

Central High senior awarded 2016 Principal's Award

Emily Fraser-Read of Hudson, a senior at Central High School, has been selected to receive the 2016 Principal's Award, Principal Brent Slowikowski announced recently. The award, sponsored by the Maine Principals' Association, is given in recognition of a high school senior's academic achievement and citizenship.

"Emily is a dedicated and conscientious member of our school community," said Slowikowski. "Along with her outstanding academic achievements, Emily is a great school citizen and is very involved, especially with National Honor Society activities and drama club presentations."

Fraser-Read and Slowikowski, along with other award winners and their principals, will attend an honors luncheon at 12:30 p.m. Saturday, April 2, the Spectacular Event Center in Bangor.

The luncheon recognizes the outstanding students with the presentation of an individual plaque and the awarding of five \$1,000 scholarships in the names of Horace O. McGowan and Richard W. Tyler, former Maine principals and executive directors of the association. This year an additional five \$1,000 scholarships will be presented through the efforts of the MPA Scholarship Golf Tournament.

The Principal's Award is presented in more than 100 Maine public and private high schools by member principals of the MPA, the professional association which represents Maine's school administrators. For information, call 285-3326.

Local DAR chapter honors area students

The Frances Dighton Williams Chapter of the Daughters of the American Revolution announced recently the winners of the Good Citizenship Award for this academic year. Winners are chosen from each area high school on the basis of leadership, service, patriotism and dependability. They may also write an extemporaneous essay to compete for a scholarship. All school winners received a check from the Bangor DAR chapter, a gold pin or tie tac, and a certificate. All honorees

were guests at a DAR luncheon on March 4. They were accompanied by parents and school staff.

This year's chapter winner, Jamison Rhoads-Doyle, representing Brewer High School, wrote an essay on "The Right to Vote." He is now eligible for the State DAR award, which is \$300 and automatic entry to the regional DAR scholarship competition. If he wins there, he will be eligible for the national competition.

The DAR Chapter also announced that Jaelin Roberts of All Saints Catholic School is the winner of the American History Award for this academic year. All honorees were guests at a DAR luncheon on March 4. Winners are chosen from students in area elementary schools who write an essay on the topic, "A Colonial Family's Reaction to the Stamp Act." Winners received a check from the Bangor DAR chapter, a bronze medal and a certificate.

Jaelin, an eighth-grader at All Saints, wrote her essay in journal form, as a girl recording her family's experiences in her diary during that turbulent time. She is now eligible for the State DAR award, which will mean another monetary award and automatic entry to the regional DAR American History competition. If she wins there, she will be eligible for the National competition.

International Affairs conference set for UMaine

The intersection of anthropology, political science and history in international affairs is the focus of a conference set for 9:15 a.m. to 4 p.m. on Friday, April 1, Wells Conference Center, at the University of Maine. Sponsored by the UMaine International Affairs Program, with support from the UMaine School of Policy and International Affairs, the conference is free and open to all.

Highlights of the event will include a roundtable discussion and lectures by leading scholars:

- "What's Culture Got to Do With It: The Importance of Anthropology in International Affairs," by Sarah Tobin, Brown University.
- "Money, Guns and the Study of International Affairs," by Rosella Capella, Boston University.
- "International Affairs

and the Turn to History," by Brian Schmidt, Carleton University.

To attend the free lunch, RSVP by March 24 to Peter Fandel, 581-1835 or peter.fandel@maine.edu.

For information or to request a disability accommodation, contact Michael Lang at 581-1964 or lang@maine.edu.

EMMC joint surgery receives national recognition

Patients who walk the same day of joint surgery recover faster, go home sooner, and have fewer complications. Eastern Maine Medical Center patients walk within 12 hours of a joint replacement procedure 95 percent of the time, an achievement that was highlighted during an on-site review by The Joint Commission, an independent organization that recently re-certified EMMC's Joint Center of Excellence.

"Nursing staff does not wait for the initial physical therapy evaluation before they get the patient out of bed after surgery, which The Joint Commission considers to be best practice," explains Angela Wheelden, RN and nurse coordinator with EMMC Joint Care. "Our nurses closely monitor each patient's progress and coordinate efforts with numerous interdisciplinary staff to contribute to each patient's success after joint surgery."

Areas of distinction mentioned by The Joint Commission included Surgical Navigation, with preoperative testing and tightly streamlined processes to ensure patients are ready for surgery; preventive measures that result in low rates of infection, such as refraining from using Foley catheters; and a nationally renowned blood management program that has virtually eliminated the need for blood transfusions during surgery. These measures contribute to the program's recertification, a distinction achieved by only four orthopedic surgical programs in Maine.

"Voluntarily inviting independent organizations like the Joint Commission to assess our orthopedic program helps EMMC fulfill national clinical guidelines for total hip and knee replacement," said Stephen Walsh, MD, medical director, EMMC Joint Care.

Science

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Keynote speaker Nate Silver

What better time hear from statistician Nate Silver, who leapt to fame after successfully predicting the outcome in 49 out of 50 states during the 2008 presidential election? Especially since he repeated the feat in the 2012 election — that time with all 50 states. Silver now writes for ESPN, where in addition to politics he covers sports, and he'll undoubtedly be able to shed a little light on a tumultuous political season in the U.S. Silver's talk is the only MSF event that has a fee and that is not in Bangor; his talk is set for 7:30 p.m. Saturday, March 19, at the Hampden Academy Performing Arts Center; tickets are \$10-\$20 online and at the door.

Five Minute Genius

Get a taste of what the MSF with this fast, fun event. Seven leaders in science in Maine will each give a five-minute summarization of the important work they do. Presenters include Habib Dagher of the University of Maine talking about Offshore Wind; Scott Dorbin of the University of Maine Presque Isle, talking about saving honeybees; Vivek Kumar of the Jackson Laboratory; Susan McKay of Cerahelix, talking about using DNA to make a better water filter; Leif Oxburgh of the Maine Medical Center Research Institute, about growing kidneys in a lab; Nicole Price of the Bigelow Laboratory for Ocean Sciences; and Aric Rogers of the MDI Biological Laboratory. The event is set for 3:30 p.m. Sunday, March 10 in the Bangor Public Library Lecture Hall.

Nature Illustration Workshop and the Op Art Workshop

These are two separate events, but they happen at one place: The University of Maine Museum of Art on Harlow Street. The first event, the Nature Illustration Workshop, is set for 9 to 11 a.m. Saturday, and is open to a limited number of participants, allowing them the chance to work with acclaimed nature illustrator Chuck Carter; visit mainesciencefestival.org to register. Also, from 11 a.m. to 3 p.m. Saturday anyone can drop in and create a piece of original artwork with UMMA educator Kat Johnson that utilizes the principles of optics and optical illusions.

Antique Computer Exhibit

For most folks, visiting the Antique Computer Exhibit at the Maine Discovery Museum, on display on Friday and Saturday, will make you feel pretty old. Windows 95 wasn't that long ago, was it? Why, I remember punch cards! For younger MSF attendees, it'll be a trip into the past. Giving insight into the history of computing will be Marshall Grover, of the Maine State Office of Information Technology. The exhibit is up from 4 to 8 p.m. Friday and from 11 a.m. to 5 p.m. Saturday.

Science on Tap

Science and pop culture — and a frosty beverage or two — collide in this adult-centric event, one of the most popular of the festival. Set for 7 to 10 p.m. Friday at the Barrel Room at the Sea Dog Brewing Company, this year's event takes a scientific look at (some of the) seven deadly sins, led by experts from the University of Maine, the Mt. Washington Observatory in New Hampshire, and The Rock & Art Shop in Bangor. This event is for those 21 plus, and a cash bar will be available.

Mad Science of Maine

You think homework is pressure? Just wait until you learn how the weight of the earth's atmosphere pushes down on you with the force of an elephant! Explore how Bernoulli's principle creates enough lift to make a jumbo jet fly or how air pressure can be used to launch a hot air balloon, or how a vortex generator makes smoke rings. Mad Science Maine, a Saco-based science education organization, will present this program at 11 a.m. Saturday at the Bangor Public Library.

Science and Technology in Sports

Ever wondered why football helmets are made the way they're made? How kayaks can be so light and set so durable? Some of the science behind sports technology will be revealed at 11 a.m. Saturday at the Cross Insurance Center. This panel discussion is just one of many fantastic events all happening at the Cross Center, including the Maine Science Festival, all day on Saturday, workshops on robotics, citizen science, aquaculture and more. Friday, in fact, is geared all day for youth attendees, bringing in students statewide to learn and have fun. Visit the MSF website for a full schedule.

Owl Pellet Autopsy

Owls, in addition to being beautiful, charismatic creatures of the wild, also offer an accessible way to get to know what they're all about — through owl pellets, the indigestible remains of whatever the bird ate, which are easy to pick apart and see what's inside. The Maine Discovery Museum and the Children's Museum of Maine have paired up to offer ten owl pellet dissection sessions for up to 20 people each, between 2 and 4:15 p.m. Saturday, at the museum; admission is first-come first serve.

Minecraft Workshop

Parents often see Minecraft as just another video game. Young people see it as an addictive world-building computer program. Look under the hood of the wildly popular game with two sessions showcasing the computer programming elements that make it work. Sessions, geared towards those aged 10 to 14, are set for 11:30 a.m. and 1:30 p.m. Sunday at Coespace on Columbia Street. To register, visit mainesciencefestival.org.

Yesterday... Today
Turning pages from past issues of the Bangor Daily News
TheWeekly



PHOTO COURTESY JOHN BAPST

John Bapst Memorial High School presents the hilarious new Mel Brooks musical "Young Frankenstein." Show times: Friday, March 18, and Saturday, March 19, 7 pm at John Bapst Memorial High School, 100 Broadway. Tickets: \$5 each, on sale at the school Monday through Friday, between 7:30 am and 2 pm, or at the door one hour before the performance.

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