, as well as creating access pathways, are key design elements we use to enhance the beauty of a landscape,” says Lavonne Thompson, owner of Gabby’s Gardens in St. Croix Falls, Wisconsin.

Many materials can help keep your landscape looking beautiful, such as mulch, landscape rock, flagstone steppers, concrete pavers and natural stone. To create and maintain a professional look for your landscaped areas, Thompson recommends these elements:

- * Create distinctive



borders for garden beds, tree rings and other landscaped areas using natural stone, concrete pavers or edging. It will make it easier to mow around plus add definition, texture and color.

* Construct paths using natural stone steppers, concrete pavers, mulch or landscape rock. Not only do these materials create visual interest and define walkways, but they also improve accessibility.

* Use mulch, landscape rock or gravel to

give landscaped areas a finished look. “Mulch adds interest and gives a clean, finished appearance that enhances curb appeal,” says Thompson.

Maintenance of mulched areas can be a challenge with thunderstorms, critters, traffic and falling leaves. To keep landscaped areas looking beautiful and minimize seasonal maintenance, Thompson uses NorthRock® Landscape Loc Mulch & Rock Bond, an environmentally friend-

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ly compound that can be applied to keep mulch and landscape rock locked in place.

Landscape Loc helps to prevent mulch movement from rain, wind, critters, mowers and blowers, while allowing the treated area to freely drain and breathe. It is safe for soil, groundwater, wildlife, people, pets and plants.

“Landscape Loc is a great product for when we are refreshing clients’ projects in the spring,” says Thompson. “It is essential in sloped areas and gardens to prevent mulch from moving out of place.”

Landscape Loc can be used on landscape rocks

that are 1/2” or smaller. It can also be used to control dust from gravel, sand, pebbles and light rock on walkways and driveways as well as to control erosion around those areas. The more porous the rock, the better Landscape Loc

will bond. For denser rock, a heavier application is required.

Using a fan tip sprayer, apply Landscape Loc when refreshing and cleaning up landscape areas. It lays down white and dries clear, enhancing the look of mulch and other ground cover. Landscape Loc is available at Amazon and local retailers in one- and five-gallon containers or as a concentrate to mix with water. Watch an application of Landscape Loc Concentrate at <https://www.youtube.com/watch?v=zOdssqFrQVY>.

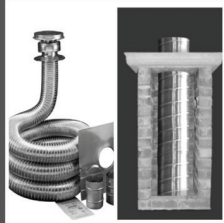
“It’s great that Landscape Loc goes down white before drying clear,” says Thompson. “That way if you are called away for a moment, you can pick right up where you left off.”

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HOME IMPROVEMENT

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4 easy ways to give your garage workshop a refresh

Contributed by BPT
Spring has sprung! Are you ready to start some spring projects? If you're a DIY hobbyist, it's time to give your workspace a spring cleaning.

During the winter, your garage workshop accumulates extra items, dust and debris that can make it impossible to do your best work. So, take advantage of the warmer weather and give your workshop a spring refresh with these four simple tips.

1. Clear out the garage

Dedicate the first

warm weekend in spring to emptying your garage. That means removing everything that isn't attached to the walls. This may require a lot of muscle and energy, but it will create a solid foundation for your garage spring cleaning.

Once you have everything out, take stock of your items. Sort them into piles like gardening tools, power tools, lawn care appliances, etc. Review each pile and identify what you want to keep, toss or donate.

If you're having trouble figuring out what to

keep, think about how often you use an item. If you use them regularly or annually, put these tools aside so you can find space for them. Anything you don't use or that's broken should be donated or tossed.

2. Dust and clean surfaces, items and floors

Now that you have everything out of the garage, take time to dust surfaces and items and clean the floors. Start high and work downward so the dust you remove from the shelves doesn't land on a freshly cleaned countertop. Use a damp cloth to wipe down surfaces and equipment and follow up with a vacuum to get into corners.

Next, tackle the floors with a broom and mop. Sweep away dirt, debris and trash that may have accumulated during the winter. Once that's done, lightly wet the floor with the hose and mop the excess water.

3. Organize your tools and equipment

Take in your cleaned



garage and designate areas to store your various tools and equipment by category. This can help you think about creative storage solutions and optimal organization so you have more room for your woodworking projects.

Think about installing overhead, ceiling-mounted storage racks for camping gear, decorations and other bulky items. Consider adding or replacing cabinets for more storage and organization.

A great storage solution for organizing your tools and equipment is a storage cabinet like the Gladiator Premier Pre-Assembled 84" Tall Cabinet. Each cabinet features one fixed and three adjustable full-width shelves that can hold up to 400 pounds each, so you have plenty of room to store even your heaviest tools.

Another organizational feature to consider is a garage storage wall. Systems like the Gladiator® All-in-One Wall Kits help you create the perfect organizational space to get gear off the floor,

maximize space and make it easier for you to quickly find any item you need. The kits are customizable, so you can choose from a variety of hooks, baskets and bins that fit your storage needs.

4. Optimize lighting and power sources

Whether you're working on big or small projects, it's critical to have proper lighting and multiple power sources so you can work with your power tools safely and efficiently. Consider adding in wall accessories like a light bar or power strips.

Choose a light bar with adjustable lighting options so you can see every detail of your project. Light bars are great for providing under-cabinet lighting and lighting inside cabinets as well.

Don't forget to keep multiple power strips on hand so you have the freedom to plug in several tools anywhere you need them. The ideal power strip will have a long, tangle-resistant cord and surge protection. Modern power strips may even offer USB-A and

USB-C utility outlets.

Does it seem like you never have enough working surfaces for your projects? You can easily increase workspace by getting tools off your counters. Install a wall-mounted magnet bar or two (or three!) that are strong enough to hold up all the tools you use regularly.

If you clear your counters and still don't have enough room for your projects, think about purchasing a mobile workstation. A model like the Gladiator three-foot-wide mobile workstation combines the strength of hardwood and heavy-duty steel with the total mobility of four 360° swivel casters. Designed for easy maneuverability on uneven surfaces, each caster also locks fully in place to hold the workstation steady for projects requiring precision.

Tackle your spring projects with ease and confidence. These four tips will help you create a clean and well-organized garage that you'll look forward to working in.

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'I Belong' empowers Maine students with disabilities

MAINE – The Maine Department of Education (DOE) Office of Special Services and Inclusive Education held its second annual “I Belong” Youth Summit at Central Maine Community College on Thursday, May 29. This event brought together students from across the state with individualized education plans (IEPs) for a day dedicated to empowerment, connection, and celebration of student voice. Student participants ranged in age from 10 to 22 years old.

The summit is an initiative that happens through the Transition Maine program, which was developed by the Office of Special Services and Inclusive Education to provide accessible and inclusive transition services for students moving from high school into adulthood. The Executive Student Transition Committee, a team of students who assist with the Transition Maine program, plays a large role in the organization of this event, designed to amplify the voices of youth with varying abilities. “To see our students meaningfully engage and included in hands-on activities to help them imagine their future



Students from the Deering High School Unified Cheerleading Team pose with Maine Secretary of State Shenna Bellows.

makes me and our team very proud,” Executive Student Transition Committee Co-Chair Connor Archer said, reflecting on the success of the summit. “As someone who received special education services right here in Maine, I know how unique and powerful this experience is.”

Secretary of State Shenna Bellows kicked off the summit by speaking with students about Maine’s new accessible voting machines, known as the ExpressVote.

The system allows voters to mark their ballots using a touchscreen or keypad, and it includes audio instructions for those who are visually impaired. It then prints a paper bal-

lot that can be scanned and counted. Bellows emphasized the importance of civic participation and ensuring that all Mainers, including those with disabilities, have full access to the process.

The daylong event allowed students to discover post-secondary opportunities through engaging, hands-on activities. Career paths in trades, culinary arts, agriculture, health care, media, and more were highlighted throughout the day. Students practiced knife skills with chefs, pulled lobsters from traps, and planted vegetables. They participated in Central Maine Power’s “Safety City” demonstration, regarding safety around

power lines, and joined the Maine DOE Rethinking Responsive Education Ventures (RREV) team, along with the Student Leadership Ambassadors of Maine (SLAM) from Nokomis High School, for mock media interviews, designed for those interested in journalism and broadcasting.

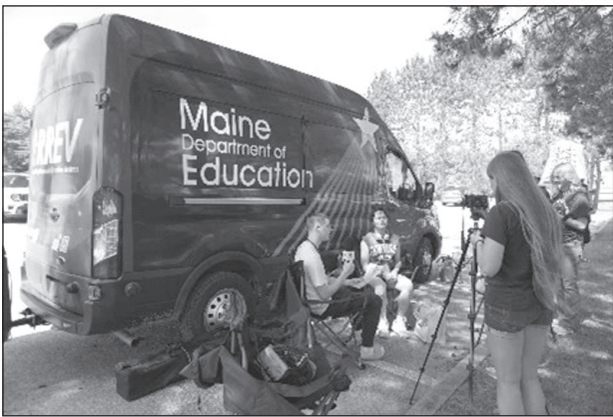
L.L. Bean introduced the students to the world of retail through an interactive clothing activity that focused on merchandising and apparel knowledge. The iconic “Bootmobile” was also on display, drawing students in and sparking conversations about careers in retail and outdoor recreation.

“I want to become an EMT. If that doesn’t work out, I want to work in a mortuary,” Abigail Giles, a student from Stearns High School, shared in an interview with NEWS CENTER Maine.

Educators and business partners at the summit emphasized the importance of creating inclusive pathways to employment.

“There is a ton of value, skill, brainpower, and I think it’s essential not to exclude a segment of the population,” Kim Cotta, Talent Development Manager at Darling’s Auto Group, said.

Titus O’Rourke, the Transition Specialist with the Maine DOE, emphasized the goal of the event in an interview with NEWS CENTER Maine:



“[These students] belong in every single career pathway, and it’s important for students to understand what is available to them.”

By connecting students with real-world experiences and professional mentors, the “I Belong” Youth Summit helps to ensure that all Maine students with IEPs have the tools and confidence they need to shape their futures.

The third annual “I Belong” Youth Summit is set to take place in the Bangor area next spring. Due to the strong student participation from across the state for this event, Transition Maine and the

Executive Student Transition Committee have plans to expand the “I Belong” Youth Summit.

For more information about the Maine DOE Transition Maine program, click here. Educators interested in connecting with someone about the Transition Maine program may contact her Titus O’Rourke at titus.orourke@maine.gov.

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

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Not one but FOUR make Eagle Scout Rank

MAINE – Did you know that 1 out of 100 Boy Scouts will make it to Eagle Scout Rank? That’s right 1 out of 100. Eagle Scout Rank is the highest rank that you can achieve in Boy Scouts. All Scouts must complete a variety of requirements, including earning merit badges, participating in community service projects, and demonstrating leadership skills. The Eagle Scout rank is a symbol of a Scout’s dedication, leadership skills, and commitment to serving their community. These life lessons will be carried with them for the rest of their lives.

It is an honor and privilege to announce:

Sean McKeen
Eagle Scout Project
- Built benches that are wheelchair accessible for Camp Gustin in Sabattus, ME

Brady Legere
Eagle Scout Project
- Built four slab benches for patrons to use at Beaver Park in Lisbon, ME

Logan Martin-Mayo
Eagle Scout Project
- Put together 100 care go bags for Adoptive & Foster Families of Maine Inc. & The Kinship Program

Jacob Pratt
Eagle Scout Project
- Built a Free Public Library case for Sabattus Community Baptist Church in Sabattus, ME

Congratulations to Troop 116’s newest Eagles.



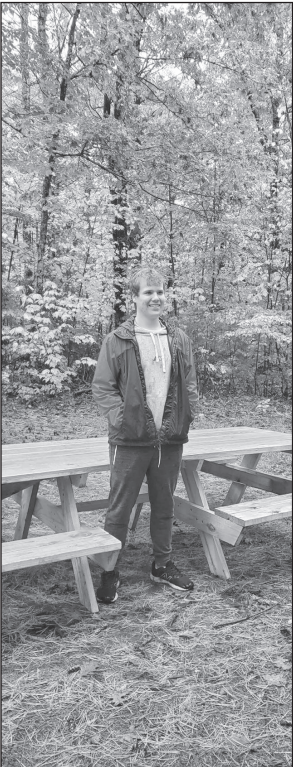
Logan Martin-Mayo



Brady Legere



Jacob Pratt



Sean McKeen

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

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 emotion-

Calendar

Send your submissions to the Editor. More online.

al 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 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.

June 19 and Every Third Thursday
LEWISTON – The Lewiston Farmers’ Market is excited to announce the introduction of “Third Thursday” markets, which will take place every third

Thursday of the month, June through September from 4:00-7:00 pm on the green space at 75 Lincoln St.

June 21
UNITY – Join the Maine Organic Farmers and Gardeners Association (MOFGA) on their main campus in Unity on Saturday, June 21, from 9 a.m. to 3:30 p.m. for Farm & Homestead Day! This free, volunteer-run, family-friendly event includes over 50 skill-building workshops and activities centered around sustainable living.

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.

Mondays, June 23 – August 18
LEWISTON – The Lewiston Public Library, in partnership with ArtVan, will be offering art programs in the Children’s Department for children ages 5-14 every Monday from June 23rd-August 18th from 3:00PM-4:30PM. Children aged 5-8 must be accompanied by an adult.

June 25
LEWISTON/AUBURN – SeniorsPlus invites the community to support a great cause while enjoying a night of summer fun at Family Night Out, taking place on Wednesday, June 25, from 4 to 9 p.m. at Lost Valley Brew Pub in Auburn.

June 26
AUBURN – Auburn Public Library: Author Talk with Nicole Beaudry to be taking place on Thursday, June 26th from 4:30 PM to 5:30 PM.

June 28
PORTLAND – Found Object, A Seconds & Supplies Marketplace Saturday, June 28, 2025 | 9:00AM – 3:00PM at Running With Scissors, 250 Anderson Street, Portland, ME. Free & open to the public. Parking is available on Anderson Street, Marginal Way, and nearby commuter lot. Website: shopmainecraft.com/programs/found-object.

June 28
WINDHAM – St. Anthony of Padua Summer Festival to be held at Our Lady of Perpetual Help Church in Windham. This is the 4th Annual Summer Festival with a yard sale, sales of plants, books and jewelry, Italian food, quesadillas, Knight of Columbus Grill for breakfast and lunch, and homemade baked goods. There also will be music, games for children and adults, and

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This year featured is the “Golden Ticket” raffle. The winning ticket gets two passes for all the dinners at Our Lady of Perpetual Help, St. Hyacinth’s in Westbrook and St. Anne’s in Gorham for a year starting in September 2025.

July 1-5
RANGELEY – The Rangeley Friends of the Arts will produce a live theater event, “Chicago”, the musical. This show will feature a live orchestra and cabaret seating is available. Show dates are July 1,2,4, at 7PM, July 5 at 5PM. Tickets are \$20 adults/\$10 youth. To reserve your seats visit our website at www.rangeleyarts.org.

July 18
LEWISTON – At 10am the Lewiston Public Library Children’s Department will be offering the program Seashell Picture Frame Keepsakes. Caregivers and their children will be able to decorate a keep-

sake picture frame with a variety of seashells.

July 26
LEWISTON – The Lewiston Public Library Children’s Department will be offering the program Within the Whale, an immersive marine science experience where guests can step inside a life-size inflatable humpback whale to explore its anatomy and learn about ocean conservation. Fun, educational, and perfect for all ages! There will be four available times for patrons to participate in the 30-minute program. The starting times are: 10:30am, 11:00am, 11:30am, and 12pm.

Each session is limited to 20 participants, so registration is required. Signups will be at the Children’s information desk. Patrons can register in person, by phone, or by email. This free Summer Reading program will take place in Callahan Hall on the third floor of the library.

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\$40K

\$30K

\$20K



GORHAM LITTLE LEAGUE

Field Funding Campaign



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

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- Add scoreboards

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