

## Healthcare workers protest vaccination mandate in Augusta



Aria Kieltyka standing in front of the capitol building.



Photo courtesy of Melissa J Albert photography

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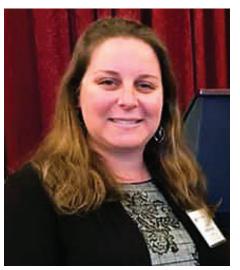
Healthcare workers are concerned they will be fired unless they comply with Gov. Mills latest mandate requiring them to receive the COVID vaccination by October 1. A peaceful protest was held at the Maine State House in Augusta on August 16. TCT photo by Lillian Baker. More photos and video coverage at facebook. com/gorhamweekly.







Casco Federal Credit Union's current Vice President of Operations, Martinique Allen, will take over as the credit union's president on Sept. 1. She will take on the role of CEO when James Stone retires next June. (Photo courtesy of Casco FCU)



Nichole Frazier is being promoted to the position of Executive Vice President and Chief Lending Officer at Casco Federal Credit Union. (Photo courtesy of Casco FCU)

### From Casco FCU

GORHAM - Casco Federal Credit Union will see Martinique Allen, the current Vice President of Operations, become the credit union's president on Sept. 1. Casco FCU is also promoting Nich-See Casco FCU, page 11



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## **Newsmakers, Names & Faces** A Sprint + A Float in Rumford Androscoggin Adventure is Aug. 28

#### From Chisholm Ski Club

Page 2

RUMFORD - The Androscoggin Adventure, featuring a "Spring" and a "Float" will take place in Rumford on Saturday, Aug. 28.

Presented bv Chisholm Ski Club Paddle Sports and EnvisionRumford the event will take place from 9:30 a.m.-3 p.m., rain or shine.

The day on the water celebrates the Androscoggin, the community, and the Maine tradition of water sports from easing on down the river with familv and friends to racing currents and each other in canoes, kayaks, and SUPs.

#### Float + Sprint

The focus of the Androscoggin Adventure is to encourage and nurture recreational use of the Upper Androscoggin River and to cap another great Maine summer

Rumford's new boat launch-which includes 20-foot precast concrete planks, a concrete abutment with lay-down planks and ample parking-is designed to make launching and reloading boats work Bears Snowmobile Club. easily with river current.

Awards and will be presented immediately after the race. Participants are encouraged to bring spectators, friends, and family.

No river celebration is complete without onshore festivities (and the occasional dip). Following an awards ceremony at noon, food, music by Jim Gallant, a Cornhole Tournament, and Kids' Zone will be held from 12:30 -3:00

The event happens rain or shine. If it's raining, off-river festivities will be held in tents and the Rumford Polar Bears Snowmobile Club building.

On-water safety will be provided by Mahoosuc Search and Rescue, which has extensive swift water and river rescue training with assistance by local volunteers

Proceeds from the event benefit the Chisholm Ski Club Youth Development Program, EnvisionRumford, Mahoosuc Mountain Search and Res-

### **Sponsors**

Androscoggin Adventure sponsors include CEI Consultants, Inc., The Barn Collection, and The Philbrook Place of Bethel, Maine; Gaskyl Productions, InkMaine, and T&T Head Shop of Rumford, Maine and Dan Warner, also of Rumford.

#### **Adventure Float**

Family, friends and kids-friendly, the Float begins at Hastings Landing in Rumford Center between 9:30 - 10:00 am and runs to the Rumford Boat Landing.

Given all manner of frivolity and a River Poker Run and Treasure Hunt. estimated float times range from 2-3 hours.

#### **Adventure Sprint**

Sprint Registration is through the Chisholm Ski Club website: Androscoggin Adventure Sprint - Racer Registration Multi-Class Canoe,

Kayak and SUP Classes

Two Person Canoe-Male or Mixed

Two Person Canoe-Female

Two Person Canoecue and Rumford Polar First Responder, Any Gender Individual Kayak-Male Individual Kayak-

Female Individual Stand-up

Paddle Board-Male Individual Stand-up

Paddle Board—Female The racecourse is

a quick four miles of the Androscoggin River and starts at the Rumford Boat Launch located on Route 2, Rumford. The course loops around Wheeler Island at the Rumford Falls dam, runs upriver to Mt. Zircon, and finishes back at the launch

There is current the entire length of the course.

Racers are required to sign a liability waiver and each craft is required to have a Coast Guard approved PFD for each person with anyone under age 14 wearing their PFD during the race. Each boat must also have at least one bailer

Chisholm Ski Club is located at Black Mountain of Maine Ski Area in Rumford, Maine. The Club has a rich tradition which dates to the early days of the 20th

century at its Spruce Street location and its mid-1900s days at Scottie's Mountain.

Over the yearsn the Club has hosted several world class Nordic skiing events, including the 1950 Championships, World 1976 NCAA Cross Country Skiing Championships, 1991 National Biathlon Championships, 1993 US Cross Country Skiing Championships, 1992 USSA XC Jr. Olympics, 1993 U.S. Masters Cross Country Skiing Championships, the first ever U.S./ North American Women's Ski Jumping Championships in 1996, 1996 National Junior Olympics, 1996 Chevy Truck U.S. Nationals, the 1999 NCAA Cross Country Skiing Championship, the 2003 Chevy Truck US Cross Country Championships, the 2004 Chevrolet US Cross Country Championships, the 2009 NCAA Cross Country Skiing Championships, the 2010 USCSA National Championships, and the 2011 and 2012 US Cross Country Championships. chisholmskiclub.org About EnvisionRumford

EnvisionRumford is grassroots community а group that began in 2013. In 2021, a reorganization has introduced new directors, a membership drive, revitalized advertising and fundraising campaign, and development plans to better the Rumford community, including many new and exciting events in the summer and fall of 2021, and beyond.

EnvisionRumford Mission: To collectively bring the community and all businesses together while enhancing Rumford with new events and community fundraisers. EnvisionRumford's goal is to encourage memberships and communication for local businesses to become "supporters not competitors." More, to discuss cross promotions between businesses, sales ideas, advertising, new business development. parking, cleanup, and more. EnvisionRumford will expand its reach to other business districts for complete inclusivity in the area. EnvisionRumford.org

## **Community college requires vaccination**

#### From MCCS

AUGUSTA, ME -Starting this fall, the Maine Community College System (MCCS) will require all students attending classes in person to be vaccinated against COVID-19, due to the recent surge in cases attributed to the delta variant

The MCCS Board of Trustees unanimously approved the updated COVID safety protocol lasts week.

"The safety of our

faculty, staff and students has been our top priority throughout the pandemic. The latest information about the delta variant makes it clear we must require vaccinations to keep our community as safe as possible," MCCS President David Daigler said.

The new protocol, which will be in effect for the 2021-22 academic year, applies to any student taking classes or training at any MCCS facility, including off-campus learning fa-

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cilities.

Students must show proof that they have received at least one dose of a vaccine prior to attending the first day of their in-person classes. Students who have only had their first shot when classes begin must provide proof of the second shot no later than 30 days from the date of their first in-person class. The first fall semester classes start on August 30.

System officials are beginning discussions with representatives of employee bargaining units in hopes of adopting a similar vaccination policy for staff and faculty.

Precision Machining Technology Instructor Dean Duplessis said he personally supports a vaccine mandate for students, and for MCCS faculty and staff.

"It's about workplace safety and the safety of our entire community," said Duplessis, who teaches at Northern Maine Community College. "My own personal belief is that it works both ways: If students are

classes, then we should fol-

low suit and have the same requirements. We should do this together."

Currently, masks are required indoors at Maine's community colleges. The mask mandate will remain in place, even for vaccinated students.

MCCS officials will continue to assess the situation and review the masking mandate. Students who are fully remote and will not be entering campus buildings for any purpose will not need proof of vaccination. Approximately 45 percent of courses are being going to be required to delivered remotely this fall.

tions for individuals who

cannot be vaccinated for documented medical reasons.

Previously, vaccinations were only required for MCCS athletes and students living in residence halls.

The full text of the updated protocol can be found at http://bitly.ws/g4ox, and on the MCCS COVID information page.

Maine's seven community colleges have the lowest tuition and fees in New England and serve more than 29.000 individuals a vear through degree programs, customized training, and opportunities for lifelong learning.

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vaccinate in order to attend MCCS will grant exemp-



## **Newsmakers, Names & Faces Interim minister at First Parish in Portland**



Rev. Elaine Beth Peresluha, Ph.D., an Accredited Interim Minister and a graduate of Harvard Divinity School, will step in as an interim pastor at the First Parish church in Portland on Sept. 1. (Photo courtesy of First Church)

**From First Parish** 

PORTLAND - On Sept. 1, First Parish Church at 425 Congress Street will welcome Rev. Elaine Beth Peresluha, Ph.D., an Accredited Interim Minister and a graduate of Harvard Divinity School.

Rev. Christina Sillari is stepping down after serving as pastor for the past 11 years. She was the first woman minister to be called and settled at the 300-year-old church. She has enlightened the First Parish congregation, enriched church ritual, and impacted the wider community in her 11-year tenure

First Parish is the oldest place of worship in Portland. One of Portland's large, urban churches, it has endured for over 300 years. Today, First Parish attracts a community of 300 active individuals of all ages. Adjacent to City Hall, the Meeting House also has long hosted civic events, concerts, lectures, and continues to be a meeting place for social service organizations.

Bringing her experience as therapist, yoga teacher, and shamanic practitioner, Rev. Sillari expanded the healing practices and education at First Parish. "She recognized that everyone has the potential to be both student and teacher," Director of Faith Formation, Toben Cooney-Callnen explains. "Her commitment to spiritual education encouraged First Parish to shift away from the silo model of Religious Exploration and towards the Faith Formation model. Spiritual education is now recognized as an imperative across generations."

Rev. Sillari initiated and nurtured the important transition of First Parish organizational structure to a policy governance model, which greatly empowered congregant-lead committees and reflected her collaborative and participatory approach to leadership. Rev. Sillari's commitment to anti-racism was proclaimed from the pulpit but extended far beyond it. She called out white supremacy behavior and supported ministries for racial justice. First Parish has a long social and racial justice history. But it was Rev. Sillari's modeled behavior that helped the congregation to support the goals of the poor and homeless, Black people, Native Americans, and immigrants.

Convinced that the building needed to be accessible to all, Rev. Sillari was an integral part of the recent Church for EveryBody campaign. The campaign funded a comprehensive renovation of the Parish Hall, including an accessible second entrance to the church, an elevator, a remodeled kitchen and Community Room, a new fully accessible restroom, audio and media upgrades for the Meeting House, and improvements to the Memorial Garden. "\$1,440,000 has been pledged toward our \$1,500,000 campaign goal," explained Austin Farrar, President of the Board of Trustees and Co-Chair with Ted Oldham of the Church for EveryBody campaign.

Jason Shedlock, immediate past President of the Governing Board, said, "Rev. Sillari's heart, leadership, and legacy has brought us to an inflection point. As we pivot to the future, we do so carrying her indelible mark of love, and with the deep promise of care, growth and professionalism that our Interim Minister offers to our congregation."

Rev. Perelusha's Ph.D. in Social Science was earned through the Taos Institute and the University of Tilburg in the Netherlands, expanding and integrating her lifelong interest in right relationship, collaborative leadership styles, and social change. Rev. Peresluha focuses on inspiring social change through anti-oppression and anti-racism. By bringing diverse groups of people together for per-



Rev. Christina Sillari is stepping down after serving as pastor for the past 11 years at First Church in Portland, the oldest place of worship in the city. (Photo courtesy of First Church)

sonal growth, discovery, and creative engagement, she aims to work towards personal and communal transformation.

The incoming President of the Governing Board, Taryn Friedman, said, "This is a unique and exciting time for our First Parish community to step forward together to affirm our Unitarian Universalist principles." Friedman believes that the congregation will profit from Rev. Peresluha's deep experience in collaborative leadership and advocacy for moral social change.

Two years from now, the First Parish congregation will be well prepared to call the next minister of the venerable institution so embedded in the life of Portland and Maine.

The original First Parish church built in Falmouth, Massachusetts Colony, now Portland, Maine, dates from 1674. In 1740 the second wooden Meeting House, known as Old Jerusalem, was erected at the present location, 425 Congress Street. The present granite structure opened its doors in 1826. As Unitarian Universalists, the congregation practices a liberal religion. In affirming the worth of all humans, the church advocates freedom of belief and the search for advancing truth.



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#### Page 4

## **Historical Society Elects New Board Members**



Rebecca Drew was recently named to the board of directors for the Androscoggin Historical Society. (Photo courtesy of AHS)

#### From AHS

AUBURN - The Androscoggin Historical Society recently elected officers and directors at its annual meeting.

Re-elected were president, Curtis Jack; vice-president, Penny Jessop; secretary, Douglas Hodgkin; treasurer, David

Chittim; and directors Joline Froton, Sonia Jack, Beverly Robbins, and Elizabeth Young.

The slate included two new directors, Rebecca Drew and Laura Juraska.

Rebecca Drew (Becky) grew up in Wellesley, Massachusetts. However, after graduating from college, she, her husband, and two children became accustomed to being transferred every three years with his job. These moves took them to Ohio, Indiana, and Pennsylvania.

The Drews finally realized their dream when they moved to Turner, Maine. There they restored a 1798 brick cape on the Nezinscott River and opened their third antique shop, "Irish Meadows." Upon retirementn Becky and her husband moved for ten years to Seneca, South Carolina. Becky returned to Maine just in time for the lengthy pandemic.

Becky taught for 42 years in many different school districts in grades kindergarten through eighth grade. History and reading were her specialties. History is her first love, whether it was restoring two historic homes, collecting and restoring antiques, reading historic novels, or evaluating dwellings for The National Register of Historic



Laura Jeraska, who retired in 2018 as Head of Research at Bates College, was recently elected to the board of directors at the Androscoggin Historical Society. (Photo courtesy of AHS)

Places. Gardening and building rock walls is another passion.

Wherever she has lived, she has become very involved in that community, generally counseling cancer patients and assisting The League of Women Voters. She is a member of eventually got her Master's

Daughters of the American Revolution and the Philanthropic Educational Organization Sisterhood.

With an undergraduate degree in Anthropology (Archaeology) from the University of Wisconsin - Madison, Laura Juraska in Information and Library Science from Indiana University.

She came to Maine with an offer to join the Research Services group at Bates College in 1983. She experienced the digital transformation of the library profession and eventually progressed to Head of Research Services, retiring in 2018.

After moving into the small community of Leeds, Laura became interested in the history of the town, got involved in the historical society, and soon became its president. When the town office moved to a new building, the society took responsibility for the 1822 building and over time renovated it into a collection, exhibit, and programming center.

Her time is also filled with gardening perennials and fruit, horseback riding, volunteering at local food pantries, cooking, reading, movie watching, and daily walks with her dog up Monument Hill.

### **DEPARTMENT OF AGRICULTURE Rural Development**

NextGrid Peppertree, LLC: Notice of Availability of an Environmental Assessment AGENCY: Rural Business-Cooperative Service (RBS), USDA

ACTION: Notice of Availability of an Environmental Assessment

SUMMARY: Notice is hereby given that the RBS, as required by the National Environmental Policy Act, is issuing an environmental assessment (EA) in connection with possible impacts related to a project proposed by NextGrid Peppertree, LLC. The proposal is for construction of a 5.665-megawatt (MW), groundmounted solar photovoltaic facility (solar farm). NextGrid Peppertree, LLC has submitted an application to the RBS for funding of the proposal.

FOR FURTHER INFORMATION CONTACT: Brian Wilson, P.E., Business & Cooperative Programs Director, USDA Rural Development, 967 Illinois Avenue, Suite 4, Bangor, Maine 04401-2767, 207-990-9125, brian.wilson@usda.gov.

SUPPLEMENTARY INFORMATION: NextGrid Peppertree, LLC proposes to construct a 5.665-MW solar farm on an approximately 20-acre site which contains agricultural land and forestland. Approximately 20 acres of the project site would be disturbed as a result of the construction activities associated with this project. The Proposed Project Area would be located north of Lewiston Junction Road, near the intersection of Torrey Road and Lewiston Junction Road in the town of Poland, Androscoggin County, Maine. The Proposed Project would interconnect to the Central Maine Power (CMP) pre-existing electrical distribution system. The power generated from the facility would be sold to CMP through a long-term Power Purchase Agreement (PPA). The Proposed Project would be accessed from Lewiston Junction Road. An interior road would be constructed inside the perimeter and is anticipated to be flat and would match existing grades to minimize earth work. The Proposed Project Area would be secured by a security fence with standard gates for emergency and maintenance vehicle access

True North Consultants, Inc., an environmental consultant, prepared an environmental assessment for RBS that describes the project, assesses the proposed project's environmental impacts, and summarizes as applicable any mitigation measures used to minimize environmental effects

NextGrid Peppertree, LLC intends to seek financial assistance from USDA, RBS for the construction and operation of a solar farm. The Proposed Project consists of a fixed-tilt solar array installed on ground screws as supports connected to racks of solar panels. The Proposed Project Area is currently undeveloped forestland and cleared forestland.

If implemented, the Proposed Project will result in approximately 1,930 ft2 of wetland fill from the construction of an access road, resulting in permanent loss. Additionally, there will be approximately 5,590 ft2 of wetland vegetation (i.e., conversion of scrub-shrub wetland vegetation to emergent wetland vegetation with no grubbing required). The functions and values of the wetland areas not being grubbed or filled will be maintained as those associated with wet meadow and emergent wetlands These wetlands will continue to provide groundwater recharge/discharge, sediment and nutrient removal, wildlife habitat and other valuable functions for the duration of the Proposed Project. Fill associated with the access road, however, will result in permanent loss of wetland function and value. In accordance with Executive Order 11990, Protection of Wetlands, and USDA Departmental Regulation 9500-3, Land Use Policy, the purpose of this notice is to inform the public of this proposed conversion or effect and request comments concerning the proposal, alternative sites or actions that would avoid these impacts, and methods that could be used to minimize these impacts.

The environmental documentation regarding this proposal is available for review at 967 Illinois Avenue, Suite 4, Bangor, Maine 04401-2767. For questions regarding this proposal, contact Brian Wilson, P.E., Business & Cooperative Programs Director,

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nent, 967 Illinois Avenue, Suite 4, Bangor, Maine 04401-2767, 207-990-9125, brian.

Any person interested in commenting on this proposal should submit comments to the address above by August 19, 2021

RBS has conducted an independent evaluation of the environmental assessment and believes that it accurately assesses the impacts of the proposed

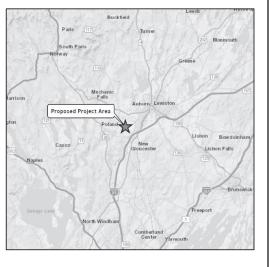
project. No significant impacts are expected as a result of the construction of the project

Questions and comments should be sent to RBS at the address provided. RBS will accept questions and comments on the environmental assessment for 14 days from the date of publication of this notice.

Any final action by RBS related to the proposed project will be subject to, and contingent upon, compliance with all relevant Federal environmental laws and regulations and completion of environmental review procedures as prescribed by 7 CFR Part 1970, Environmental Policies and Procedures.

A general location map of the proposal is shown,

Dated: August 5, 2021.



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### Page 5 LA Senior College classes start Sept. 23

#### From Senior College

LEWISTON - The Lewiston Auburn Senior College fall semester begins Sept. 23, although classes have staggered start dates.

Due to the ongoing pandemic, the college will continue with a Zoom format for all classes and Food For Thought presentations.

College membership fee will continue to be \$25.00. The one-day courses will continue to be free of charge and multiweek courses will be \$ 25.00.

While the college hopes have in-person classes in Spring 2022, using Zoom does provides the college with fewer scheduling restraints. Using Zoom, the college can provide various length courses in all semesters and more flexibility in scheduling the Food For Thought program.

View the complete class schedules, instructor Bio's and suggested reading lists for courses at the LA Senior College. website : usm.maine.edu/seniorcollege

LA Senior College will be joining other Senior Colleges across the state in using CourseStorm for registrations. Students can access registration from the homepage with the (Register Now Button) or by clicking on *Courses*, Registration and Scholarships on the left navigation bar of the homepage. Follow the instructions.

Credit or debit cards and checks are all acceptable forms of payment. Once registered for a courses, students will receive an email confirmation. It is possible to register for a course up until the first class, as long as it is not filled.

То register in CourseStorm the first time, students must create an account with a password. This ID and password will be used for future access to

ics, DNA and molecular away from nasty, in favor Contemporary biology. problems of habitat destruction.widespread extinctions, and loss of biodiversity; the emergence of bacterial resistance and pandemic viral variants. Instructor:Dr. Rich-

ard Fortier

Can Learn You A Lot of Art From the Flowers

This online studio art course focuses on flowers. in all their glory. We will try out a variety of techniques, and look at botanical art from artists through time and around the world. We will also spend time sharing our work, tips, and struggles with the class.

Instructor:Judy Hierstein

### Alfred Russel Wallace. Co-discoverer of Evolution

Alfred Russel Wallace is often thought of as being "in the shadow" of Charles Darwin however, he was a greatly respected scientist in his own right during most of the 19th century. In this course we will look at Wallace's career and contributions to science. We will briefly review natural selection. evolution and some of the ideas of Wallace and Darwin.

Instructor: Thomas Hamilton

The Goodness Paradox

A curious fact about our species: We have a rare and perplexing combination of moral tendencies. We can be the nastiest of species, and also the nicest. How to understand this? Evolution science provides a way, so does religion. The Big Q: Might the balance be shifted

of nice?

Steven Instructor: Piker Dignity in public

Discourse: Finding new ways to move beyond conflict and get things done.

Through readings and discussion. students will learn about dignity theory, explore the role it plays in public debates over controversial issues, and learn best practices for supporting dignity and moving forward together. In addition to reading about dignity and related topics(such as trust, comleadership, munication, and sources of conflict), we will analyze press and online materials through a dignity lens, and apply new approaches.

Dr. Tora Johnson

Why It Should Be Isabella and Ferdinand NOT Ferdinand and Isabella

Isabella was usually overshadowed by Ferdinand, but she was exceptional and in this class you will see that she was the personality behind Iberian unity.

Instructor: Diane Parker

The Founding And **Refounding of the United States of America** 

The United States is a country with strong founding ideals, but that founding has happened several times and with important differences among those ideals

We were founded in 1776 and refounded in 1787. Or was the first founding really 1619? And how about 1865? Or 1933? Where do we look to find our bearings?

Where do our worst

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practices, like slavery, fit in this? This course will look at our finding moments, our divergent ideals, and the conversation we are having among them.

Instructor: Doug Bennett

**Thinking About In**equality

Social inequality poses a dilemma for American society, pitting the ideology of equal opportunity and the American Dream against the uncomfortable reality that it is harder to get ahead in the U. S. than in other western industrialized societies. This course will examine the social mechanics that lie behind the facts of inequality.

Instructor:Jean Potuchek

Writing Your Life Story

We've all got stories! This informal class will get you on the road to writing about your life, from the mundane to the marvelous. Inviting all "non-writers" to join, this will not be a critique of your writing style or grammar. Take a chance on finding out that you've lived a pretty interesting life after all!

Instructor: Connie

Jones Card Making

Explore your creativity in learning various techniques in making cards! No more searching for the right card with the right verse. You can unleash

your creativity and learn to make your own. This course will give you card making ideas with the tools and skills to make your own cards for every occasion. Imagine giving a card to a loved one who will cherish it forever. Card making supplies not provided.

Instructor: Nancy Duplisea

Civil Discourse on **Current Issues** 

In this era of hyper-partisanship, many of us long to return to a time when policy disagreements could be discussed in a civil and respectful manner. In each of four sessions, two former Maine state senators, John Cleveland, representing the progressive perspective, and Tom Saviello, representing the conservative perspective, will participate in a moderated panel discussion. Over the four weeks the topics will include the following:

The proper role of government

Providing quality healthcare to our citizens A reasonable approach to deal with

climate change An effective and humane way to regulate immigration

Moderator: Bill Fraver

#### Seasonal, Local, **Global Eats**

The ingredients may come from nearby even some from Paul's own garden, but the recipes he prepares will come from around the world!

Each week, we'll tackle 1or 2 global recipes, based on (relative) ease of preparation, availability of ingredients, and fantastic flavor. It's a virtual class, so only Paul (and Jane) get to taste. Sorry ! Recipes and plenty of comments are provided, questions are expected, and everyone is strongly encouraged to cook for themselves.

#### Mr. President, What Will You Do for Woman Suffrage and Equality

This is a 3-class course that examines suffrage history in Maine and nationally, as well as the Equal Rights Amendment. Lectures are accompanied by slideshows with historic photos.

Instructor: Ann Gass

### Western Philosophy of Morality

This course will examine the history of thought in morality from the ancient Greeks to modern thinkers. It will also ask the students to examine their own thinking about the thinkers and their own moral principles.

Instructor: Anita Denis

### **Mongolia: From** History's Greatest Empire to Today's Democracy

Mongolia is a modern-day nation with a landmass the size of Europe and a population less than 4 million. Yet, Under Genghis Khan in the 13th Century, it cre-ated history's largest empire, stretching from Siberia to India and Korea to Hungary. Now, it is also the only true democracy across the expanse of Central Asia between South Korea and Eastern Europe. What accounts for this extraordinary culture and its achievements? Instructor: Mark

Minton

### **Abstract** Art

Judson will use his own art to illustrate and talk about what abstract painting means.

Jud-Instructor: son Pealer

The First Thanksgiving1621

The first Thanksgiving was quite different then what many were taught in schools. Join Alan to discover what Pilgrims were really thankful for.

Instructor: Alan Elze

the account.

Registration begins Sept. 1.

Anyone with questions can call the Senior College phone line, 207-753-6610 or send an email : laseniorcollege@ to gmail.com.

Fall 2021 classes **Science of Evolution** With a powerpoint presentation.narrative and class discussion we will explore the scientific evidence of evolution. Topics include Earth history,geologic time, the fossil record, natural selection, biogeography, animal and plant breeding, comparative anatomy,genet-



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## Junction Bowl summer league scores

#### **From Junction Bowl**

GORHAM - The Monday night bowling league on the lanes at Junction Bowl on Railroad Avenue in Gorham last week saw Pocket Pounders dominate the night with a 2400 team score.

Scores include the player handicap. Week 7

Pocket Pounders had

strong play from all members to take all 3 games and the weekly team series from The Empire Strikes Back, 2400-2248.

**Pocket Pounders** Myles Petrin 185-205-208 - 598 Brian Darling 215 - 190 - 232 - 637Nathan Hopkins 215-210-171 - 596 Robbie Plummer

222-180-167 - 569 **The Empire Strikes** Back

Alex Benner 181-191-202 - 574 Nick Calvert 223-198-179-600 Aidan Underwood 209-209-156 - 574 Sebastian Pettitt 173-136-191 - 500 Ashley Calvert rolled a 678 to help Pin

Me Please hold off God Squad for 2 games and the weekly team series, 2295-2205.

### **Pin Me Please**

Ashley Calvert 246-229-203 - 678 Heather Lavallee 162-186-182 - 530 **Rick Cormier** 179-216-204 - 599 Lindsay Duplin 160-155-173 - 488

**God Squad** Ryan Reno 147-177-178 - 502 Tony Valley 210-230-237 - 677 Jordan Bretton 178-152-209 - 538 Substitute 149-142-196 - 487 JB House Team had

an easy outing against an absent Ice Trae for all 3 games and the weekly team series, 2124-2106. **JB House Team** Amanda Morneau 148-168-164 - 480 Jonathan Ruppel 200-174-194 - 568 Ryan Morneau 162-182-201 - 545 Blind 531

Ice Trae Blind 2106

## No tuition increase for community colleges

From MCCS

AUGUSTA - Maine's community colleges are

more ever this year, with no increase in tuition and fees and a significant increase



affordable than in Maine State Grant aid available for qualifying students.

The Maine Community College System (MCCS) has long had the lowest tuition and fees of any college in New England. Tuition for the 2021-22 academic year remains at \$96 a credit hour for Maine residents, so the standard 3-credit hour course is \$288. A full-time student taking 15 credits each semester would pay annual tuition of \$2,880.

Thanks to a \$10 million increase in funding from the legislature this session, the Maine State Grant award has increased from \$1,500 to \$2,500 for full-time students and from \$750 to \$1,250 for half- or three-quarter time students. The Finance Authority of Maine (FAME,) which administers the Maine State Grant, has also extended the deadline for people to apply for the grant for the 2021-22 academic year.

"There's never been a better time to pursue an education at one of Maine's community colleges," said MCCS President David Daigler. "Coming off a very hard year, when a lot of students put off going to college, this is exactly the kind of financial support and incentive needed to encourage students to pursue a college education."

"We are very grateful that the Board of Trustees decided to not increase tuition and fees this year," Daigler added.

In addition to keeping tuition and fees flat, the community colleges have new and expanded student support programs that include tutoring, tech support, tech equipment loans, counseling and job search and fees. assistance

"Once you're enrolled, there are many resources to help you succeed, but we know many students won't apply because they think they can't afford it," Daigler said. "Maine's community colleges are very affordable. A student working a minimum wage job just 25 hours a week over the summer can earn enough in those 10 weeks to cover their tuition and fees for the entire year."

Most MCCS students pay far less than full tuition and fees, without incurring any student loan debt. About 75 percent of fulltime students at Maine's community college receive some form of grant aid, and 50 percent of students get enough grant aid that they pay nothing for tuition



In addition to the Maine State Grant, many students qualify for a federal Pell Grant, which can not only completely cover the cost of tuition and fees, but often has enough grant aid left over to pay for books and other expenses. The average Pell Grant award for undergraduate students at a two-year college is more than \$4,000.

Residents of other nearby New England states may be eligible for reduced out-of-state tuition, which is 150 percent of in-state tuition. Full-time, out-ofstate students who do not qualify for the regional discount would pay approximately \$5,760 per year, at \$192 per credit hour.

Maine's seven community colleges serve more than 29,000 individuals a year through degree programs, customized training, and opportunities

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Dues are \$26 per year.

Facebook /Gorham White Rock Grange #380 Web/ mainestategrange.org The White Rock is called Subordinate grange. Use right column to locate.

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## Astronomy center relaunches with new name

#### **From UMaine**

ORONO, ME - The astronomy center located on the campus of the University of Maine officially relaunched itself last week as the Versant Power Astronomy Center.

The facility regularly hosts shows related to science and space exploration for all ages, as well as music shows and special presentations and events.

The Versant Power Astronomy Center is also a resource for students of the University of Maine and area grade school-aged students with special programs formatted for school visits during the academic year.

"Science education is such a critical component of STEM education, and in order to learn some of the more fascinating

aspects of science, technology, and outer space, it certainly helps to start with a foundation of curiosity and organic interest in the topic," said University of Maine President Joan Ferrini-Mundy. "The Versant Power Astronomy Center establishes that curiosity and interest not just at a young age with programming suited to kids, but it furthers college students' and adults' curiosity as well. This is a tremendous resource for this campus, and the investment being made by Versant Power is a solid investment in education for all ages."

The new name reflects the change in name of the utility serving Eastern and Northern Maine. Previously, the astronomy center was named the Emera Maine Astronomy Center. With Emera's sale last year, Versant Power is continuing the commitment made to the Astronomy Center, allowing for a robust schedule of programming throughout the year for the campus and the surrounding communities.

"Education is extremely important to our company," said John Flynn, President of Versant Power. "When individuals want to further their education in any way, it becomes a lot more likely to happen if resources are available to meet their needs. The Versant Power Astronomy Center is versatile, comfortable, state-of-the-art, and - in short - impressive. We are proud to be a part of this facility and to have our name attached to it for years to come."

The \$5.2 million center was originally made possible by a \$3.2 million anonymous gift in 2012, part of UMaine's \$208 million Vision for Tomorrow comprehensive campaign led by the University of Maine Foundation. Construction finished in 2014 and the Emera Astronomy Center opened to the public that same year. The center's technology received a more than \$200,000 upgrade in July 2020 with continued support from the same anonymous donor.

"Astronomy and space exploration have limitless possibilities," said Sarah McPartland-Good of the University of Maine Foundation. "The University of Maine Foundation works with a donor who wanted to remain anonymous, but wanted to open more doors to those possibilities for students of this campus, and for residents and visitors of surrounding communities. That anonymous gift helped make this center possible, and helped make today possible. The UMaine Foundation would also like to acknowledge Versant Power, and the historical gift by Emera, Inc. to name the Center."

Planetarium programs take place in the dome section of the facility, which seats 50 people per show. In honor of the relaunch, a special slate of programming has been established for the weekend. "We Are Astronomers" is scheduled for Friday night at 7 which provides a tour of contemporary astronomy using beautiful 360-degree full dome imagery. On Saturday, six different shows are scheduled, starting with the kid-friendly "Magic Treehouse: Space Mission" at 10 a.m. and

concluding with the "Pink Floyd: Dark Side of the Moon" music production. Sunday has three shows scheduled starting at 12:30 and includes a 2 p.m. showing of "One World, One Sky: Big Bird's Adventure," and a 4 p.m. showing of the music production, "Coldplay: A Sky Full of Stars." Additional scheduling for the relaunch weekend, University of Maine's Welcome Weekend at the end of August. or regular programming open to the public can be found at astro.umaine.edu.

Page 7

Tickets for planetarium programs are \$7 for adults, \$6 for University of Maine Students/Veterans/senior citizens, and \$5 for kids 12 and under. Tickets can be purchased at the door, by calling 207.581.1341, or online at astro umaine edu

## Iowa dairy expert visiting farms Aug. 24

### From UMaine

WASHINGTON, ME — Larry Tranel, an Iowa State University Extension and Outreach dairy specialist and expert in the economics of efficient milking systems, will be visiting farms in Maine on Tuesday, Aug. 24

Tranel will visit Bò Lait Farm, 414 W. Washington Road, Washington, at 10:30 a.m. and Sweetland Farm, 29 Bessey Ridge Road. Albion, at 1 p.m., sponsored by the University of Maine Cooperative Extension.

Tranel is known in the dairy industry for his low-cost TRANS Iowa swing parlor renovation plans for tie-stall barns, for and his research on robotic milking systems.

Bò Lait Farm recently installed a TRANS Iowa parlor and Sweet-

installation. Meetings are informal and will include time for questions at each site visit.

There is no fee to attend; registration is requested by Aug. 23.

For more information, to register or to request a reasonable accommodation, contact Billiejo Pendleton, 207.342.5971; or Rick Kersbergen, richard.kersbergen@maine. edu.

This event is co-sponsored Stonyfield Organic, Organic Valley, University of Vermont Cooperative Extension, Northeast Dairy Business Innovation Center, University of New Hampshire Cooperative Extension, New Hampshire Dairy Practices Committee, AgriMark and Dairy Farmers of America.

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land Farm is considering University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conductcommunity-driven, ing research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy The University of

Maine, founded in Orono in 1865, is the state's land grant, sea grant and has a statewide mission space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As Maine's flagship public university, UMaine

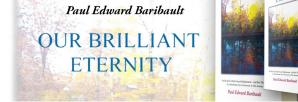
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### Page 8

## Weathering the Hazards of Indoor Storage

### Tips on controlling destructive moisture

#### By BTDT

PORTLAND - Summer storms can bring torrential rain, high winds, and flooding, wreaking havoc for homeowners and leaving a soggy mess in their wake.

And while homeowners can't prevent storms, they can take steps to eliminate excess moisture in their homes caused by high humidity during the summer.

"Floods and rainstorm damage can be devastating," say the residential dumpster professionals at Bin There Dump That of Portland, owned by local entrepreneur Bill George. "Our dumpsters are designed to make clean-up easier when

a disaster does strike, but it's important to keep in mind that it doesn't take a flood to ruin your furniture, floor coverings, books, clothing, papers, and more. Moisture in small amounts, like high humidity levels or weeping pipes, can be equally destructive, because it promotes the growth of mold and mildew."

George of Bin There Dump offers these tips to help homeowners lower moisture levels in their homes, making basements, garages, or other storage spaces safer, healthier, and Help keep outside moisture from coming in by repairing cracks in foundation joints and basement walls. Keep gutters clean and direct water from downspouts away from the house. Maintain your sump pump.

drier:

Help control moisture inside the house by venting your clothes dryer to the outside and sealing dryer ducts. Wrap or insulate exposed water pipes – especially cold-water pipes – to control condensation. Run exhaust fans when showering or cooking.

Safe storage goes be-

yond controlling moisture, George said. "It's best to store pricey electronics, power tools, and kitchen appliances at ground level or above, or on shelves if you need to use the basement for storage. Even in finished basements, it's best to store clothing and fabric or foam-filled cushions in mold-proof containers off the floor, to offer some protection against minor flooding."

If homeowners do experience a flooding event or need to dispose of furniture and other bulky items that have been ruined by damp and mold, Bin There Dump That of Portland can help, with dumpsters designed with home and yard improvement project clean-up in mind.

To learn more about renting a dumpster, or to discuss a project with a Bin There Dump That Dumpster Consultant, please contact Bin There Dump That of Portland at (207) 224-0337 or portlandme@bintheredumpthat.com.

For more dumpster planning tips, or to learn more about Bin There Dump That, please visit https://www.bintheredumpthatusa.com.

Bin There Dump That

is North America's leading residential friendly dumpster company, founded in 2002 by Mark Crossett, who teamed up with That Franchise Group in 2004 to begin franchising in North America. The franchise has since grown to over 200 territories across the United States and Canada. Known for its appealing bright green bins and residential friendly service, it is unrivaled in the industry. For more information about Bin There Dump That and business opportunities, please visit www.bintheredumpthatfranchise.com or call 905-582-1234.

### **UMaine-led study reveals water stress for blueberries**

#### From UMaine

ORONO - Imaging spectroscopy can help predict water stress in wild blueberry barrens, according to a University of Maine-led study.

The technology in-

volves measuring the light reflected off of objects depicted in images captured by drones, satellites and other remote sensing technology to classify and gather pertinent information about the objects. According to researchers,

it can precisely measure light across dozens, if not hundreds, of bands of colors. The reflectance spectra can depict nutrient levels, chlorophyll content and other indicators of health for various crops, according to researchers.



Scientists from UMaine, the Schoodic Institute and Wyman's, one of the world's largest purveyors of wild blueberries and the number one brand of frozen fruit in the country, found in their research that when incorporated into models, imaging spectroscopy can help predict whether wild blueberry fields will lack sufficient water for growing. Not only can the technology help inform growers as they evaluate irrigation routines and manage their water resources in a way that avoids damaging the crop, researchers said.

The team collected imaging spectroscopy data by deploying a drone equipped with a spectrometer for capturing visible and near-infrared light to photograph wild blueberry fields owned by Wyman's in Debois, Maine.

Researchers then

processed the images to measure reflected light spectra from the plants for indications of chlorophyll levels and other properties that would help estimate their water potential, which, they say, is the primary force driving water flow and an indicator of water stress. At the same time, the group collected small branches with leaves from wild blueberry plants in the plots to assess their water potential and validate the spectra-based estimation.

Pictures and samples were collected in the spring and summer of 2019 when the plants experienced peak bloom, green fruit and color break.

Graduate student Catherine Chan led the study, joined by UMaine faculty Daniel Hayes and Yongjiang Zhang, Schoodic Institute forest ecologist Peter Nelson and Wyman's agronomist Bruce Hall. The journal Remote Sensing published a report of their findings.

"We couple spectral data and areas of known water potential in wild blueberry fields through machine learning, creating a model to further predict areas that may be water stressed," Chan said.

Understanding how to sustainably manage water resources to mitigate risk associated with current and increasing drought frequency is crucial to wild blueberry growers, according to researchers.

The University of Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university. UMaine is the state's only public research university and among the most comprehensive higher education institutions in the Northeast.





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Researchers from a UMaine-led study have recently learned that imaging spectroscopy can help predict water stress in wild blueberry barrens, such as those found in Maine. (Photo courtesy of UMaine)

### Page 9 Wastewater systems hacked in Maine

#### By Kate Cough of the **Maine Monitor**

LIMESTONE - The Department of Environmental Protection has warned municipalities and water-sector professionals to be on alert after two recent ransomware intrusions, believed to be the first on wastewater systems in Maine.

The attacks occurred in the Aroostook County town of Limestone and the town of Mount Desert on Mount Desert Island, said Judy Bruenjes, a wastewater technical assistance engineer for the DEP.

"They were both fairly minor, there was no threat to the public, there was no violation, no excursion, no health and safety threat. It wasn't like the Colonial pipeline, but it was a concern for us that these small facilities were being targeted," said Bruenjes.

In May, hackers forced the shutdown of the Colonial, one of the nation's largest oil pipelines.

Jim Leighton, superintendent for the Limestone Water and Sewer Department, said the attack occurred over the July 4 weekend on a computer, running Windows 7, that was due for an upgrade. No taxpayer or ratepayer information was compromised, said Leighton.

"We said enough of that, it's not worth paying a ransom for," he continued. "We had to update it anyway."

Ed Montague, superintendent for Mount

Desert Wastewater, said in an email: "The office computers were down approximately three working days... Our treatment plants were not affected as they are manually controlled with no automated inputs." No ransom was paid and no personal information was compromised, said Montague, and town and IT professionals were notified.

State officials warn that the attacks should be taken seriously. Cybersecurity experts say hackers are targeting smaller organizations, often with important infrastructure roles, and scaling their ransom demands accordingly.

"Cyberattacks on wastewater infrastructure can cause significant harm," warned Brian Kavanah, director of the DEP's Bureau of Water Quality, in a July 8 memo.

He said attacks can do serious damage by overriding alarms, disabling pumps and equipment, interrupting treatment, or exposing personal and financial information.

#### Attacks increasing

Attacks in Maine have increased dramatically in all sectors in the past year, said Scott Fossett, president of A Partner in Technology (API), a Gardiner-based company.

"The pace is picking up, definitely, over the last nine to 12 months," said Fossett. "I have been in this industry over 20 years, and it was few and far between that this was happening to Maine businesses. Now we're seeing

it could be any business sector in Maine.'

Hackers also are targeting smaller and smaller organizations, said Derek Hussey, API's chief technology officer.

"Two years ago we saw very little in Maine. But now, especially in the past nine months, we're seeing a lot more. They're targeting organizations that are only 10 people or less and adjusting that ransom accordingly."

News that companies are paying ransoms encourages hackers to keep trying. "They're making money at this," Fossett said.

In 2018, the average ransomware payment nationwide was roughly \$7,000, according to the security firm Coveware. In the second quarter of 2021, that figure had jumped to around \$137,000.

Even when ransom isn't paid, companies and municipalities often pay in staff time spent recovering or reconstructing records. York Animal Hospital was forced to spend hours manually re-entering inventory data after refusing to pay an \$80,000 ransom that wiped out four years of patient records.

Under federal law, there is no requirement that individual companies or municipalities disclose when they have been breached, which makes it difficult to understand the scale of the problem.

Daisy Mueller, critical infrastructure protection officer for the Maine Emergency Management

### **USDA awards \$12M in grants**

#### From USDA

WASHINGTON, D.C. - The U.S. Department of Agriculture (USDA) is investing \$12 million in Farm to School Grants this year, announcing awards to 176 grantees, the most projects funded since the program began in

America's food system," said Agriculture Secretary Tom Vilsack. "Not only will this give children more nutritious food options in school, it supports local agriculture economies, while connecting them to the farms and farmers that grow the food we all depend on." "The record-breaking Farm to School Grants and new data release today both reflect USDA's commitment to supporting farm to school efforts as a win-win for all involved." said Stacy Dean, USDA's deputy undersecretary for food, nutrition, and consumer services. "We're excited about the growth in farm to school activity across the country and look forward to seeing the impact of this latest round of grants on children, schools, farmers, and the economy alike."

expand the access to fresh, local foods and hands-on agricultural learning for children across 45 states and the District of Columbia. The awarded projects will serve more than 1.4 million students at more than 6,800 schools. Grantees include schools, state agencies, non-profits, Agency (MEMA), said in an email that the agency doesn't solicit or require municipalities to report, instead advocating for information to be sent to local law enforcement.

"That said," wrote Mueller, "due to the Agency's partnerships with a variety of critical infrastructure entities, we do on occasion receive reports of cyber-attack. These vary month-to-month, ranging from zero reports to four reports on average."

MEMA's role, said Mueller, is more of preparation, centered on planning, training and exercise. But, she added, "consistent information sharing is key given the constantly changing cyber threat landscape.'

While municipalities are encouraged to report, they aren't required to, said Mueller, which can make it difficult for federal agencies to investigate.

### **Outdated software**

While ransoms are costly and make news, some towns can struggle to find the time and money for software upgrades and training.

"They may not have the most up-to-date software. They're vulnerable," said Bruenjes, of the state

DEP. "We're concerned about smaller systems."

Most hacking attacks come through email, said Hussey, the API technology officer.

"It can come from the web, but the web browser security is pretty decent right out of the box," he added. "Email is definitely where we're seeing that come in."

Any system that has not been properly patched or updated could be vulnerable, said Hussey. In the case of the most recent attack, "One of them was a desktop computer that was hooked up with the network and one of them was the main computer with Windows 7 that was aligned with the SCADA (supervisory control and data acquisition) system," said Bruenjes. Leighton said it would cost roughly \$10,000 to upgrade the system.

Nick Rico, wastewater superintendent for the Wells Sanitary District, who takes "a belt and suspenders and a second belt" approach, with several backups and a non cloudbased SCADA system, said he works with a consultant and instructs his crews not to check email on the SCA-DA computers.

"My crew knows not to use the internet on our SCADA computers except maybe to check the weather," Rico said.

"I like to use the analogy of an onion," said Fossett, of API. "An onion has layers... Because municipalities, and particularly wastewater and infrastructure companies, are a big target right now, their onion has to be a bigger onion than frankly a small nonprofit."

If hackers were to get into the system at a wastewater treatment plant, said Rico, the worst outcome - a complete shutdown, and overflow into homes and the environment — is "very unlikely."

"You think it's always somewhere else," said Bruenjes. "Then it happened here."

Kate Cough covers energy and the environment as a 2021 Report for America corps member.

This story was originally published by The Maine Monitor. The Maine Monitor is a local journalism product published by The Maine Center for Public Interest Reporting, a nonpartisan and nonprofit civic news organization.

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#### 2013

The department is also releasing new data demonstrating the recent growth of farm to school efforts nationwide. Nearly two-thirds (65%) of school districts and/or local entities responsible for school meals participated in farm to school activities during school year 2018-2019, more than half (57%) of which began within the past three years.

"Helping schools expand access to healthy, locally grown produce through these grants is just one of the many ways USDA is transforming

This year's Farm to School Grants will help

tribal nations, agricultural producers and groups, and - for the first time ever institutions participating in the Child and Adult Care Food Program and the Summer Food Service Program.

Farm to school efforts introduce more locally grown produce into school cafeterias and expose children to agriculture and nutrition education through hands-on learning. They also provide reliable revenue for American farmers, directly boosting the local economy.

To learn more, visit www.usda.gov.



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#### Page 10

## **Blood donors needed for busy disaster season**

#### From Red Cross

**PORTLAND** - Many weather experts predict a destructive wildfire and hurricane season this year.

The American Red Cross needs volunteers to help on the ground and blood and platelet donors to roll up a sleeve to maintain a stable blood supply in the face of expected emergencies.

"We're preparing for another extremely busy disaster season, and it's critical to have a trained, ready volunteer workforce to make sure we can provide relief at a moment's notice," said Stephanie Couturier, CEO, American Red Cross Central of Northern New England. "This year's wildfire season is already very active and dangerous because of the severe drought and dry woodlands across the west. And experts are predicting we could see 10 or more hurricanes in the upcoming weeks."

#### Volunteers needed

The Red Cross needs new volunteers to support disaster shelters. Volunteers will help with reception, registration, food distribution, dormitory, information collection and other vital tasks inside disaster shelters. Both entry- and supervisory-level opportunities are available. The Red Cross also

needs volunteers who can work in disaster shelters to address people's health needs and provide handson care in alignment with their professional licensure (registered nurse licensed practical and nurse/licensed vocational nurse). Daily observation and health screening for COVID-19-like illness among shelter residents may also be required. We have both associate and supervisory level opportunities available. If you are an RN, LPN, LVN, APRN, NP, EMT, paramedic, MD/ DO or PA with a current and unencumbered license, this position could be right for you.

After most disasters this year, the Red Cross plans to open group shelters. However, in some communities, hotels may be more appropriate if the risk of COVID-19, including the delta variant, is particularly high. The Red Cross will also continue many of the safety precautions implemented in 2020, including masks, health screenings, enhanced cleaning procedures and encouraging social distancing.

#### Action teams

Local Disaster Action Teams provide 24-hour emergency response to local disasters, particularly home fires, ensuring that those affected have access to resources for basic necessities such as food, shelter and clothing. If you are team-oriented and want to help your neighbor, the DAT responder may be just the thing for you.

Last year, the Maine chapters of the Northern New England Region provided immediate emergency assistance to 818 people after 356 home fires and other disasters. If you want to make a difference and are interested in helping your community should a disaster occur here at home or across the country, please contact our Volunteer Recruitment team in Northern New England at 207-523-5107 or email: VolunteerNNE@redcross. org

#### Platelet donors

Wildfires, record-breaking heat and a busy hurricane season can also impact the nation's blood supply. On top of the toll extreme weather events take on the lives of millions, disasters can cause blood drive closures or prevent donors from being able to give safely. Eligible donors can help overcome the critical need for blood and ensure blood is readily available by making

an appointment to give by using the Red Cross Blood Donor App, visiting Red-CrossBlood.org, calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.

As a thank-you, those who come to donate throughout the month of August will get a free 4-month special offer to Apple Music by email (new subscribers only). Details are available at RedCross-Blood.org/FeelTheBeat.

Androscoggin

Auburn 8/30/2021: 1 p.m. - 5 p.m., East Auburn Baptist Church, 560 Park Ave

#### Cumberland Falmouth

8/23/2021: 9 a.m. - 2 p.m., The Episcopal Church of St. Mary, 43 Foreside Rd **Portland** 

8/24/2021: 9 a.m. -1:30 p.m., Clarion Hotel,

1230 Congress Street 8/26/2021: 10 a.m.

- 2:30 p.m., Portland Elks Lodge, 1945 Congress St.

**Scarborough** 8/24/2021: 1 p.m. -

6 p.m., Saint Maximilian Church, 150 Black Point Rd

#### South Portland

8/21/2021: 9 a.m. -1:30 p.m., American Legion Post #35, 413 Broadway 8/25/2021: 9 a.m. -

1:30 p.m., Eastpoint Christian Church, 345 Clarks

Pond Pkwy

8/25/2021: 9 a.m. -1:30 p.m., South Portland Community Center, 21 Nelson Road

8/27/2021: 9 a.m. -1:30 p.m., Portland Sheraton at Sable Oaks, 200 Sable Oaks Drive

8/30/2021: 10 a.m. - 3 p.m., Maine Mall, 366 Maine Mall Road Westbrook

#### westbrook

8/26/2021: 1 p.m. - 6 p.m., Westbrook Community Center, 426 Bridge Street

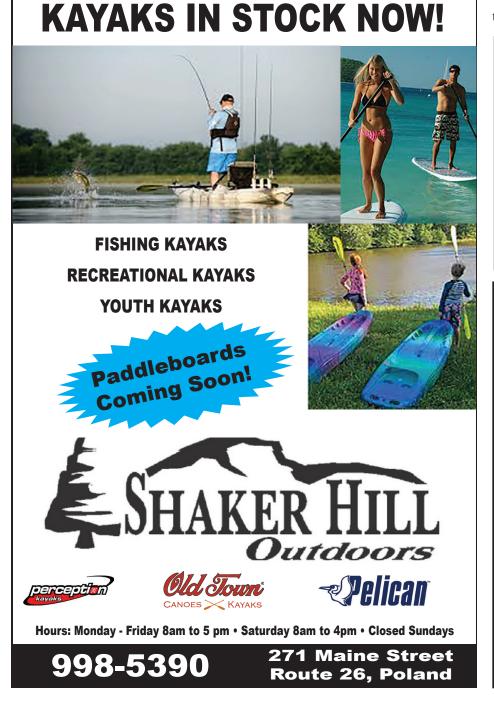
To donate blood, individuals need to bring a blood donor card or driver's license or two other forms of identification that are required at checkin. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and vounger also must meet certain height and weight requirements.

Donors can also save up to 15 minutes at the blood drive by completing a RapidPass®. With Rapid-Pass®, donors complete the pre-donation reading and health history questionnaire online, on the day of donation, from a mobile device or computer. To complete a RapidPass®, follow the instructions at RedCrossBlood.org/ RapidPass or use the Red Cross Blood Donor App.

In most cases, those who have received a COVID-19 vaccine can donate. However, knowing the name of the manufacturer of the vaccine they received is important in determining donation eligibility.

Each Red Cross blood drive and donation center follows the highest standards of safety and infection control, and additional precautions – including face masks for donors and staff, regardless of vaccination status – have been implemented to help protect the health of all those in attendance. Donors are asked to schedule an appointment prior to arriving at the drive.

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood: teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org or Cruz-RojaAmericana.org, or follow us on Twitter at @ RedCross.



What do you think? We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

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### Depression, stress, anxiety increase for students

#### **From YouthTruth**

SAN FRANCISCO -A new report released last week by YouthTruth explores student voice data from over 200,000 third to 12th grade students on their school experiences during spring 2021.

The latest findings show that secondary school students' perceptions of learning and belonging returned to pre-pandemic levels this spring and that depression, stress, and anxiety continued to increase while the availability of an adult from school to help students when they are feeling stressed decreased.

When investigating how students describe stress through thousands of open-ended comments, the report cites a chorus of student sentiments that described an overwhelming workload with assignments

that lacked relevance. Over 500 schools

across 19 states were included in the spring 2021 analysis, which builds from YouthTruth survey findings from fall 2020, findings from emergency distance learning in spring 2020, as well as pre-COVID student voice insights from the decade prior to the pandemic. This is the third and final report in a three-part series on students' perceptions of learning and well-being during COVID-19.

"The findings are clear: students have incredible insights about how school can be more engaging, inclusive, and relevant. It's up to us, as adults, to embrace their insights in our COVID recovery plans and not just go back to business as usual," said YouthTruth Executive Director Jen Wilka. "It is critical that student experience be a driving force in conversations about how we approach schooling in this upcoming academic year."

Nearly 500,000 open-ended student comments were analyzed, resulting in nearly a dozen qualitative composite narrative memos that provide actionable recommendations for adults, four of which were turned into animated shorts which can be viewed here: "Give us Inclusive Curricula," "Give us Emotional & Mental Health," "Please Understand: When Tech Hinders," and "Give us Pathways for the Future."

Additionally, the report illustrates unequal experiences of obstacles to learning, with notable differences for students by race or ethnicity. Analysis of open-ended comments found that many Spanish-speaking Hispanic or

Latinx students described а formidable additional obstacle to their learning. For these students, there was a bilingual or English language-learner burden to simply navigating the mechanics of the school day. Analysis of over 5,000 Black or African American high school students resulted in three recommendations about what their schools could to improve learning and well-being conditions: providing inclusive curricula, adopting anti-racist policies, and treating students fairly.

Just 37 percent of students reported that their virtual classes were interesting, with lower ratings from students in the upper grades. However, many students detailed specific ways their teachers used technology that they hope will stay the same.

YouthTruth's analysis

also finds that fewer seniors plan to attend college, and seniors also increasingly reported changes to their postsecondary plans.

than one in four seniors, 28 percent, reported that their plans for after high school changed since the start of the pandemic, an increase from the 25 percent who reported so in fall 2020, and the 18 percent who reported so during emergency distance learning last spring. Compared to pre-pandemic responses, in spring 2021 more students reported that they plan to work full time, and a full 10 percent remained unsure of what their next step will be.

tional nonprofit that harnesses student, family, and staff feedback to help educators accelerate improvements.

ole Frazier, current Vice

This spring, more

YouthTruth is a na-

President of Lending, to Executive Vice President and Chief Lending Officer. James Stone, President and CEO since 2007,

*Continued from page 1* 

Casco FCU

will stay on as CEO until his retirement at the end of June 2022, at which time Allen will assume the role as President and CEO.

Stone said, "Both Marti and Nicki are very proficient and experienced long-term employees who have proven their knowledge, leadership, and value to our organization and dedication to our members and staff. Their promotions are well deserved, and I know that the credit union will be in very capable hands for years to come."

Allen and Frazier are both life-long Maine residents.

Allen grew up in Hartland and attended Husson College, while Frazier grew up in Scarborough and attended the University of Southern Maine.

have They both helped propel Casco to be the successful credit union it is today growing, from \$35 million in assets in 2010 to over \$94 million today and serving 9,000 members.

The Gorham Weekly incorrectly identified Allen and Frazier in photographs in a previous edition.

**Ghost Army** would honor

#### From Sen. Collins

WASHINGTON. D.C. - U.S. Senators Susan Collins (R-ME) and Edward J. Markey (D-MA) recently introduced bipartisan federal legislation that would award a Congressional Gold Medal to honor the top-secret U.S. Army units that served in World War II, known widely as the "Ghost Army."

Senator Angus King (I-ME) is an original co-sponsor.

This army unit contributed to great successes during World War II, most notably at the Battle of the Bulge and the final battles in Italy's Po Valley. The efforts and contributions

of the "Ghost Army" were classified for over 40 years.

"Our nation will always be grateful to the members of the 'Ghost Army,' the soldiers who served with distinction during World War II," said Senator Collins. "Our bipartisan bill would recognize these soldiers with Congress' highest civilian

honor for their courage and resourcefulness, which were pivotal in the European theater and likely saved many American lives."

"It's time to move The Ghost Army from the shadows and into its rightful place in American history," said Rick Beyer, president of the Ghost Army Legacy Project.

"Because their courageous missions were top secret for decades after WWII, they never received the honor and recognition they deserve for their important contributions to the Allied victory. Sen. Markey and Sen. Collins' bill to award The Ghost Army with the Congressional Gold Medal See Ghost Army, page 14

GORHAM LITTLE LEAGUE Field Funding Campaign \$50K \$40K The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules: \$30K - Develop 2 fields at White Rock



- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

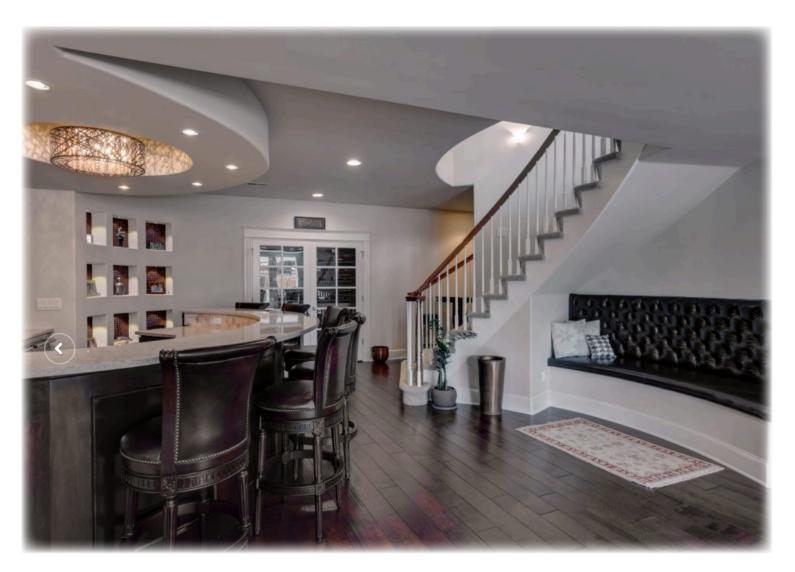
### VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS



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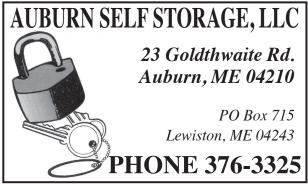
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FOR SHOWTIMES

#### Page 14

### EVERY TUESDAY 10:30-11:15 a.m.

LEWISTON – Lewiston Public Library - Virtual Preschool Babytime & Storytime. Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

### THURSDAY

Aug. 19

8 a.m. AUBURN – 9-1-1 Committee meeting. 6:30 p.m. GORHAM – Board of Appeals meeting.

GORHAM – Tentative Recurring Capital Improvement Projects/ Economic Development Committee meeting

### 7 p.m.

AUBURN – Community Forest Subcommittee meeting.

#### FRIDAY & SATURDAY Aug. 20-21

GRAY - James and the Giant Peach, Jr., presented by Cumberland County Children's Theatre. FREE. TWO NIGHTS ONLY! Cumberland County Children's Theatre proudly presents James and the Giant Peach, Jr. Friday and Saturday, Aug. 20-21 at Stonehedge, 342 West Gray Rd (Rt 115) in Gray, Maine.

Originally scheduled for March 2020, the children of the former Fiddlehead Children's Theater have come back together as the new Cumberland County Children's Theatre and are delighted to be performing this musical.

Bring a blanket or camp chair and come celebrate the return of the arts and

## Calendar

Send your submissions to the Editor. More online.

theater in our community! Doors open at 6 p.m. at this beautiful outdoor venue. Show starts at 6:30 p.m. This event is FREE, but donations are greatly appreciated. Concessions will be available for purchase. All are welcome this is a fun show for all ages! Venue phone: (207) 653-2197

http://bitly.ws/g4p9

### MONDAY Aug. 23

**5:30 p.m.** LEWISTON – Planning Board meeting, via ZOOM. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

### 5:30-6:30 p.m.

LEWISTON – Finance Committee meeting, at City Hall Administrator's Conference Room.

**6:30 p.m.** POLAND – At Poland Spring Resort. The Poland Spring Preservation Society presents the Sunset Series of concerts. This week: Cilanatro

#### TUESDAY Aug. 24

**6:30 p.m.** GORHAM – Tentative special Town Council meeting.

#### WEDNESDAY Aug. 25

**7:30 a.m.** AUBURN – Auburn Housing Authority Board of Commissioners meeting.

### 8 p.m.

AUBURN – Complete Streets Committee meeting. **AUG. 27, 28, 29** Thomaston

Thomaston Place Auction Galleries on Rt. 1 will present "Splendor, Part II", continuing their summer presentation of outstanding discoveries from New England estates, with an emphasis on fine art -- including 133 works of Maine art.

The gallery will be open for previews Saturday, August 21 (10:00 a.m.-3:00 p.m.); and Monday thru Thursday, August 22-26 (9:00 a.m.-5:00 p.m.). Previewing will also be available on auction days, Friday, Saturday and Sunday, August 27, 28 & 29, from 9:00-11:00 a.m.

### SATURDAY Aug. 28

7 p.m.

SOUTH PARIS -Celebration Barn presents "Evicted Vaudeville". Some of today's leading variety artists will join together for Evicted Vaudeville, a family-friendly evening of comedy, music, puppetry, stunts and more on Celebration Barn's outdoor, open-air stage.

Tickets are \$18 for adults, \$16 for seniors (60+), and \$8 for kids (17 and under). To purchase tickets, visit www.CelebrationBarn.com. Celebration Barn Theater is located just off Route 117 at 190 Stock Farm Road in South Paris.

#### MONDAY Aug. 30 6:30 p.m.

POLAND – At Poland Spring Resort. The Poland Spring Preservation Society presents the Sunset Series of concerts. This week: Grassholes. THURSDAY Sept. 2 3-7 p.m. AUBURN - Auditions for the Maine Music Society Chorale will take place at St. Michael's Episcopal Church, 78 Pleasant Street, Auburn.

FMI: www.mainemusicsociety.org

Interested singers should contact the new Artistic Director, Richard Nickerson (rgnickerson@ gmail.com) to arrange an audition time.

**4 p.m.** AUBURN – Cable

TV Advisory Board meeting. 5:30 p.m.

AUBURN – Auburn-Lewiston Airport Board meeting.

### MONDAY

Sept. 6 All town offices and libraries closed for Labor Day.

> TUESDAY Sept. 7 5:30 p.m. AUBURN

Age-Friendly Committee meeting. **6 p.m.** 

LEWISTON - City Council meeting, at City Hall. 27 Pine Street. Lewiston 1st Floor in the City Council Chambers. This Meeting and Workshop will be broadcast LIVE over Spectrum Cable TV Government Access Channel 7, streamed LIVE through the Great Falls Television web site, and streamed LIVE through the city's YouTube channel http://www.lewistonmaine. gov/YouTube. Archived copies of this meeting will be available immediately after broadcast on the City YouTube Channel and within a day or two after broadcast, for viewing for up to 60 days, at the Great Falls Television web site.

**6:30 p.m.** GORHAM – Regular Town Council meeting in council chambers.

DOORS OPEN AT:

WEDNESDAY Sept. 8

4:30 p.m. AUBURN – Lewiston-Auburn Transit Committee (LATC) meeting. 6:30 p.m. AUBURN – Parks & Recreation Advisory Board meeting. 7 p.m. GORHAM – School

Committee meeting.

#### THURSDAY Sept. 9 5:30-6:30 p.m.

LEWISTON - (Virtual) **Take Me to the Moon: A Virtual Evening with NASA**, on Zoom and livestreamed to Facebook

Join Lewiston Public Library for a virtual evening with NASA communication strategist and museum liaison, Patricia Moore, as she shares about the Artemis Project, the first project of its kind to establish sustainable exploration and prepare for missions to Mars. This program is suitable for all ages!

For more information or to register for the Zoom link, please contact the Reference Desk at 207-513-3135 or at LPLReference@LewistonMaine.gov

#### MONDAY Sept. 13 5:30 p.m.

LEWISTON – Planning Board meeting, at City Hall Council chambers. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

AUBURN – City Council workshop and meeting.

#### **Ghost Army** *Continued from page 11*

will change that. I urge the Senate to act while the remaining Ghost Army veterans are still with us. It would mean a lot to them, their fellow soldiers, and their families."

In addition to Senators Collins, Markey, and King, the bill was co-sponsored by Senators Mike Lee (R-UT), John Kennedy (R-LA), Richard Blumenthal (D-CT), Rob Portman (R-OH), Elizabeth Warren (D-MA) John Hoeven (R-ND), Bob Casey (D-PA), Amy Klobuchar (D-MN), Tom Cotton (R-AR), Bob Menendez (D-NJ), Chris Van Hollen (D-MD), Dianne Feinstein (D-CA), Kirsten Gillibrand (D-NY), Jeanne Shaheen (D-NH), Rick Scott (R-FL), Dick Durbin (D-IL), Jacky Rosen (D-NV), and Maggie Hassan (D-NH)





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Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell. com.

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Festivals of Maine is looking for food concession workers for the Fryeburg Fair. \$20.00 per hour part time or full time. October 2-10 Call Nel to make arrangements 207-740-3398

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Mickey Amlotte is looking for a mechanic that might need a place to stay. I need help for my Skowhegan Dice Game, Moneywheel, and Sealed Tickets. Living quarters available call 207-782-5526

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### MACKINAC ISLAND SEPTEMBER 10-18, 2022

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For questions and detailed information on any of these trips, please call Claire - 207-784-0302 H - 207-576-8604 C or Cindy - 207-345-9569

### **YARD SALE**

August 14 (Rain Date: August 21) 9-noon Robie Gym Lawn, 42 South Street, Gorham, ME. Fundraiser for Alpha Delta Kappa Educational Scholarships.

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## Masks required in Gorham town offices

From Town of Gorham

GORHAM - Due to reports of high and substantial levels of community transmission of COVID-19 within Cumberland County, we are asking that all individuals entering Gorham municipal buildings wear a face covering.

Masks are available to visitors upon request. Office relocated

The Community

Development Office relocated back to its former second floor office location several weeks ago. To make an appointment, although not currently required, folks can contact Administrative Assistant, Brianna Freeman, at 222-1622.

First day of school As all Gorham grades return to school the week of August 30, drivers are reminded to be aware and stop for school buses. Cars must stop a safe distance away and not start again until a school bus's red lights stop flashing, the stop sign has been folded back, and the bus begins to continue on its way.

A great visual reminder and PSA on distracted driving and School Bus Safety, created by Gorham Community Access Media (GoCAM) and Gorham PD, can be viewed at https://vimeo. com/303121561.

### Avoid Rabies from Bats Flying mammals are most active now

From Maine CDC

AUGUSTA — The Maine Center for Disease Control and Prevention (Maine CDC) urges Mainers to take steps to limit exposure to rabies from bats at this time of year, as bats are most active from August into early September. Maine CDC encourages people to be cautious around bats, keep distance, and know what to do following an exposure to a bat.

Bats play an important role in local ecosystems, but can spread viruses like rabies, which can be fatal in humans, pets, and livestock. Timely treatment following a rabies exposure is effective in preventing disease in humans. Human rabies

cases are rare in the United States, and Maine last reported a human rabies case in 1937. However, the rabies virus is naturally found in Maine wildlife including bats, foxes, raccoons, and skunks. In 2020, bats accounted for 41 percent of the 584 animals submitted to the Maine state lab for rabies testing, with 13 bats testing positive for rabies.

Rabies spreads when infected mammals bite, and in some cases scratch, other mammals. Contact with an infected mammal's brain tissue or spinal cord can also transmit the virus to humans and pets. The virus is not transmitted in blood, urine, feces, skunk spray, or dried saliva. A rabid animal may show a variety of symptoms or no symptoms at all, so always be cautious around wildlife, including bats, or any animals you do not know.

Contact a health care provider about any potential exposure.

For more information, see t he Maine CDC Rabies webpage: www. maine.gov/dhhs/rabies

Maine CDC disease reporting & consultation line: 1-800-821-5821 (available 24/7)

Maine IF&W Game Warden Dispatch Centers (for bat pick-up and delivery):

Augusta: 1-800-452-4664

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