

Collins Questions Fauci on Maine's vaccinated COVID Cases

U.S. Senator Susan Collins questioned two of the nation's top public health officials, Dr. Anthony Fauci and Centers for Disease Control and Prevention (CDC) Director Rochelle Walensky, at a Senate Health Committee hearing about the federal government's ongoing response to COVID-19. The hearing November 4, titled "Next Steps: The Road Ahead for the COVID-19 Response," was the Committee's fourth hearing with federal officials on the pandemic this year.

Senator Collins began by asking Dr. Fauci why COVID-19 is taking such a heavy toll on the State of Maine. Maine is one of the most highly vaccinated states in the country, and 95 percent of Mainers over age 65 have been fully vaccinated. Nevertheless, over the previous seven days, Maine had the 15th highest current COVID-19 case rate on a per capita basis and the 22nd highest death rate on a per capita basis among U.S. states. In addition, Maine has recently experienced a six percent increase in hospitalizations, an 18 percent increase in people in the ICU, and a 37 percent increase in people on ventilators.

"First, let me make clear that I believe in the efficacy of vaccines and have encouraged my constituents to become vaccinated," said Senator Collins. "But I'm hoping you can explain what appears to be a contradiction when I look at the data for the State of Maine. Maine ranks in the top five states in the percentage of people who have been vaccinated. Can you explain to me why a state that has done a terrific job

in getting people vaccinated is seeing this surge in cases that is overwhelming our hospitals and causing great fear, and pain, and loss?"

Dr. Fauci responded that Maine's high caseload is due to COVID-19 infecting unvaccinated populations as well as breakthrough cases among the vaccinated.

Dr. Fauci went on to say, "[A] vaccinated compared to an unvaccinated person has a multifold less likelihood of being infected, a multifold less likelihood of being hospitalized or dying. I think there were probably confounding multiple factors going into the difficult situation that your citizens in your state are going through, but there's no doubt that the vaccines are clearly much better in the sense of protecting you from infection, hospitalizations, or death compared to the unvaccinated."

Turning to Dr. Walensky, Senator Collins raised the promising "test-to-stay" approach that allows asymptomatic students who test negative for COVID-19 to remain in school rather than quarantining after another student or a staff member has tested positive for the virus. A study in the peer-reviewed British medical journal The Lancet found that case rates were not significantly higher at schools that allowed close contacts of infected students or staff members to remain in class with daily testing than schools that required students to quarantine at home. Senator Collins previously pressed the Secretary of Education to consider this method in September.

"Dr. Walensky, parents, teachers, and

pediatricians have all talked to me about the learning loss, the emotional and behavioral health problems, that have occurred among children due to their not being in school," said Senator Collins. "Brown University professor Emily Oster has expressed great frustration with the CDC being slow to take a stronger position in favor of test-to-stay... Another public health expert said simply 'It's madness to quarantine school children. The CDC policies hinder learning and provide no meaningful reduction in COVID transmissions.' My question for you is, why doesn't the CDC issue guidance or recommendations to encourage school districts to adopt test-to-stay in order to avoid these highly disruptive quarantines of students who are asymptomatic and could be tested?"

In response, Dr. Walensky said the CDC is "working with local jurisdictions now to demonstrate the domestic data here in the United States that this practice works, it's safe, it's effective, [and] it gets our children back to school. And importantly, we recognize that jurisdictions are actually doing this and other jurisdictions may want to. And in that context, we're doing peer-to-peer matching of schools that are interested in doing the test-to-stay practice and having them talk to schools that are also doing it so they can use the implementation strategies that a school has already used. So we're actively studying this so that we can provide the data on it working, and we're actively encouraging it as a promising practice."

k.h. designs displays Christmas tree



k.h. designs of Gorham is displaying their completed Christmas tree in the shop. All ornaments on the tree are for sale.

k.h. designs custom handmade and refinished furniture has completed their Christmas tree being displayed in their shop. They went with a farmhouse glam look with silver, gold, cream and white theme. All of the ornaments on the tree are for sale.

You can check out their farmhouse shop at 102 Main Street in Gorham. They are located between Burger King and Goodwill in the Village Mall Shopping Plaza.



Students enjoy Miss Courtney's Music, Movement and Mindfulness class

Music, Movement and Mindfulness class Starts December 2

In Miss Courtney's class children ages three to five can explore different ways to move their bodies, have fun with some dancing and music, and practice some simple mindfulness and breathing. The music, movement and mindfulness class

is a four-week program from December 2 through 23 from 11:00am -11:45am.

The class is held at Gorham Municipal Center - Activity Room one and the cost is \$40. To register go to Gorhamrec.com.

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Community Health Options Partnering with NFC

LEWISTON - Community Health Options, the state's only nonprofit, member-led health plan, and the National Fitness Campaign (NFC) have launched a statewide partnership to expand free access to world-class outdoor fitness. The partnership will bring attractive and inviting outdoor fitness courts to communities across Maine in an ongoing effort to improve quality of life, promote activity, and create equitable access to outdoor exercise programs for communities around the state.

The NFC is a country-wide initiative aimed at supporting communities to plan, fund, and build a wellness infrastructure.

The ultimate goal is to fight back against preventable diseases caused by sedentary behavior and transform the next decade so that millions of Americans will choose outdoor wellness activities for healthier lives.

"Mainers are known for enjoying the great outdoors. Our partnership with the NFC will help more adult Mainers enjoy exercising outside and will allow them to be their healthiest selves, mentally and physically," said Kevin Lewis, president and CEO of Health Options. "Our vision to be a leader in transforming and improving individual and community health naturally aligns with the NFC's

work."

Through the NFC partnership, Health Options Fitness Courts will be constructed in easily accessible public spaces beginning in Summer 2022. These Fitness Courts, combined with free digital workouts via a fitness app available to Maine people, will provide community wellness opportunities and free access to outdoor fitness. NFC's award-winning initiative is now planning its 500th Healthy Community in America and is delivering unprecedented and greatly needed outdoor wellness programs across the country.

The NFC and Health Options will begin ac-

cepting grant funding applications on November 4, to support Fitness Court construction in local communities. Qualified municipalities, schools, and other organizations who own accessible public space are encouraged to apply. Grant recipients will receive a wellness toolkit and design resources to aid in planning, funding, and launching their outdoor Fitness Court and community wellness campaign. To learn more about National Fitness Campaign and how to qualify for funding, visit: www.nationalfitnesscampaign.com/maine.

"The National Fitness Campaign is proud to welcome Community

Health Options as its state sponsor in Maine," said Mitch Menaged, Founder of the NFC. "This program will deliver tremendous resources to contribute to the important mission of fighting obesity and improving health outcomes as the network of Fitness Courts® grows across the state. We look forward to working with Health Options to make this campaign a great success."

Community Health Options is the only Maine-based, nonprofit, Member-led health plan and plan administrator providing comprehensive health insurance benefits for individuals, families, and businesses. Health Options partners with near-

ly 1,300 businesses and 48,000 healthcare providers in the state.

National Fitness Campaign (NFC) is a wellness consulting firm – founded in San Francisco, CA in 1979 – that offers grant funding, project management and master planning services to cities, schools and sponsors to build healthy communities. The Fitness Court® is a trademarked 7-minute workout system, created by NFC Founder, Mitch Menaged, that was designed to be the world's best outdoor gym. NFC's mission is to build healthy communities by building an outdoor Fitness Court within a 10-minute bike ride of every American.

Maine Revenue Services launches new portal

Augusta, MAINE – Maine Revenue Services has launched an online portal meant to improve functionality and access for Maine people – and integrate all taxes administered by the agency into a new, single online system. The Maine tax portal will integrate all taxes administered by Maine Revenue Services into a single on-

line system over a period of four years. The Maine Tax Portal will both improve and increase the online capabilities for taxpayers and practitioners and will gradually replace current online services.

The Maine Tax Portal will allow taxpayers and practitioners to make online payments, view bills and notices, and perform

account maintenance activities, such as, adding or removing addresses and closing an account. Depending on access level, authorized representatives may view submissions, letters, messages, and submit payments and returns on a taxpayer's behalf.

The Maine tax portal's expanded online services will be implemented in four separate annual rollouts over the course of four years. The tax types

included in the first rollout, and currently functional, include State of Maine: corporate income, franchise, insurance premiums (including fire and non-admitted premiums), estate, health care provider, blueberry, potato, mahogany quahog and railroad excise and marijuana excise.

The new system will also be used for internal processing, compliance enforcement, administering audits, and for case man-

agement including appeals.

All taxpayers currently registered for the tax types noted above will receive an invitation to set up an online account for the Maine Tax Portal via U.S. Postal Service in October or November. Taxpayers may create an online account and access the system. Full user instructions are available at Maine.gov/Revenue.

In addition to this effort, under the Maine Jobs

& Recovery Plan, the Mills Administration is slated to invest approximately \$50 million in Federal monies into safe and efficient State system upgrades to enhance the citizen experience and improve convenience. These Federal funds will support targeted upgrades for citizen-user friendly interfaces and systems, as well as the cyber security investments needed to ensure safe State operations.

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Veterans get discount at Hannaford on Nov. 11

All veterans and active-duty military can enjoy 10% off their full

shopping trip this Veterans Day at Hannaford Supermarkets. Simply shop

on November 11 and identify yourself to the cashier as veteran, active-duty mil-

itary or family member and receive a 10% discount on your purchase.

Maine Extension Homemakers launches first virtual exhibit hall

University of Maine Cooperative Extension opened the first Maine Extension Homemakers virtual exhibit hall for displaying projects and crafts created by current members. Handiworks on display include quilting, crochet, wool applique,

knitting and more.

Maine Extension Homemakers is a volunteer group currently active in nine Maine counties promoting community-based adult education through leadership development, support for community causes and promotion of UMaine Extension educational programming.

More information about the Maine Extension Homemakers

is available on the program website, or by contacting 207.581.3877, 800.287.0274 (in Maine); extension@maine.edu.

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension

helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

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Gorham Election Results

TOWN OF GORHAM ANNUAL MUNICIPAL ELECTION

| TOWN COUNCIL | WARD 1-1 | WARD 1-2 | WARD 2 | CENTRAL | TOTAL |
|------------------------|----------|----------|--------|---------|-------|
| GAGNON, PHILIP | 356 | 275 | 584 | 494 | 1709 |
| PRATT, LEE | 494 | 324 | 896 | 607 | 2321 |
| SMITH, PAUL | 266 | 298 | 399 | 362 | 1325 |
| WILDER CROSS, VIRGINIA | 538 | 332 | 589 | 714 | 2173 |
| BLANKS | 601 | 581 | 908 | 687 | 2777 |

| SCHOOL COMMITTEE | WARD 1-1 | WARD 1-2 | WARD 2 | CENTRAL | TOTAL |
|------------------|----------|----------|--------|---------|-------|
| SCHOOLS, ANNE | 611 | 431 | 826 | 849 | 2717 |
| TURNER, LIESL | 403 | 337 | 608 | 485 | 1833 |
| WRIGHT, DARRYL | 484 | 332 | 691 | 677 | 2184 |
| BLANKS | 17 | 704 | 1246 | 857 | 2824 |

| QUESTION 1 | WARD 1-1 | WARD 1-2 | WARD 2 | CENTRAL | TOTAL |
|------------|----------|----------|--------|---------|-------|
| YES | 835 | 634 | 1228 | 1078 | 3775 |
| NO | 258 | 239 | 407 | 276 | 1180 |
| BLANKS | 43 | 39 | 64 | 82 | 228 |

| QUESTION 1 CITIZEN INITIATIVE | WARD 1-1 | WARD 1-2 | WARD 2 | CENTRAL | TOTAL |
|-------------------------------|----------|----------|--------|---------|-------|
| YES | 591 | 506 | 930 | 758 | 2785 |
| NO | 531 | 392 | 755 | 664 | 2342 |
| BLANKS | 14 | 14 | 14 | 16 | 58 |

| QUESTION 2 BOND ISSUE | WARD 1-1 | WARD 1-2 | WARD 2 | CENTRAL | TOTAL |
|-----------------------|----------|----------|--------|---------|-------|
| YES | 826 | 601 | 1155 | 1111 | 3693 |
| NO | 296 | 306 | 534 | 302 | 1438 |
| BLANKS | 14 | 5 | 10 | 25 | 54 |

| QUESTION 3 CONSTITUTIONAL AMENDMENT | WARD 1-1 | WARD 1-2 | WARD 2 | CENTRAL | TOTAL |
|-------------------------------------|----------|----------|--------|---------|-------|
| YES | 584 | 483 | 926 | 771 | 2764 |
| NO | 526 | 413 | 749 | 627 | 2315 |
| BLANKS | 26 | 16 | 24 | 40 | 106 |

Gorham seeking firefighter/EMT



The Town of Gorham is a thriving community and one of the fastest growing towns in Maine with a population of approximately 18,000. With a flourishing urban village, steady industrial and commercial expansion, plentiful recreation opportunities, a college campus, and Greater Portland METRO public transit service, the Town of Gorham is a vibrant place to live, work, and do business.

We are currently seeking a qualified professional to join our Fire & Rescue team as a full-time Firefighter/EMT or Firefighter/Paramedic. This position is responsible for the delivery of firefighting and rescue services within the Town of Gorham and for agencies assisted by the Gorham Fire Rescue Department. The starting shift is expected to be 6 a.m. to 6 p.m. with a schedule of four days on and four days off. The successful candidate must be able to work flexible hours including weekdays, weekends, nights, and holidays.

Applicants must, at a minimum, possess a valid State of Maine EMT-Basic license (EMT-B). Paramedic preferred. Minimum of State of Maine Firefighter II certification, or equivalent, is required. Haz-Mat Technician & Confined Space certification(s) preferred. Valid State of Maine Class C or higher Driver's License required. Must pass a post-offer pre-placement physical exam, drug test, and comprehensive background screening process.

A complete job description for the position can be found on the "Employment Opportunities" page of the Town's website www.gorham-me.org.

The Town of Gorham offers a comprehensive package of pay, benefits, and paid time off to eligible employees, including a choice between two excellent health insurance plans with a Health Reimbursement Arrangement (HRA), \$1,200 annual medical buyout for individuals declining health coverage, a 457(b) deferred compensation retirement plan with a 7.5% employer match, earned vacation, sick time, and 12 paid holidays. Employees also have access to dental, medical and dependent care Flexible Spending Accounts, life insurance, short-term disability, and tuition reimbursement. Starting hourly pay rate is governed by collective bargaining agreement and depends on license level: EMT-Basic \$18.25; EMT-Advanced \$19.22; and Paramedic \$20.05.

Applications will be reviewed as they are received, and the position will remain open until filled. Qualified candidates should submit both a Resume and a Town of Gorham Employment Application to Human Resources. Applications are available on the "Employment Opportunities" page of the Town's website, as well as at the Town Manager's Office by appointment during business hours.

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“Chinese Peasant Art” on exhibit now through Nov. 27



The Harlow presents Zhang Xinlong, Autumn Rhyme as part of their “Chinese Peasant Art” exhibition

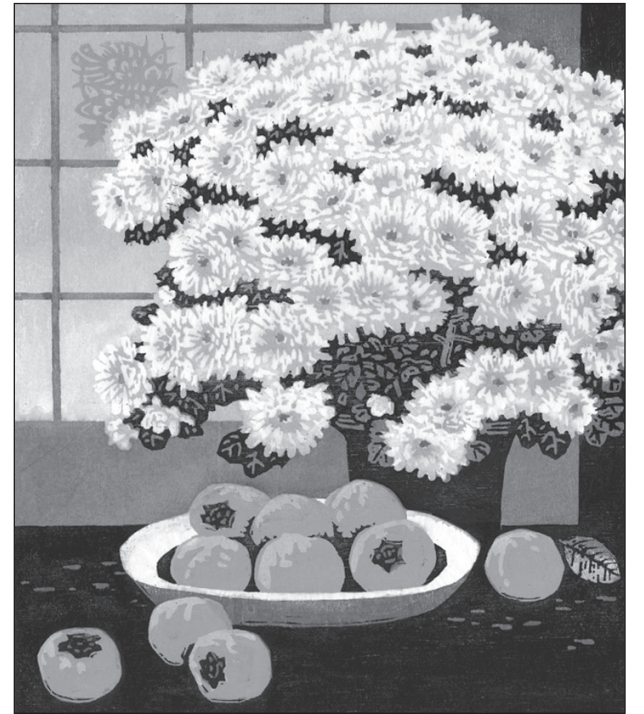
The Harlow presents John Rosenwald. *Chinese Peasant Art* will be on view now through November 27 at 100 Water Street in Hallowell.

Beginning in the 1950s, encouraged by the populist vision of Mao Zedong, Chinese peasants began to create colorful, imaginative, deceptively simple, and yet remarkably sophisticated art. These Chinese peasants' creations became internationally famous in the 1980s, leading to the growth of more than fifty schools of such artists throughout China. The two most famous of these schools are in Huxian (outside of Xi'an) and Jinshan (in rural Shanghai). For twenty years, curators Ann Arbor and John Rosenwald have been engaging with these Chinese

artists -- photographing them, collecting their work, and arranging exhibitions of their paintings and woodblock prints.

In correlation with the exhibit the Harlow is also hosting a curator talk on Thursday, November 18 at 6:30 p.m.

The Harlow is a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists and community in downtown Hallowell since 1963. Exhibitions are always free and open to the public. Hours are Thursday-Saturday 11am-4pm. For more information please visit harlowgallery.org or call 207-622-3813.



The Harlow presents Zhu Yongjin, Basket of Vegetables as part of their “Chinese Peasant Art” exhibition

“Impressions from Nature in Beeswax” opens Nov.12

Monkitree invites you to “Impressions from Nature in Beeswax” a show of works by Ann Rhinehardt of Vassalboro, Maine. Ann’s paintings are a visual expression of her love of nature, exploring organic forms through color, shape, light and shadow. Working in encaustic, a beeswax-based medium, she creates loosely defined landscapes and abstracts.

By adding layer upon layer of wax to each painting, she creates a visual story guided by her emotional and spiritual reactions to the world around her. Vibrant colors peek through the many layers, while other colors play off each other, as she works to convey the atmosphere of that painting.

On the medium, Ann explains, “The nature of

encaustic paint allows me to manipulate the surface by building texture, carving into the beeswax, embedding various items or maintaining a glasslike finish. Many of my paintings have 30 or more layers, hinting at depth and complexity that is found when one looks beyond the surface. My intent is to engage all your senses when you experience my work,



Dappled Birches by Ann Rhinehardt

taking you on a journey into my world.”

Ann, from a young age, has loved nature and drawing. This led her to pursue both art and biology as a student at Colby College. She took a life drawing class while in graduate

school and came to the realization that she wanted to pursue a career as an artist.

This free show can be seen at Monkitree located at 263 Water Street in Gardiner beginning November 12th during regular shop hours. November hours

are Tuesday - Friday 10:00 a.m. to 5:00 p.m., Saturday 10:00 a.m. to 4:00 p.m. In December Monkitree is open 7 days a week 10:00 a.m. to 5:00 p.m. with extended hours on Fridays from 10:00 a.m. to 7:00 p.m.

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Free diabetes workshop by Healthy Living for ME Nov. 9

During National Diabetes Month, Healthy Living for ME is encouraging Mainers to take advantage of the programs and resources they offer to help people prevent and manage the disease. Over 10% of Maine's population has diabetes and another 8% of Maine's adults are aware they are pre-diabetic. Nationally, over 30 million people have diabetes.

"National Diabetes Month is an opportunity to bring awareness to the prevalence of diabetes as well as to the opportunities available for preventing and managing the disease," said Jennifer Fortin, Training & Fidelity Manager of Healthy Living for ME. "Our workshops and other resources can help Mainers who have diabetes learn strategies for better management of the disease, as well as help those who are pre-diabetic make lifestyle changes and lower their risk for developing diabetes. We have heard from many participants - including a member of our leadership team who took the prevention program - about how these workshops help people get on the right track with their health and wellness."

Healthy Living for ME has online, in-person, and telephonic workshops available to help people prevent or manage diabetes. The workshops are free

but do require registration. To register, visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org.

Upcoming workshops include Living Well with Diabetes beginning on November 9 and runs through December 14. Workshop sessions are held online once a week from 2:00 p.m. to 4:30 p.m. This workshop is designed to help people with type 2 diabetes, individuals who are pre-diabetic, supports of those managing diabetes and covers topics such as: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Another Living Well with Diabetes workshop is scheduled to begin on January 6th. Registration is now open for these workshop dates as well.

Living Well for Better Health begins November 23 and runs through December 28. Workshop sessions are held online once a week from 9:00 a.m. to 11:00 a.m. This program is designed to help participants deal with ongoing conditions such as diabetes, COPD, arthritis, and high

blood pressure. Some topics covered include techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments. Another Living Well for Better Health workshop is scheduled to begin on January 4. Registration is now open for these workshop dates as well.

Throughout the year, Healthy Living for ME offers other workshops online, in-person, and via telephone. These include Better Health Now with Diabetes, the National Diabetes Prevention Program, and others. To learn more about these workshops, and the many others that Healthy Living for ME offers, visit www.healthylivingforme.org.

Healthy Living for ME is a statewide network of local organizations, health systems and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.

Chocolate Church Arts Center Presents GoldenOak on Nov. 20



The Chocolate Church Arts Center is presenting Portland-based indie folk band, GoldenOak, at 7:30 p.m. on Saturday, November 20.

The Chocolate Church Arts Center (CCAC) will present a concert with Portland-based indie folk band, GoldenOak, at 7:30 p.m. on Saturday, November 20.

GoldenOak is made up of siblings Lena and Zak Kendall, along with bassist Mike Knowles and drummer Jackson Colwell. Together, the group perform soul-tinged folk music that reflects the landscape of the band's

home state. GoldenOak's thoughtful approach to songwriting is well represented in their latest album "Room to Grow"- a ten-song reflection on the emotional and physical impacts of climate change.

CCAC is requiring that all attendees show proof of vaccination or proof of a negative COVID test (within 48 hours prior to a performance) at the door. For this show, face coverings

are strongly recommended while seated, and required while purchasing concessions and merchandise, or while otherwise interacting with any event personnel.

The Chocolate Church Arts Center is located at 804 Washington Street in Bath. Tickets for GoldenOak are \$15 in advance or \$18 day of show and are available at chocolatechurcharts.org or by calling 207-442-8455.

The DaPonte String Quartet: "Bookends"

The Quartet will perform two contrasting works of beginnings and endings, Franz Schubert: String Quartet in D Minor, D. 810 ("Death and the Maiden") and Reinaldo

Moya: "Chapter One".

They will be performing on Saturday November 13, 3:00 p.m. at Meetinghouse Arts in Freeport and on Sunday November 14, 3:00 p.m. at St. Patrick's

Church in Newcastle. Tickets are \$25 and can be purchased at <https://buytickets.at/dapontestringquartet/593725>

Additional information at daponte.org.

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Arts & Entertainment

Adult fitness classes at Gorham Recreation



There are a variety of fitness classes available for adults at Gorham Recreation. They are offering Barre, Cardio Fit, Pilates, Spin Class, Stretch & Tone, Weight No More, Yoga and

Zumba run by Barbara, Theresa, Dawn, Tracy and Jim

The Cardio Fit class with Theresa is a combination of cardio and strength training. Students are asked

to bring a mat and small weights. No registration is required. Classes are now through December 22 from 8:00 a.m. to 9:00 a.m. at Gorham Municipal Center in the Shaw Gym. The cost

is \$5.

Virtual Cardio Fit class is running now through December 22 from 8:00 a.m. to 9:00 a.m. via zoom. The cost is \$5

The Pilates class offers total body strengthening and flexibility with a focus on core conditioning. Registration is required. The class fee is \$5, or punch passes are available at the cost of \$50 for 12 visits. Classes are Tuesdays at 8:30 a.m. and Fridays at 8:30 a.m. The fitness level for this class is beginner, intermediate, and advanced.

Spin is back at Shaw Gym. They are offering four different class times including Mondays at 5:30 a.m. with Tracy, Tuesdays at 6:30 p.m. with Jim, Wednesdays at 5:30 a.m. with Tracy and Thursdays at 8:00 a.m. with Theresa. The instructors invite you to come join the fun with great music during a 45-minute cardio blast.

Stretch and Tone

class focuses on building strength in all muscle groups, developing balance, flexibility, and agility. The fitness level is beginner to intermediate. Classes are Tuesdays and Fridays from 9:45 a.m. to 10:45 a.m. The cost is \$5 per visit or purchase a 12-visit punch card for \$50. The same punch card is good for Zumba and Weight no More fitness classes.

Weight No More is a fun and easy-to-follow, low impact workout that increases energy and stamina. Tone muscle, work on balance, posture and strength. Class is on Mondays 10:00 a.m. to 11:00 a.m. The cost is \$5 per class or use your Gorham Rec Fitness pass. Classes are for all fitness levels with multiple options given throughout. No sign up ahead is necessary. Classes are held in Shaw Gym at Gorham Recreation

The yoga class will allow participants to increase strength, flexibility and

core development through a series of movements and poses that work the entire body. Classes include flowing movement from standing to mat as well as muscle toning holds and balance poses. Students are asked to bring a mat, towel and water. The instructor is Theresa Labrecque. Yoga classes are Mondays at 5:30 p.m. at Gorham Municipal's Shaw Gym and on Zoom and Saturdays 8:30 a.m. to 9:30 a.m. at Little Falls either outside or in the gym depending on weather. Yoga is \$5 per class. You can pay online, in person or you can buy a \$50 pass for 12 visits. All levels are welcome.

Zumba classes with Barbara Wyman are Tuesdays 11:00 a.m. to 12:00 p.m., Thursdays 9:00 a.m. to 10:00 a.m. and Saturdays 9:00 a.m. to 10:00 a.m. at Shaw Gym. The cost is \$5 per class, or a \$50 pass is available for 12 visits. Students can pay online or pay the instructor.

Sebago Brewing offers "Saddleback" beer

Every summer you'll find the Sebago crew around or in Sebago Lake, but when the weather gets cold, they head for the mountain.

Saddleback Ale is a

crisp light ale with Maine-grown malts and hops. Perfect for apres ski around the firepit at Saddleback Mountain. Saddleback has had two names in past incarnations -- Portside Pil-

sner when Sebago Brewing started brewing it in 1998, and Northern Light Ale when they started bottling it a few years later.

Saddleback is now on tap and in 16oz cans at all

Sebago Brewing locations.

Sebago Brewing locations include Portland, Scarborough, Kennebunk, Gorham, Tasting Room and Brewery Headquarters.



Sebago Brewing's Saddleback Ale is a crisp light ale with Maine-grown malts and hops.

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Day's Jewelers receives "Best Places to Work in Maine" award



WATERVILLE – ME. For an astounding seventh year, Day's Jewelers has been named one of the Best Places to Work in Maine. Best Places to Work is a prestigious and exceptional award that recognizes 100 excellent businesses each year who go above and beyond to give their employees the best possible work environment and experience.

Started in 2006, the Best Places to Work in

Maine program pays special attention to companies' workplace policies, practices, demographics, and overall workplace environment. With 75% of the program's evaluation process coming from the direct input from active employees, Day's Jewelers truly does stand out as an exceptional workplace.

Since 1914, Day's Jewelers has held the important core principle of

value. Not only does this family-owned business understand that the value of a piece of jewelry goes so much further than just the market price of the item, but they understand what it means to value their employees. With the opinions of the employees at the forefront of every decision made at Day's, employees can feel understood and heard in their concerns and needs.

From the company's earliest years, employees remarked at what a wonderful workplace environment it was. In fact, in the mid-1900s, Day's Jeweler's current owner's father was just a young

worker himself and, when discussing his father's involvement in the company, Jeff Corey (current owner of Day's) says, "Dad always talked about how much fun they [employees] had. He was just a stock boy at first, but he always had fun at work."

Now, over a century after the first Day's was opened, this goal of a fun, rewarding workplace experience remains one of the fundamental principles of the Day's Jewelers business model. Joseph Corey, recently hired as President of Day's, represents the 3rd generation of Corey leadership.

Day's Jewelers was

recognized in the October 18th edition of Mainebiz where the rankings were revealed for the first time, following a planned awards event. For more information on the Best Places to Work in Maine program, visit www.BestPlacesToWorkME.com or contact Jackie Miller at 717-323-5237. Day's Jewelers is a Maine based family business, founded by the Davidson brothers in Portland in 1914 and employs approximately 140 people in Maine & New Hampshire. Kathy and Jeff Corey, natives of Madawaska, Maine, purchased Day's from the original founders in 1988.

Day's Jewelers has eight physical store locations as well as a full e-commerce website. All Day's locations feature full-service departments and custom jewelry designers. Day's was selected as "Retailer of the Year" by Retail Association of Maine in 2016 and "Corporate Retailer of the Year" by the Woman's Jewelers Association of America in 2017 and Maine's Family Business of the Year in 2019. The company has been selected among "Best Places to Work In Maine" for the past 6 years. To learn more about Day's Jewelers visit www.daysjewelers.com.

Tuition-Free online classes at New Ventures in November

New Ventures Maine has announced tuition-free online workshops and classes for November. Classes are designed to help people in Maine start a business, build a career, and manage money. November classes are offered at evening and day times; some are one session only and others span multiple sessions; a few classes are self-paced. The full class schedule is accessible online at bit.ly/NVMEClasses.

November classes include Making Career Choices – Tuesday November 2, 10:00 a.m. to 11:00 a.m. Ready for a career change but don't know where to start? This workshop will help point you in the right direction. They will cover what to consider when making a career choice and the resources available to help you succeed.

Business Success Series: Wednesdays November 3 through November 17, 12:00 p.m. to 1:00 p.m. Need a boost in your business planning? Sign up for one, two, or all three of these lunchtime sessions.

November 3 is Pricing Strategies. November 10 is Using your Business Financials. November 17 is Projecting Cash Flow.

My Money Works is on Wednesdays November 3 through December 8, 10:00 a.m. to 11:00 a.m. This interactive class can help you gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals. Create your personal financial plan. No class during the week of November 22.

Introduction to Self-Employment is Thursday November 4 from

6:30 p.m. to 7:30 p.m. This one-session workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed.

Matched Savings Information Session is Monday November 8 from 4:00 p.m. to 5:00 p.m. Matched savings programs such as the Rainy Day Savings and

Family Development Account programs can help you save for a goal by matching your savings with additional funds. Join this information session to find out how the programs work, check on eligibility, and ask questions.

Job Search Series is Tuesdays November 9 to November 23 from 10:00 a.m. to 11:00 a.m. Ready for a new job or a career change? Join them for one, two, or all three of these workshops.

November 9 is Job Search Strategies. November 16 is Resume Strategies.

November 23 is Interview Strategies.

Work for Yourself @50+ is November 18 from 10:00 a.m. to 11:30 a.m. The decision to start your own business can be both exciting and daunting. Work for Yourself @50+ breaks the choices down for older adults in an approachable way through five steps; it is a careful consideration of the potential benefits and risks of working for yourself.

For more information and to sign up, visit bit.ly/NVMEClasses or call toll-

free in Maine: 800.442.2092.

New Ventures Maine is a statewide education and economic development program administered through UMA/University of Maine System. The mission of NVME is to help Maine people succeed in the changing economy and achieve economic security for themselves and their families. NVME achieves its mission by providing training and individual coaching in planning careers, starting businesses, managing money and building assets, and developing leaders.

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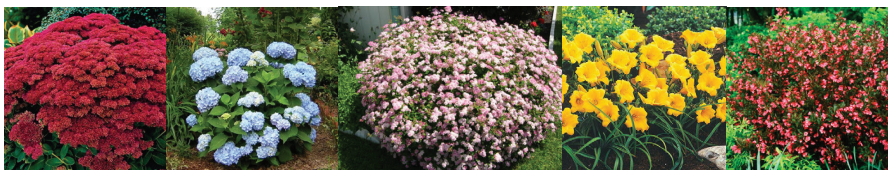
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Baxter Memorial Library's Annual Costume Parade

Ms. Heidi and Mr. Jeff held a spooky story time, there was a town department pumpkin carving contest to vote on, the Gor-

ham Parks & Recreation Scarecrow Contest to view, and the Gorham Municipal Center was open for trick or treating.



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Affordable health insurance options through CoverME.gov

The start of the Affordable Care Act's ninth health insurance open enrollment period started November 1. Now more than ever, people should review their health insurance options through the Maine's Marketplace, CoverME.gov. Thanks to the American Rescue Plan, more people are eligible for lower cost plans.

Maine has moved to a state-based Marketplace, CoverME.gov which will benefit Mainers in need of coverage in many ways. Individuals who need health insurance coverage should

visit CoverME.gov to learn about coverage options and where to go for help sorting through their options and enrolling coverage. For example, CoverME.gov includes a plan compare tool, to help people compare plans and make sure their doctors, hospitals and other providers are included in the plan they choose, and estimate how much financial help their family may qualify for to lower monthly premiums or out-of-pocket costs.

CoverME.gov also includes a "Get Help" tool that can be used to help

Maine people find trusted resources – trained assisters and brokers, who can help answer questions about Marketplace coverage and help enroll people in coverage. Mainers previously enrolled through HealthCare.gov which will now redirect people to CoverME.gov for enrollment assistance. CoverME.gov also provides information about MaineCare, the state's Medicaid program that provides coverage to people with limited income. People can apply for MaineCare any time.

Ann Woloson, Executive Director of Consumers

for Affordable Health Care encourages anyone who needs coverage heading into 2022 to check out their options through CoverME.gov. "We know there are thousands of Mainers who remain uninsured; many are not offered coverage through work, can't afford employer-based coverage or have lost their coverage due to the pandemic. CoverME.gov is an important resource for people who need help understanding their health coverage options and enrolling in coverage." Woloson added "there truly are more affordable

options available to Maine people due to changes made by Congress earlier this year. Tens of thousands of Mainers across all household income levels are seeing lower monthly premiums as a result of larger premium tax credits that reduce plan prices."

Consumers for Affordable Health Care is designated as Maine's Consumer Assistance Program by Maine's Attorney General and the Bureau of Insurance. It provides confidential face-to-face and toll free, assistance through its HelpLine to any Mainer

seeking assistance understanding their health insurance options or who needs help enrolling in coverage. It works closely with other certified Maine Enrollment Assisters, such as Western Maine Community Action, to provide information about health coverage and where to go for help enrolling in coverage. Toll-free resources for assistance for enrolling in coverage include CoverME.gov 1-866-636-0355, Consumers for Affordable Health Care 1-800-965-7476 and Western Maine Community Action 1-855-806-7333.

Healthcare system staffing shortage grows



Representative Ted Kryzak was first elected in 2018 and has served his community as a teacher and selectman for the Town of Acton.

By Ted Kryzak

I am sure that by now you have all read and seen the stories of Maine hospitals reducing services, diverting patients, or rationing care, in the wake of the Governor's mandate, that healthcare employees receive mandatory vaccina-

tions or lose their jobs. This has created a larger staffing shortage for healthcare systems throughout Maine.

The alarm was sounded two weeks ago when Central Maine Health Care (CMMC) met with a bipartisan group of legislators to express their concern over

having to force skilled employees out of their jobs, because of the Governor's mandate, and the lack of a testing option for employees.

CMMC said they will be forced to reduce services in units such as trauma, heart attack, and pediatrics. Central Maine Health Care deserves praise for being willing to come forward and offer a solution that is afforded every other business: regular COVID-19 testing. Unfortunately, the Governor will not consider this option.

Then, at the end of last week, Down East Community Hospital announced that they would not be accepting ambulance patients into its Emergency Room bay. Writing: "Due to staffing shortages created by the vaccine mandate, the inability to transfer psychiatric and long-term care patients, and the gen-

eral delays in transferring patients that need a higher level of care to larger facilities, we are experiencing significant delays in the emergency departments at both Down East Community Hospital and Calais Community Hospital. All of these issues reduce the number of Emergency Room beds we have available..."

Then, we learned that a 42-bed facility in Saco with 35 patients will be closing for the same reason.

Still--nothing from the Governor.

The Down East Community Hospital statement says they are unable to move patients into larger facilities and long-term facilities, echoing the concerns raised by Central Maine Healthcare that, not only do they have a reduced number of beds because of their staffing

issues, the staffing issues at other facilities caused by the mandate are further reducing available beds because their patients have nowhere else to go.

Then, Thursday of this week, York Hospital announced they are suspending emergency services at their Wells facility. Seacoastonline reported that the suspension occurs "amid a staffing shortage and an approaching end of the month deadline for Maine health care workers to get vaccinated for COVID-19."

The hospital says that the staffing shortage is not a result of the mandate, and we should take their word, but the fact that in the midst of an existing staffing shortage the Governor continues to ignore calls of Maine's healthcare providers for relief from a policy that is further reducing available healthcare staff is

bafling.

This is heavy-handed government at its worst. This is taking a problem and making it worse by refusing to consider the needs of people on the front lines.

Throughout this pandemic, the Governor has refused to adjust policies to meet the realities we face day-to-day.

Despite the cries for help from workers once hailed as heroes for serving us amidst a pandemic, the Governor remains committed to a policy that is creating a healthcare system crisis by reducing access to care from York to Washington County.

Mainers should not have to suffer because the Governor is unwilling to admit her policy needs to adjust to the real life realities brought to her attention from members of the healthcare community serving the public.

"The Ghosts of Walter Crockett" Memoir released November 16

YARMOUTH, ME. In the 1960s and 1970s, Ed Crockett and his siblings were raised in poverty on Munjoy Hill. The children of a homeless, alcoholic father who lived on the streets for nearly twenty years and who was once known as "the biggest drunk in Portland."

In his new memoir, Portland-native Crockett—a state representative and president of Capt'n Eli's Soda—recounts his struggle to break the cy-

cle of alcoholism, come to grips with the embarrassing specter of his father, and overcome the shaky confidence brought on by a childhood of food stamps and welfare coats, to eventually find success on the same streets where his father once spent his days passed out and begging for money. It's a rough upbringing, but amidst the turmoil Crockett also finds role models, the importance of neighborhood roots, the joys of wiffle

ball, and the unconditional love of family.

The Ghosts of Walter Crockett, officially slated for release on November 16 from Maine-based Islandport Press, is at times harrowing and heartbreaking, but ultimately is a tale of love and redemption that takes readers to a side of twentieth century Portland that has always existed in the shadows of lighthouses, lobsters, and sunsets, but is rarely explored in print.

"Ed Crockett writes

with love, honesty, emotion, and sometimes heartbreak in this unflinching

look at his family and his personal struggle to break from poverty, escape the downward pull of his surroundings, and come to grips with the mental anguish caused by his father," said Dean L. Lunt, editor-in-chief of Islandport Press. "Ed also shines a light on the very real, working-class Portland that existed on the peninsula before million-dollar con-

dos, fancy hotels, and hip restaurants."

Ed Crockett grew up on Kellogg Street in a two-family home with his mother, grandparents, and seven siblings. He graduated from Portland High School, earned a bachelor's degree from the University of Maine, and an MBA from Boston College. During his career, he has worked for some of Maine's most iconic brands—including Oakhurst Dairy, Hannaford Brothers, and Lepage Bak-

eries. Crockett and his wife, Martha, raised three children in Portland and still live there. This is his first book.

Maine-based Islandport Press is a dynamic, award-winning book publisher that has been telling stories rooted in the essence and sensibilities of New England for more than twenty years. For more information, please visit www.islandportpress.com or email info@islandportpress.com.

Tim Sample talks about "new cars" in Efficiency Maine video

Efficiency Maine posted another electric vehicle (EV) educational video, "One-Pedal Driving and Regenerative Braking" featuring Maine humorist and car enthusiast Tim Sample. "One-pedal driving" enables drivers to come to a full stop without using the brake pedal.

This video enhances the series of educational videos produced by the quasi-state agency that

appears on its newly redesigned Efficiency Maine web pages. The series of short, 2 to 4-minute videos complements a rich array of educational materials about EVs, rebates, and charging infrastructure to help Maine consumers learn more about and become more comfortable with EVs.

Efficiency Maine launched the EV video campaign with an intro-

ductory segment titled "Go the Distance in an Electric Vehicle," which features Sample talking about the "new cars" on the roads in Maine. Sample lists some of the benefits of EVs placed in the context of the state's goals to reduce carbon emissions. The video series is displayed on a new "carousel" feature at the top of the Efficiency Maine EV web page, which encourages visitors to click through

and view them as new videos are added to the series.

The website already includes an instructional video on home charging installation tips, how to use public EV chargers, ways to pay for a public charge, and where and how to find EV chargers. Other videos under production will describe considerations on maximizing home charging.

New videos will be re-

leased throughout November on Efficiency Maine EV web pages. Mainers can also find extensive written materials on the refreshed Efficiency Maine EV web pages, including a new guidebook on "How to Select and Install a Home Electric Vehicle Charger," which provides useful information and tips for current and prospective EV owners. The guide answers common questions

about home EV charging, such as: What is a Level 2 EV charger? Why should I charge my EV at home? Where can I buy an EV charger? How much does it cost to purchase and install a charger? Where can I find an electrician to install my charger?

To learn more about electric vehicle technology and how to maximize its benefits visit www.efficiencymaine.com/ev.

New UMaine Extension bulletin shows how to cut up whole chicken

University of Maine Cooperative Extension helps take the guesswork out of safely and properly cutting up a whole chicken with the help of a new publication designed for the home cook.

“How to Cut Up a Whole Chicken” demonstrates the step-by-step process with photos, clear

instructions and a video. Purchasing whole instead of precut chicken is economical and can help with meal planning and preparation. Clean-up, storage, thawing and cooking guidelines also are included.

Many Extension bulletins are available for free download; the full publi-

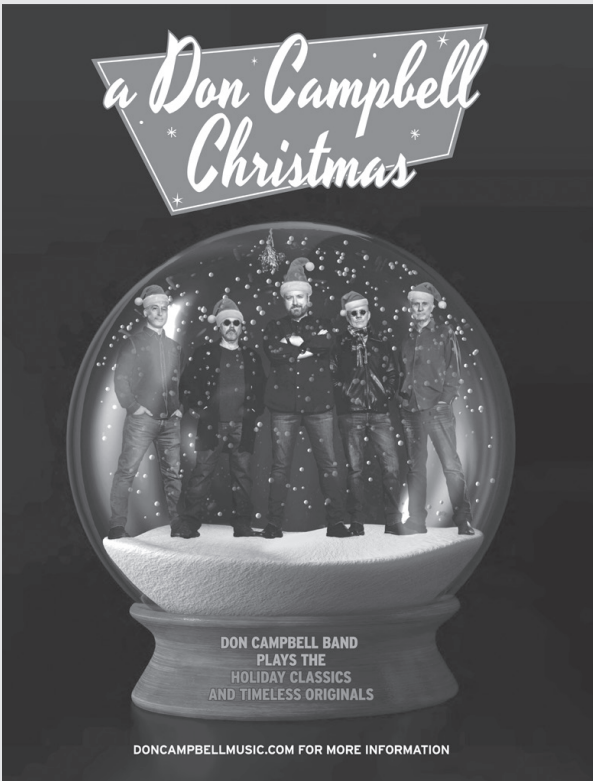
cations catalog is online. For more information or to place an order, call 207.581.3792 or email extension.orders@maine.edu.

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine’s land and sea grant public education role

by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.



Christmas Concert at Chocolate Church



The Chocolate Church Arts Center invites the public to join them for a family-friendly Christmas concert with plenty of opportunities for sing-a-longs. This cheerful concert will include original music from Award-winning, Singer-Songwriter Don Campbell’s Christmas CD’s volume 1 & 2 as well as many of the holiday classics everyone loves to hear played by the Don Campbell Band. December 10 7:30 p.m. Tickets are \$22 in advance and \$25 date of service. The Chocolate Church Arts Center is located at 804 Washington St, Bath, ME. For more information call 2074428455 or visit chocolatechurcharts.org.

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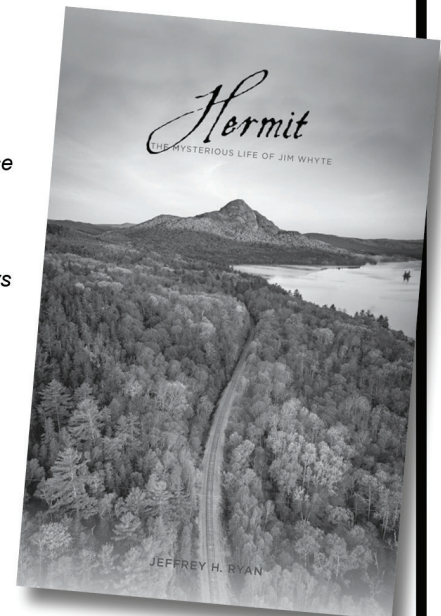
“Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it’s based on real people and real events.”

— Bill Bushnell, *Bushnell on Books*

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— George Smith, *Bangor Daily News*

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Maine Playwrights Festival open for submissions



PORTLAND - Acorn Productions, producers of the annual Maine Playwrights Festival, announces that they have begun accepting scripts for this year's twentieth edition of the state's long-running

incubator for new plays by local playwrights. Anybody living in Maine is eligible to submit a new play between 8 and 30 minutes in length for consideration in the festival. The deadline for submissions is Sunday,

November 28th. Submission information is available at www.acorn-productions.org.

"We're proud to have produced the 2021 festival as an online streaming experience, but we're also looking forward to being back in a theater for our 20th anniversary season," says Daniel Burson, the festival's Artistic Director. "If the pandemic does not allow for in-person performances next spring, though, we'll be ready to pivot. In that case, the 2022 festival will either move outdoors, or be filmed and released for on-demand streaming. We're committed to showcasing the work of Maine's playwrights—whatever it

takes."

The festival is centered on developing and honing short plays, from submission through staged readings, rewrites, and culminating in public performances. The 2022 Maine Playwrights Festival will be comprised of two weekends of fully staged performances of short plays, to be performed in Portland in April-May (if the public health situation allows). The festival anticipates selecting 5 to 7 short plays for production this year. The selected playwrights will receive extensive support revising their pieces during a workshop phase before the plays go into rehearsals.

In addition to the fes-

tival productions, several playwrights not selected for the full festival will also get the opportunity to workshop their plays with this year's professional playwright-in-residence (to be announced in September). Acorn is also offering a playwriting workshop this fall—taught remotely over Zoom—for playwrights of all experience levels to work on refining their scripts for submission. Playwrights who are interested in submitting a new play for consideration, or registering for the class, should visit Acorn's website at www.acorn-productions.org for complete details.

The Maine Play-

wrights Festival has evolved through the years from a set of dramatic readings at Acorn's old studio on Congress Street to a full series of performances by some of Maine's best-known playwrights. Each year, playwrights from across Maine submit between 50 and 70 scripts to the festival, and a committee of local theater professionals reads them and selects a small group of plays for production at public performances in the late spring. Over the years, the festival has showcased over 100 Maine playwrights, many of whom have subsequently had their work produced at theater festivals all over the country.

Letter to the Editor

Protect Maine's Workers

By Nicole Kalloch

Senator Susan Collins' family has run a local lumber company since 1844. In her own words, family-owned businesses like these -- and the workers that power them -- are the "heart and soul of many Maine communities."

But now, those workers are under threat from President Biden's sweeping immigration proposal. The White House is attempting to ram this massive social-engineering experiment through Congress in the midst of our recovery from a devastating pandemic. It's ill-timed, divisive, and will harm a broad swath of people who have to work hard for a living.

Folks on the left seem hesitant to admit that increased immigration could have harmful effects on anyone, including the working class. But studies have shown that increases in immigration result in lower incomes and fewer job opportunities for many workers already living in the United States.

The sheer scale of President Biden's plan is unprecedented. It would

grant the right to work openly to 11 million illegal immigrants. That's over eight times the entire population of Maine. It'd also greatly expand legal immigration and guestworker programs. All told, it could increase the number of legal U.S. residents by 37 million people in just a decade.

Those new workers will compete for jobs with Americans already struggling with the cutbacks, furloughs, and layoffs caused by the pandemic.

The long-term effects are just as troublesome. Although Biden's plan is trumpeted as "healing," it will in fact harm many of the people who voted for him. These are the workers who don't have tech expertise and compete for lower-skilled, often manual-labor jobs. And that's exactly where the flood of immigrants -- who by and large are low-skilled -- will be heading.

To make matters worse, immigrants usually work at the low end of the pay scale, putting downward pressure on wages for everyone.

Here in Maine, our

population is blue-collar. Mainers make their living in paper mills and on fishing boats. We work in restaurants, retirement homes, and small-scale manufacturing operations. We don't have the white-collar privilege that shields us from immigrant competition. So we can't so easily say "all this doesn't affect me" because it does.

And we vote.

Sen. Collins knows her voters. And she knows how they feel about amnesty. President Biden may want to take credit for "solving" the issue of illegal immigration by simply ruling that the problem no longer exists. But loggers and millworkers know otherwise. So, one hopes, does Sen. Collins. If this bill passes, the problem won't go away, it will become worse for many Americans.

Nicole Kalloch is a Rockland resident and Maine Maritime Academy graduate who works for a small business that provides engineering expertise to the aerospace, defense, and national security industries.

OpEd

Honor Maine Veterans with Higher Education Reforms

By Jason Levesque, Mayor of Auburn

As we approached Veterans Day, I was reflecting on the oath I took to serve, protect, and defend our American values when I served in the Army. There are roughly 127,000 veterans who live and work in our great state. They all deserve to know their state and country have their back, especially as they navigate the challenges that can often come with the re-entry process. As more and more servicemen and women return from Afghanistan this fall, their re-entry has been front of mind for me as a mayor.

Figuring out how to compete in the private sector can be challenging, and many people -- both fresh out of high school and later in life -- choose higher education as a means to create future opportunities. Choosing a college can be one of the toughest financial decisions that some families must make. Fortunately for veterans, the GI Bill has been helping cover costs of school or training since 1944. In 2018 alone, over 650,000 veterans used their hard-earned benefits to pursue a higher education degree.

I encourage veterans to utilize their GI benefits. I did, and that college experience coupled with real world military experience prepared me for a successful career in business and civic service. Whether they were based in Djibouti, or Brunswick Naval Air Station, Portsmouth Naval Shipyard, or Afghanistan, our veterans deserve to know there are high quality educational opportunities for them following their service right here in Maine. However, it would seem that not all colleges have equal results.

Veterans looking for re-entry opportunities through higher education don't have access to quality data to make informed decisions on where their military benefits would go the furthest. Based on the limited information available to the U.S. Department of Education, 30% of schools in Maine graduate less than half of the students who entered its doors four years prior. With some schools in our state reporting completion rates as low as 18%, these statistics are just two of many that illustrate that there is plenty of room for improvement when it comes to higher education policy.

It's past time to modernize our nation's postsecondary policies with some fundamental, common-sense reforms.

Requiring basic reporting on metrics like enrollment, completion, and post-college success rates would have a multitude of benefits. Not only would these reporting requirements shine a much-needed light on institutions and program areas that need improvement, but they would increase accountability for schools to get their students -- including veterans -- across the finish line. The College Transparency Act helps to ensure a return on investment for Maine veterans, students, and families, by providing them with the resources they need to make an informed choice.

State and local officials cannot enact these needed policy updates alone; we need our Washington counterparts to act to get these postsecondary education accountability measures passed. I hope Congress chooses to honor our veterans' service this Veterans Day by prioritizing passing legislation that benefits them. It's time to act on higher education reform.

Holly craft fair on Nov. 20 in Gray

The First Congregational Church of Gray will be holding its Annual Holly Fair on Saturday, November 20 from 9 a.m. to 2:00 p.m. at the Parish House located at 5 Brown

Street behind McDonalds.

Visitors can receive a raffle ticket to a drawing for a \$50 gift card when making a purchase from participating vendors. There will be jewel-

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For more information call 657-4279.

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Now through Sunday, November 28

GORHAM – Annual Tree Lighting contest. Any resident or business in Gorham can participate. You can come up with your own theme, color scheme or any creative idea to decorate your holiday tree. To participate, email gorham-streeffestival@gmail.com to have your holiday tree judged and entered to win. Place your holiday tree outside of your residence or business by November 28 at 4:00 p.m. for the Light Parade through Gorham Village. All trees will be judged on creativity and theme. They will be judging trees in early December. Two winners will be announced in each division, business and residential, for most creative and best theme. The winners will be announced, and photos published in Gorham Weekly. If you are too busy but would like to participate let Great Falls Construction know and they can help. If you have any questions, please feel free to call Cindy 207-839-2744 or email cindy@greatfallsinc.com

All November

GORHAM – Baxter Memorial Library. During the month of November, Youth Services will be handing out a variety of take-home crafting kits in-

Calendar

Send your submissions to the Editor. More online.

tended to create gifts for loved ones.

All November

GORHAM – Baxter Memorial Library. During the month of November, the library will be promoting their outdoor literacy spaces as activities to do with the family. These include the newly installed Bee and Butterfly Discovery Garden outside the library; the Maine Birthday Book Story-walk at Cherry Hill Farm and the Literacy Scavenger Hunt on the Claire Drew Trail.

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include the newly installed Bee and Butterfly Discovery Garden outside the library; the Maine Birthday Book Story-walk at Cherry Hill Farm and the Literacy Scavenger Hunt on the Claire Drew Trail. The library has ukuleles to check out, along with video tutorials online by our own Mr. Jeff. They also now have a metal detector and telescope available for checkout.

Every Tuesday in November

GORHAM – Baxter Memorial Library. November Story Adventures 10am. Each Tuesday event will include a different book, movement break and activity, all held outdoors. It will be cancelled if weather is extreme. This is geared towards children aged 2-5.

Every Wednesday

SABATTUS – Sabattus Rec free group runs. The Wednesday night runs start and end in the Sabattus Mini-Mall parking lot, in front of Mixer's Nightclub. The social workouts head out at 6:00 p.m. each week, and usually last 30-45 minutes. The group runs are open to all abilities, from walkers to experienced runners. Distances can

range from 2 miles to 7 miles, depending on participants' abilities. These are no-pressure, non-competitive runs, focusing on fitness improvement and support for each other's challenges and goals. There is no attendance commitment or competition requirement. Attendees should dress accordingly and wear reflective clothing or lights. For more information go to the Sabattus Rec Club Running Program page on Facebook, or email running@sabattusrec.com.

Thursday, November 11

LEWISTON – Exhibits at Museum L/A on Veterans Day. From 11:00 a.m. to 2:00 p.m. Museum visitors will be able to see the "Veterans Memorial Board" created by Bates Mfg. to honor its veteran employees who served in World War II. Other veteran memorabilia will be on display that day only. The museum is in the Bates Mill at 35 Canal Street in Lewiston. Admission is free to all veterans and their family with some form of ID. Contact Jerry D. 576-0376 or Denise 333-3881.

Thursday, Nov 11

GORHAM – Municipal Center, Administrative Offices & Library closed in observance of Veterans Day Holiday

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FOR SHOWTIMES

BJ's free turkey promotion until Nov. 24

BJ's Wholesale Club is offering its free turkey promotion, along with savings on over 200 qualifying items this Thanksgiving.

Now through November 24, BJ's members can get a free Butterball whole turkey with a coupon plus a BJ's \$10 award, when they spend \$100 on qualifying items, in the same transaction, either in-club or at BJs.com/FreeTurkey, while supplies last.

There is a limit of one per member and the organic turkey is excluded.

"This Thanksgiving, we know our members are eager to celebrate the holidays together, so we're thrilled to offer our members not only a free turkey promotion, but a \$10 award as well, to help them with their holiday shopping," said Michael Leary, senior vice president, GMM, perishables, grocery and beverages, BJ's Wholesale Club. "Whether shopping in-club or from the comfort of their home, members can find everything they need to make the most of their Thanksgiving time with family and friends."

Members can choose from over 200 qualifying products and more than 40 participating brands, including household essentials like Tide Pods Ultra Oxi Liquid Laundry Detergent Pacs, General Mills Cheerios Cereal, Gold Medal Flour, Swiffer Wet Jet Starter Kit, McCafe Premium Roast Coffee 84 ct. K-Cup Pods, Pampers Sensitive Wipes, Pillsbury Chocolate Chip Dough, and more. Shoppers can view a complete list of qualifying items at BJs.com/FreeTurkey.

Members can redeem this offer at BJs.com/FreeTurkey with curbside pickup, in-club pickup, same-day deliv-

ery on Bjs.com or when shopping in-club.

Members will be able to redeem their \$10 award for holiday shopping from December 2 to December 16, either in-club or online at Bjs.com.

Members can also get their Thanksgiving grocery essentials delivered right to their door in as little as two hours with BJ's same-day delivery.

For its 15th year, BJ's will be closing its clubs on Thanksgiving Day to give team members well-deserved time off with friends and family. Members can still shop Black Friday deals online at Bjs.com on Thanksgiving Day. BJ's will re-open on Friday, Nov. 26 at 7 a.m. for all members to enjoy the treasure-hunt experience and shop Black Friday deals in-club.

This holiday season, members can shop their way with BJ's convenient shopping options, including in-club shopping, ship-to-home, same-day delivery, in-club pickup and curbside pickup. Plus, BJ's is offering members a flexible and convenient way to finance holiday purchases over \$99 with its buy now, pay later payment option. The buy now, pay later option is available for purchases made on Bjs.com for delivery and with in-club pickup and curbside pickup.

BJ's is now hiring for a variety of seasonal, part-time and full-time positions. BJ's offers newly increased starting wages, flexible hours, career growth and sign-on bonuses for many positions. To apply, candidates can visit their local club or go online to Bjs.com/Careers.

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NASHVILLE SHOW TRIP - JUNE 11-19, 2022

Trip includes 9 days and 8 nights - 14 meals - Grand Ole Opry Show - Nashville Nightlife Dinner Theater - Guided tours of Nashville and Belle Meade Historic Site & Winery. Admission to the Country Music Hall of Fame. Admission to the Grand Ole Opry behind the Scenes Tour. Admission

to Madame Tussauds Wax Museum. Price is \$1,025. per person double occupancy with a \$75.00 deposit due upon signing.

MACKINAC ISLAND - SEPTEMBER 10 - 18, 2022

Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Visit to Mackinaw City. Visit to Mackinac Island including a guided Carriage Tour. Boat ride through the Soo Locks and free time and sightseeing in Sault Sainte Marie. Admission to Colonial Michillmackinac. Price is \$899.00 per person double occupancy with a \$75.00 deposit due upon signing.

WHITE MOUNTAIN HOTEL AND RESORT - DECEMBER 4 & 5, 2022 -

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lodging - 3 meals (Grand Sunday Brunch) - 2 different entertainment shows, Austrian Sleigh Ride through Jackson Village, Chocolate Tour, shopping and much more. \$100.00 deposit due upon signing. Total price not available at this time.

For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy - 207-345-9569.

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Baker receives Maine Crafts Artist Award

The Maine Crafts Association (MCA), a statewide nonprofit organization that builds upon Maine's rich craft traditions by nurturing a vibrant, supportive, inclusive craft community and strong individual craft artist practices, has named potter and educator Marian Baker of Yarmouth as a 2021 recipient of the MCA Maine Craft Artist Award. The award recognizes Baker's dual accomplishments in both her personal practice as a professional maker and studio-gallery owner, as well as in her years of dedicated service to the education and career development of a younger generation of ceramics students.

In 2009, the Maine Crafts Association began to annually honor individual Maine craft artists in recognition of their exceptional bodies of work and contributions to the field. The award bestows prestige and acknowledgment, conferring upon the artist's work a distinguishing mark of excellence.

The award Juror is guided by these benchmarks: excellence in craftsmanship, inspired design, a singular voice or style, and a career of service to the field. The 2021 awards were selected from many deserving peer nominations by MCA Founder, Carolyn Hecker. Carolyn served as Executive Director for more than a decade, establishing the MCA as a statewide organization and

network of craft artists. Since founding the MCA in 1983, Carolyn has remained involved and supportive of the organization and craft artists throughout Maine.

Baker is an example of successfully balancing both a long-standing teaching career and a strong professional studio practice. While teaching at Maine College of Art & Design from 1985 until 2019, Baker founded Islesford Pottery on Little Cranberry Island in 1989. Furthering the Maine maker's tradition, the studio and gallery represents several Maine potters during the summer months. Baker often uses the space to uplift her students' work by creating a resident potter position at Islesford Pottery, allowing alumni to make and sell their work while learning the aspects of running a business and promoting personal growth in their work.

As a potter for over forty years, Baker has highly developed, strong stylings that are easily recognized by her peers and experts in the craft community. Predominantly using wax resist glazing techniques alongside colors found in nature, Baker's work speaks for itself. Each piece tells a story within the mysteries in their layering, playing between matte and shiny surfaces. Baker's ceramics have been featured in over fifteen publications and have been featured in ex-

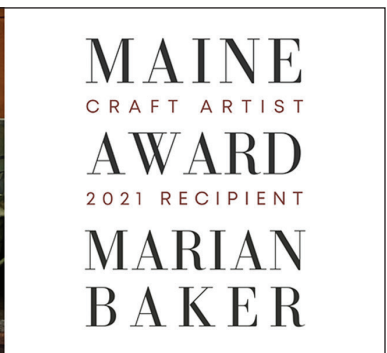
hibits that span across the United States.

Marian chooses to create useful pottery because she believes that handmade things can enrich the lives of their users. She sees her works as a bridge between art and daily life.

Regarding selecting Marian as a 2021 artist award recipient, Hecker explained, "Marian Baker is the truest of Maine craft artists, her practice is central to her life and career, and she is central to Maine craft. Her ceramic work is stunning, and she has an energy for producing and educating that is very special, making her an essential piece of the history of Maine craft. I am honored to have the opportunity to honor her in this way, through an organization I founded which has both supported Marian's practice and career, while having benefited from her steady dedication and participation."

On behalf of the Maine Crafts Association, Carolyn Hecker also selected artist, author and educator Tim McCreight of Harpswell, Maine as a 2021 Maine Craft Artist Award Recipient.

"The high level of craftsmanship Marian Baker and Tim McCreight have practiced in Maine, for decades, has built on the legacy of fine craftsmanship for which Maine is known for internationally. Equal to their professional and renowned



Marian Baker of Yarmouth is 2021 recipient of the MCA Maine Craft Artist Award.

studio practices are their contributions to the Maine craft community and next generation of craft artists." – Carolyn Hecker

Supporters of Tim McCreight and Marian Baker are invited to attend the award presentation and reception Tuesday, November 23 at 5:30 during a ceremony at Maine College of Art + Design in Portland. The ceremony will include the award presentation and the special tradition of the presentation of the Award Pins, custom-made for the Awardees by MCA Professional Members Lisa and Scott Cylinder.

Space is limited; proof of vaccination and registration are required.

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



Mug pottery by Marian Baker, recipient of Maine Craft Artist Award

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