Gorham WEEKLY

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March 10, 2022

Gorham Schools Celebrate Read Across America Day



















Updates from the Town Manager's Office

GORHAM, ME (March 4, 2022) – The following are notes from the Gorham Town Manager's Office Weekly Report.

Masks Optional Starting Monday, March 4, 2022 in Town of Gorham

As of Monday, March 7, 2022, masks will be optional for visitors and employees in Town of Gorham buildings as the Cumberland County COVID-19 community transmission level has been reduced to the medium category. Masks will continue to be available for individuals who wish to wear one and do not have one. Citizens can monitor current COVID-19 transmission rates in Cumberland County at https://covid.cdc.gov/covid-data-tracker/#county-view. If the Cumberland County COVID-19 community transmission level returns to the high category, the Town's mask policy may be reevaluated at

Department Update Baxter Memorial Library (BML)

The Gorham Woman's Club Annual High School Art Show is coming! Art from our talented Gorham High School students will be on display beginning March 10. The juried show will run for two weeks, and winning art will go on to be entered into a larger district art show.

Youth Services has gathered books to donate to teens who are admitted as patients to a local hospital until a mental health bed becomes available for them in a more appropriate facility. While they are waiting in the hospital, BML is helping to provide a small collection of books for the teens to read and keep.

Nomination Papers Available for **Portland** Water District **Trustee**

GORHAM, ME (March 1, 2022) -- An election will be held on June 14, 2022 to fill a vacant Trustee seat on the Portland Water District due to a resignation. The seat will expire in November 2022.

Nomination papers will be available from the Town Clerk's Office beginning on Friday, March 4, 2022. Any registered voter of the Town of Gorham who is interested in running for this seat must submit nomination papers with no less than 25 signatures and no more than 100 signatures of persons who are registered voters of the Town of Gorham. Completed nomination papers must be submitted to the Town Clerk's office no later than 1:00 p.m. on Friday, April 15,

Please contact the Town Clerk's Office at 222-1670 if you have any quesPage 2 Thursday, March 10, 2022

Newsmakers, Names & Faces

Gov. Mills Declares Feb. 21-28 Maine Unclaimed Property Week

AUGUSTA, 2022) (February 16, -- Maine Treasurer, Henry E.M. Beck today announced that Governor Janet Mills has officially declared February 21-28, 2022 Maine Unclaimed Property Week through a proclamation put forward by the Maine Office of the State Treasurer (OST). The proclamation builds on the National Association of State Treasurers (NAST) celebration of National Unclaimed Property Day on February 1st and coincides with a telethon during Maine Unclaimed Property

manages Maine's unclaimed property program. Unclaimed Property consists of money and other financial assets that are considered lost or abandoned when an owner cannot be located after a specified period of time of inactivity. It includes items such as bank accounts, uncashed checks, life insurance policies, unpaid wages, stocks and dividends, refunds, and safe deposit box contents. Unclaimed Property does not include real estate, animals or ve-

Each and every year, tens of millions of dollars go unclaimed by Maine residents. These financial assets are turned over by thousands of national and local businesses and organizations by a law called

MRSA Title 33, Chapter 45: Maine Revised Unclaimed Property Act. http://legislature.maine.gov/statutes/33/title33ch45sec0. html. The Treasurer's office holds these assets, free of charge, until claimed by the owner or heir. The State is currently holding over \$292,000,000 in unclaimed property. In the month of December alone, 3,001 claims were made against unclaimed property totaling \$1,572,332.99

Treasurer said of the proclamation, "Maine continues to play a leading role among states in reuniting people with their unclaimed property," he said. "The Governor's proclamation recognizes and amplifies our commitment to the process, providing us a perfect launching pad for increasing awareness of unclaimed property in Maine." he said.

The Office of the Treasurer of State is established in Article V, Part Third of the Constitution of the State of Maine. The core duties of the Treasurer's Office are debt management, cash management, trust fund administration and unclaimed property administration. Other major tasks assigned to the Treasurer are directorships on many of Maine's quasi-governmental debt issuing agencies and distributions under the Municipal Revenue Sharing Program.

Show Your Support for Biking &

MAINE, STATE-WIDE (March 4, 2022) -- For the first time ever. Maine is creating a Statewide Active Transportation Plan (SATP). This is an exciting opportunity for you to shape Maine's bicycle and pedestrian fu-

The Bicycle Coalition of Maine hopes Mainers will consider getting involved and making your voice heard in the process—we want the Maine-DOT to know that people in this state care about biking, walking, rolling, and combating climate

You are invited to learn more about the SATP and how you can get involved. The Bicycle Coalition of Maine hosted a webinar on Wednesday, March 9. Additionally, the first public meeting with the MaineDOT is scheduled for and we need as many peo-Tuesday, March 15 from 6 - 8 p.m., which you can

We strongly encourage you to pre-register for the public forum, as one of the form's questions asks which of the plans is of the most interest to you,

ple as possible to click the 'Active Transportation Plan" button!

To sign up for the webinar or the MaineDOT's first public meeting-or both—visit https://www. bikemaine.org/2022/02/ statewide-active-transportation-plan-update-webinar-public-forum-scheduled/

If you have any questions about the BCM webinar, MaineDOT public forum, or Statewide Active Transportation Plan, please email jim@ bikemaine.org.

ARP Maine Announces Statewide Virtual Listening Tour

PORTLAND, ME (March 2, 2022) -- AARP Maine will launch a statewide Virtual Listening

Tour on Monday, March 7th with a 90-minute community conversation led by AARP Maine State Director Noël Bonam and Volunteer State President Carl Bucciantini. AARP expects to engage with hundreds of Mainers during the seven-part interactive tour to listen to their concerns and share ideas. In addition, AARP Maine will offer legislative updates on matters of importance to Mainers 50-plus.

There are seven events to cover the "regions" of Maine. All events are free, but registration is required. Mainers are encouraged to select the event that best suits their needs.

AARP Maine Virtual Listening Tour Maine **Lakes & Mountains**

Date: March 23, 2022 Time: 7:00 PM -8:30 PM

Counties: Androscoggin, Cumberland, Franklin, Oxford

Register Here: https://aarp.cventevents.com/ListeningTourLakesandMtns

AARP Maine Virtual Listening Tour Mid-**Coast Maine**

Date: March 28, 2022 Time: 7:00 PM -8:30 PM

Counties: Cumberland, Knox, Lincoln, Sagadahoc, Waldo

Register Here: https://aarp.cventevents.com/ListeningMid-

AARP Maine Virtual Listening Tour Portland & Casco Bay

Date: March 30, 2022 Time: 7:00 PM -8:30 PM

Counties: Cumberland

R e g i s t e r Here: https://aarp.cventevents.com/ListeningCas-

To learn more about AARP and our work in Maine, visit www.aarp. org/me and follow us on Facebook, Twitter and Instagram @aarpmaine.

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March Is Brain Injury Awareness Month

STATEWIDE (February 28, 2022) -- This March, Healthy Living for ME joins in recognizing March as Brain Injury Awareness Month. According to the Brain Injury Association of America, more than 3.6 million people sustain an acquired brain injury each year.

Acquired brain injuries fall into two categories, traumatic and non-traumatic. Traumatic brain injuries include contact injuries, such as those caused by falls or car accidents. Non-traumatic brain injuries are caused by occurrences such as strokes and infection.

"Brain Injury Awareness Month is a great time rious and challenging, but to let people know about the resources available to help them, including Healthy Living for ME. We

offer several workshops that are beneficial for those with brain injuries and their caregivers, and we're also pleased to work closely with organizations like the Brain Injury Association of America," said Maija Dyke, Contract and Business Manager of Healthy Living for ME.

"Brain injuries are sethey don't need to define a person. Through our close work with Healthy Living for ME, we've been able

to connect many people with education and support to help them and their loved ones improve their overall wellness as they deal with brain injuries,' said Sarah Gaffney, Program Coordinator of the Brain Injury Association of America's Maine Chapter (BIAA-ME). Gaffney also encourages anyone affected by brain injury in Maine to connect with BIAA-ME's Maine Brain Injury Resource Center for See Awareness, page 12

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Newsmakers, Names & Faces March School Committee Report

GORHAM, (March 1, 2022) -- Anne Schools, School Committee Chair reported the following at the March 1 Gorham Town Council Meeting:

Budget Workshop Meeting

The School Committee will hold its first full day budget workshop meeting this coming Saturday, March 5, 2022 from 9:00-2:30pm in the GHS library. The meeting is open to the public to attend should they wish and materials will be uploaded to the website.

School Calendar

The School Committee has begun its discussions regarding the 2022-23 School Calendar. The initial draft included an early release day for each Wednesday throughout the school year in order to address the professional development needs for our teachers as a result of the past two years of operating during a pandemic. The School Committee will continue the discussion and review additional data during its March 9th regular meeting and again during the workshop scheduled for March 23rd. Action to approve a final calendar will likely occur during our regular meeting in April.

COVID-19

The Maine CDC will be evaluating updated COVID-19 data this week and possibly throughout next week as well. They will determine by mid-March if there will be any additional adjustments to the SOP regarding masking. Right now the Maine CDC still recommends masking for all k-12 students while inside. The School Department has followed MCDC recommendations from the beginning of the pandemic. We are hopeful that changes will be announced soon as we work as a state and country to move from pandemic to endemic. We expect that meeting we will review Masks are required to at-March will bring a flurry of changes, and as of right now, the School Committee is scheduled to discuss our masking policies at both the upcoming March 9 and March 23 meetings.

Lead Testing

The State of Maine requires that all school buildings are tested for lead annually. This is the first year of the implementation of this new law, and the Gorham Schools recently conducted this testing. The information is posted on our website and has also been sent to families. If anyone wants to view the results, please go to our website (www.gorhamschools.org) and click the link provided on the front new and announcements page

Joint Facilities Committee Meeting

We are looking forward to our joint facilities committees' meeting scheduled for March 7th at 6:30pm. During this comments from the CHA presentation to the Town Council and School Committee and will begin making plans for creating a town wide capital needs project list that we hope will guide our future decision-making as we address our joint facilities needs together.

Heat Pump Project The GMS Heat Pump Project. We are now working feverishly to get things in place to allow work to begin as soon as possible given the tight time frame. The bid was awarded to J&J with a total budget of just under \$3 million plus contingencies.

GMS Puts on "The **Emperor's New Clothes"**

Students from GMS will be putting on a musical entitled "The Emperor's New Clothes." Opening night will be Friday, March 11th at 7:00pm with additional showings on Saturday at 7:00pm and on Sunday at 2:00pm.

tend. Tickets cost is \$5.00 at the door.

GHS Sports

Basketball

Girl's basketball won the Class AA South Regional Championship over Scarborough Saturday night. The girls will play in the state championship game on Saturday night vs. Cheverus at 7:00pm. Anna Nelson was named Red McMann Outstanding Player, the Ms. Basketball semifinalist honors, and received, along with Elijah Wyatt, the Maine McDonald's Academic recognition award.

Skiing

The girls Alpine Ski team finished 16th of 24 teams and the boys finished 11th of 21 teams. The girls were awarded the Sportsmanship Award! Indoor Track

The boy's team fin-

ished 5th in State Championship meet highlighted by Andrew Farr winning the state championship in the 400 Meter Dash and setting a new state record as well as winning the 200 meter dash. The girls finished as the Class-A runner up-highlighted by state championships by Alyvia Caruso in the 55 Hurdles, Emma Green in the High Jump, and the 4x200 relay team of Maddie Michaud, Ashley Connolly, Emma Green, and Sydney Connolly who won the state championship with a new state record time.

Ice Hockey

The boy's team is the 7th seed in the Class B South Play-offs. The girl's team was awarded MPA Sportsmanship Award!

Swimming

Boy's swimming finished 9th and girls finished 11th at the state championships!

We want to congratulate all of our student athletes for another great winter season and a job well done!

MPTC Seeking Donations for Semi-Formal Spring Fling



WESTBROOK, ME (March 3, 2022) - My Place Teen Center (MPTC)

in Westbrook is planning a VERY SPECIAL night for our teens -- The Semi-Formal Spring Fling!

With all of the ups and downs they face each day, especially with all the current events happening, we want to do something unforgettable incredibly for them!

To host this special occasion, we are asking our community for help.

Our amazing teens would love semi-formal attire. If you have dresses, trousers, button-up shirts, and new/unused makeup and hair products -- please think about donating to MPTC.

The Spring Fling will

be open to Middle Schoolers and High Schoolers. The evening will include a three-course meal. Permission slips will be required.

As always, this event is COMPLETELY FREE! Teens from ANY CITY are welcomed!

If you have any questions about donating items for this event, please contact Nikki, Program Coordinator, at nikki@myplaceteencenter.org.

Thank you for thinking of our teens and keeping them near and dear to your hearts

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

Gorham Outdoors Hosts Events in March

GORHAM, (March 5, 2022) -- Hello, Gorham! Gorham Outdoors has a few upcoming events in March to put on your radar. The next one is the fire building and safety event put on by Survivor winner, Bob Crowley, and the Gorham Fire Department on Sunday, March 13th from 1 to 3pm behind Narragansett Elementary School. Here is a link to a highlight video from last year's event.

https://vimeo. com/528423943

Other March events will be a Mindfulness Moonlight Walk at the Shaw Farm Cherry Hill trails on Saturday, March 19th and a family friendly cornhole tournament on Sunday, March 27th with more info to come.

Hope you all are finding time to get out of your house and do something!

Go Gorham!



(207) 558-8488 Info@GorhamWeekly.com

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Ice Out Plunge To Benefit Special Olympics Maine

WINTHROP, ME (March 4, 2022) -- Special Olympics Maine and the Maine Law Enforcement Torch Run are excited to announce the 8th Ice Out Plunge. The event will take place on Saturday, March 19th at Noon sharp at the Winthrop Town Beach, Maranacook Lake and will be hosted by the Alfred W. Maxwell Jr Post 40 American Legion and Auxiliary. Sponsorship and support of this event being offered by Winthrop Police, Fire and Safety, Hammond Lumber

and The Maine Warden this plunge our best one Service.

For the past 30+ years nearly 800 members of Maine Law Enforcement have participated in the Law Enforcement Torch Run to raise money for and an awareness of Special Olympics through a variety of events. In March of 2020, and again in 2021, the Pandemic forced the cancellation of the annual Plunge. The Ice Out Plunge for 2022, however, IS BACK! We need all the help we can get in making

The past two years have presented numerous challenges to Special Olympics Maine and the program will be relying heavily on the come-back of several in-person fundraising events.

The Ice Out theme relates to the time frame when the ice finally clears on the Lakes in Maine. Our first year called for digging a large hole in the ice and another year showed bright sun, sandy beaches and open water. You just never know what you are going to get in Maine. It will be interesting to see what is in store for 2022! Depending on the conditions we will either cut the "ice out" ourselves or jump in to open water. Either way, the ice will be "out" in our plunge location.

Please note that we will be following Maine CDC guidelines for holding a safe event. This year everything will be taking place totally outdoors.

Register Now! In order to participate in the plunge each person MUST raise a minimum of \$100. Each participant will receive a long-sleeve commemorative T-shirt. Additional incentives available additional monies



raised & turned in before or at check in.

For some added fun we are hoping that our participants will get creative with their plunge attire! Costumes encouraged!

The plunge is open to everyone aged 8 and older. You can enter as an individual or as a team (5 or more members) You also have the option of plunging virtually at home... plunge safely in your own community, fill a kiddie pool with ice water, ice water over the head, spray yourself with the hose, or roll in the snow in your bathing suit.

Check-in for the plunge will take place outside at the Winthrop American Legion Post, 117 Bowdoin Street and will be held from 9:30-11:30 AM the day of the plunge. The plunge is at NOON sharp.

To register, FMI, or to check out "incentives and prizes" go to www.somaine.org

The following link will bring you to the Ice Out Plunge Registration

https://secure.frontstream.com/ice-outplunge-2022







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Maine Has Chance to Lead by Ending Sale of Flavored Tobacco

(March 1, 2022) - Flavors Hook Kids Maine, a coalition of organizations focused on ending the sale of flavored tobacco products in Maine, is applauding the news that the Food and Drug Administration has sent their proposed rules to the Office of Management and Budget (OMB) to prohibit the sale of menthol cigarettes and flavored cigars. The proposed rules would end the industry's predatory targeting of Black

communities with menthol cigarettes, and will keep President Biden's promise to follow the science and put America's kids, and racial and health equity, at the center of his agenda.

"While this is very welcome and encouraging news nationally, we have the opportunity to lead locally," said BJ McCollister, campaign manager for Flavors Hook Kids Maine. "The FDA process could take years to fully come to fruition. Here in Maine,

Bangor and Portland have already passed laws that will end the sale of flavored tobacco products on June 1. Our state is well positioned to take the lead and move forward with ending the sale of flavored tobacco products statewide. There is a bill before the legislature that is good policy and will show Maine's leadership. While the news from the FDA is great, we can't afford to wait for the rules to take effect, which could take years. The time to act in Maine is

The Flavors Hook Kids Maine coalition is urging not only the OMB to expedite their review so the FDA can finalize and implement the necessary regulations, but also urging the Maine Legislature to pass LD 1550, An Act To End the Sale of Flavored Tobacco Products. If enacted, it would end the sale of flavored tobacco products such as candy- and fruit-flavored e-cigarettes, sweet flavored cigars and menthol cigarettes, throughout Maine.

"The Biden Administration is standing up to the tobacco industry and proposing a lifesaving policy that will protect kids from tobacco addiction and safe lives," said McCollister. "The Maine Legislature and Gov. Mills have the opportunity to lead the way and take similar action here. Now is the time to take the steps necessary and to set the example for good poli-

Dozens of partners

have come together in support of the effort, including the Campaign for Tobacco-Free Kids, the American Heart Association, the American Lung Association, the American Cancer Society Cancer Action Network, the Christian Civic League, the Maine Children's Alliance, Planned Parenthood of Northern New England and a variety of local organizations. More details can be found at www.FlavorsHookKids-Maine.org.

American Legion: Veteran Homes Closures are a Breach of Faith

(February 28, 2022) The American Legion Department of Maine is vehemently opposed to the closure of the Maine Veterans Homes (MVH) in Caribou and Machias.

This closure affects a third (two out of six) Maine Veterans Homes in the State. These closures will affect the most vulnerable of Maine's Veteran popula-

Along with The American Legion, all four

members of Congress, as well as the current and past Governors of our State have appealed to the Maine Veterans Home board to rethink this abhorrent decision and its cascading negative effects on our elderly and disabled veteran popu-

Every effort must be made to ensure continued funding, and adequate staffing of these vital facilities, especially given the lack of options for all seniors in Maine, and in Aroostook and Washington Counties in particular.

The Caribou MVH has provided assisted living/residential care, long term care, short term skilled nursing care, rehabilitation, therapy, and dementia and memory care and respite care since its opening in

The Machias MVH provided has assisted long-term and residential care and dementia and memory care since 2005. These services are vital to our veterans in these two counties.

Authorized by the Legislature in 1977, with the first home having been built in Augusta in 1983, according to its website, "MVH has a special role to promote and improve Veterans' long term health care benefits. MVH will serve as a bridge between Veterans and various organizations to create access to afford-

able and appropriate longterm care and rehabilitative services, both directly and through cooperative relationships."

In the eyes of The American Legion Department of Maine, the closing of these two homes does not meet this commitment. The time for talking has passed, it is time for the MVH Board, the Federal Government (VA), the Legislature of the State of Maine (DHHS and DVEM) to put their collective heads together and determine how these vital homes will remain open and operational.

As we say in the military "Deeds not words." Now is not the time to break faith with those who served from WWII through Post 9-11 operations. We, the veterans, stepped up to serve our country and citizens. Now it is time for the MVH Board, the State of Maine, and the VA to do the same. It is the right thing to do!

Two-Thirds of Mainers Support Ending Sale of Flavored Tobacco Products

PORTLAND, ME -January 3, 2022 -- Nearly two-thirds of Maine voters support a law that would end the sale of all flavored tobacco products in Maine. The poll, released today, finds that more than half (53%) strongly favor such a law, and three-quarters (76%) are concerned about young people becoming addicted to tobacco prod-

"This poll re-enforces what we know to be true: most Mainers understand that flavored tobacco products are being marketed to kids with the intent to get them hooked early," said Rep. Michelle Meyer, who has sponsored statewide Maine to end the sale of flavored tobacco products. "The health and safety of our children is paramount for Maine people, and it is time that a law be passed to end the sale of all flavored tobacco products in Maine."

Support for the new law had nearly universal support in the poll, across all demographics, education levels, political parties and parental status.

The most powerful argument in favor of ending the sales of flavored tobacco products centers on the priority of protecting Maine children. Three times as many voters think

legislation (LD1550) in it is more important to end the sales of flavored tobacco products to help prevent Maine youth from starting and becoming addicted to these products over a statement that it is more important to protect local small businesses and their ability to employ members of the community by selling flavored tobacco products.

LD 1550, An Act To End the Sale of Flavored Tobacco Products, could be taken up by the Maine House of Representatives this year. If enacted, it would end the sale of flavored tobacco products such as candy- and fruit-flavored e-cigarettes, sweet flavored cigars and menthol cigarettes, throughout tobacco products within up the issue this month, Maine. In October, the Bangor City Council voted to end the sale of flavored

the city, which will go into effect in June. The Portland City Council is set to take

with other cities and towns around Maine potentially See Tobacco, page 12





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Buck Buchanan A+. MCP Certified Technician Page 6 Thursday, March 10, 2022



Baxter Memorial Library Activities



Sponsored by the Friends of the Library

GORHAM, (March 5, 2022) - Baxter Memorial Library is featuring several fun opportunities in the month of Mr. Jeff for an outdoor sto-

March Story Adventures -- Tuesdays at 10am Join Ms. Heidi and ry time that features stories, singing, dancing and playing! We encourage all participants to come prepared for our changeable Maine weather by layering, bringing hats, gloves or mittens, and maybe even a blanket to cover your lap. Geared toward ages 2-5.

School Art High Show -- March 10th-March 24th

The Gorham Woman's Club Annual High School Art Show is coming! Art from our talented Gorham High School students will be on display beginning March 10. The juried show will run for two weeks, and winning art will go on to be entered into a larger district art show.

The library is seeking donations of plastic containers to use for our Art in the Park program! Art in the Park is our family painting program on the lawn. We need containers to hold water to rinse paint brushes. This is an ever-growing program so we can use a lot of containers. We would love your

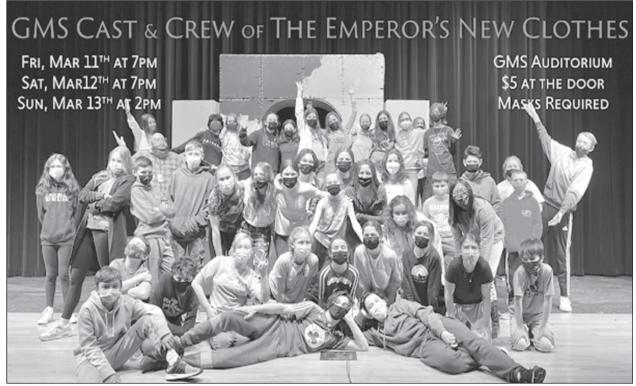


recycled yogurt, cottage together a fun kit for incorcheese, or similarly-sized containers.

Visit the library to pick up a March Movement Take and Make kit. The librarians have put

porating movement into your day. In each bag is a calendar, a pen, stickers, a READ sports bracelet, and suggestions to get you moving.









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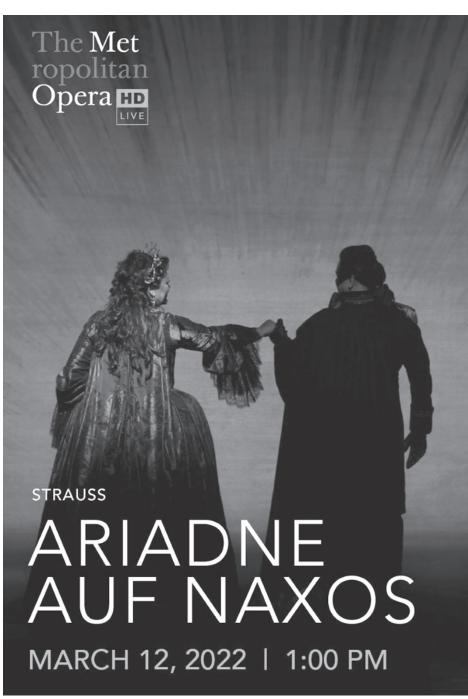
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"Ariadne Auf Naxos" Live in HD March 12

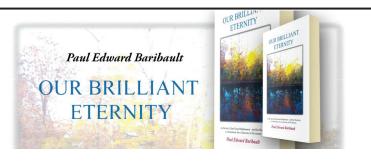


FRYEBURG, (February 28, 2022) — The Leura Hill Eastman Performing Arts Center presents the Met Opera's Live in HD production of Ariadne auf Naxos on Saturday, March 12th at 1:00 pm. The exhilarating soprano Lise Davidsen makes her Live in HD debut in one of her signature roles, the mythological Greek heroine of Strauss's enchanting masterpiece. The outstanding cast for this March 12 transmission also features mezzo-soprano Isabel Leonard

as the Composer of the opera-within-an-opera around which the plot revolves, with soprano Brenda Rae as the spirited Zerbinetta and tenor Brandon Jovanovich as Ariadne's lover, the god Bacchus. Marek Janowski conducts. This live cinema transmission is part of the Met's award-winning Live in HD series, bringing opera to movie theaters across the globe.

Opera enthusiast Joe De Vito will host his acclaimed Opera Lecture Series on Tuesday, March 8th at 3:00 pm in the LHE/PAC seminar room. The lectures are free and open to the public.

Live in HD tickets are \$28 for adults, \$25 for seniors (65+), and \$10 for students. Purchase tickets online atwww.fryeburgacademy.org/pac, or call the box office at 207-544-9066. In order to keep our doors open, facemasks are required inside the building during all events. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.



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Bar Association's Law Day Contests For Students Open

AUGUSTA, ME (March 4, 2022) -- Maine students in grades 4-12 are invited to submit entries for this year's Law Day contests sponsored by the Maine State Bar Association. This year's theme is "Toward a More Perfect Union: The Constitution in Times of Change."

Students in grades 4-8 may participate in the art poster contest and students in grades 9-12 may participate in the essay contest.

This year's theme considers the Constitution as a dynamic document; one that not only outlines a blueprint for government, but also delegates power, articulates rights, and offers mechanisms for change. It is neither

perfect, nor exhaustive, as our nation's history makes clear. Contemporary leaders and everyday citizens today raise their voices as loud as ever to fulfill the promise of the Constitution. Defining and refining those words of the Constitution might be our oldest national tradition, and how each of us works-together—toward a more perfect Union. Entries should reflect the student's interpretation of the 2022 Law Day theme by responding to the following prompt: What role does the Constitution play in times of change?

The art poster contest has cash prizes of \$75 each for the first-place student and teacher and \$50 each for the second-place student and teacher in two

grade categories: 4-5 and 6-8. The essay contest has a \$100 first-place cash prize for both the student and teacher and a \$75 second-place cash prize for both the student and teacher. Winning essays and posters will be published online and in the Maine Bar Journal. The entry deadline is April 1, 2022, at 5:00 p.m.

Law Day was established in 1958 by President Dwight Eisenhower to mark the nation's commitment to the rule of law. For more information about Law Day or to download the Law Day contest brochures, visit www.mainebar.org > For the Public > Law Day or click here: https://www.mainebar.org/page/lawday.

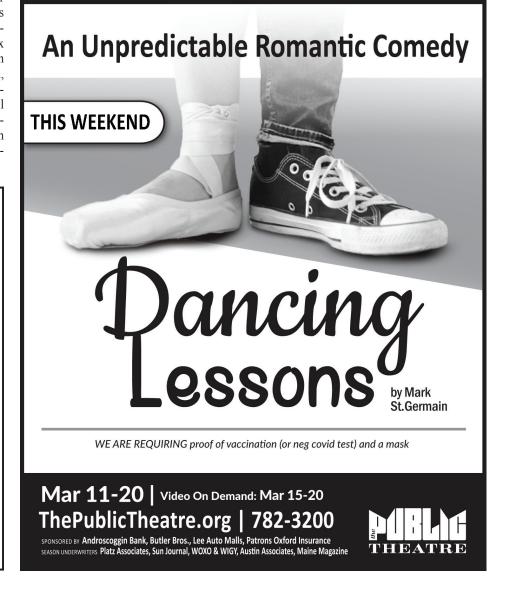
YCCC Launches Competitive Nursing Program in FALL 2022, Applications Now Being Accepted

Wells, ME (January 10, 2022) -- York County Community College (YCCC) is excited to announce that it has received approval from the Maine State Board of Nursing to offer a fully accredited Nursing program on our Wells, Maine Campus starting in the FALL of 2022. This is a competitive program with 32 seats. Prior to this YCCC's nursing program has been in partnership with Southern Maine Community Col-

To facilitate a Nursing Program, YCCC is pleased to welcome Lisa Gatti-Arnold as our newest faculty member. Lisa Gatti-Arnold holds a Master of Science in Nursing and a Bachelor of Science in Nursing from Wayne State University in Detroit, MI. Her 25 years of nursing experience includes diabetes education, geriatrics, and med-surg. She is a member of the National League for Nursing and the International Association for Human Caring. Gatti-Arnold has been

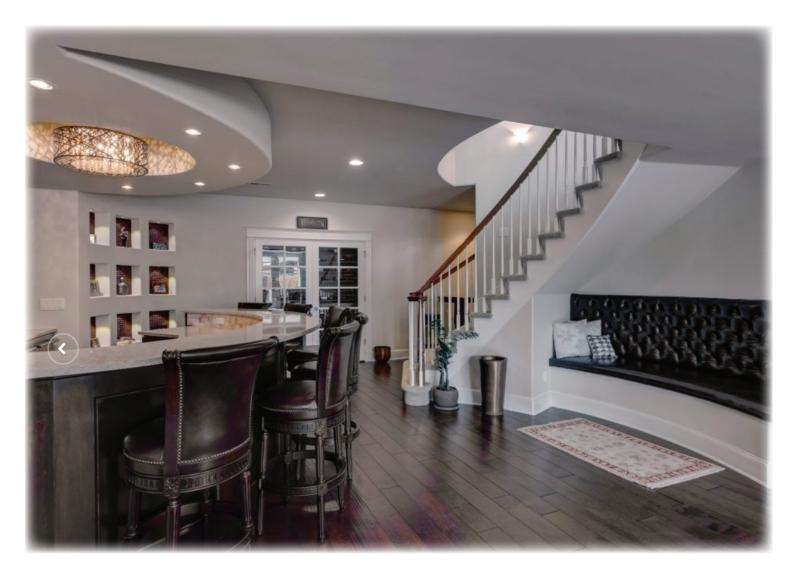
teaching nursing and allied health since 2007 and is passionate about nursing education as an avenue to prepare students to be the nurses of tomorrow.

"The creativity, passion, and experience Lisa has brought to the development and design of a Nursing program for the College have been invaluable." said Tracey Cornell, YCCC's Acting Dean of Academic Affairs. "She has been a wonderful addition to the York County See YCCC, page 12



Page 8 Thursday, March 10, 2022

Basement Remodel



Transform your basement to create expanded livable space to enhance your home.

No Money Down - Financing Available

Remodel • Kitchens • Bathrooms • Basements Roofing • Siding • Windows • Garages • Additions



Sebago Brewing Co. Celebrates | GMS Students Create Mural Maine Restaurant Week



GORHAM, \mathbf{ME} (March 1, 2022) -- Maine Restaurant Week is March 1-12, and Sebago Brewing Co. is a part of the culinary celebration! This year you

can try special \$39 MRW meals, unique to each of our brewpubs in Scarborough, Gorham, and Kennebunk.

Order from the spe-

Maine Restaurant Week menu as a full meal (appetizer, entrée, and dessert for \$39) or a la carte. Dine in or get takeout to

During February Break



ME (February 28, **2022)** -- What a wonderful surprise mu-

ral created by our GMS students and put together by our amazing Ed Tech, LuAnne Amell over February break. Your wings already exist. All you have to do is

Spring Craft Fair Coming to Gorham



GORHAM, (March 5, 2022) -- Mark your calendars for our first Spring Vendor/Craft Fair. This event is put on by Gorham White Rock Grange #380 and will be held at 33 Wilson Road,

Gorham ME 04038. We will have over 2 dozen crafters to choose from. Need to shop for Easter, Mother's Day, Easter dinner hostess gift, no problem. We will have you covered! Want a table? Contact Michelene at 892-1875 for more details. See the event on Facebook for more information:

https://www. facebook.com/ events/487733609417483



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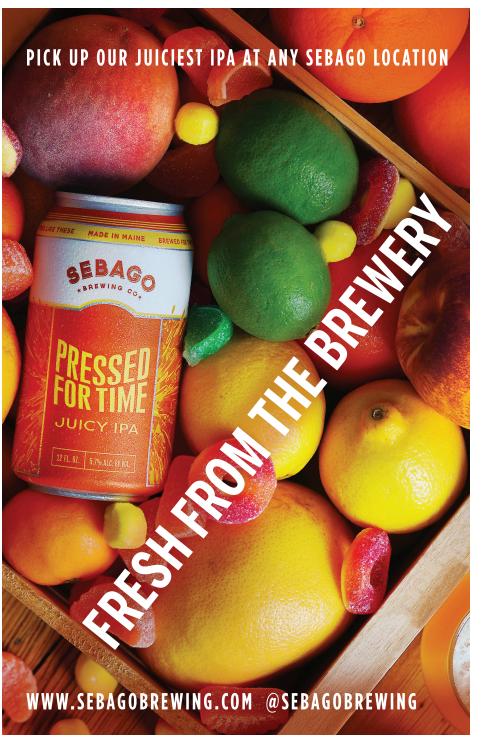
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USM LAC Senior College Spring Courses

(February 18, 2022) --The USM LAC Senior College is pleased to announce its Spring 2022 courses. The campus is located at 51 Westminster St., Lewiston, ME 04240, our email is <u>laseniorcol</u>-<u>lege@gmail.com</u>. We are happy to say we will be offering some courses on Zoom, and some in person for the Spring semester. We have noted which format a class will be held in, in the class description and when you register online. For your safety and that of others the university requires that masks be worn at all times, and you must show proof of

day of each class.

Registration on
Coursestorm will begin
on March 1, 2022. We
can't wait to see you live
or on ZOOM!

vaccination on the first

Working on Wikitree

Using the free collaborative family tree website wikitree.com to learn about how you are connected to others. Learn about how to share your family line, and document the lives of individuals. Find new ways to connect and collaborate. ZOOM

Instructor: Lin Wright

Genealogical Foundations

This class focuses on how genealogy works, best practices in research

LEWISTON, ME and documentation.

In Person Instructor: Lin Wright

Is "The Afterlife" Unscientific Poppy-

There is a presumption that the survival of consciousness after death is inextricably bound to religion. In Dennet, Dawkins, Harris, and Hitchins' works, these self-styled "Four Horsemen of Atheism" purport to debunk both religion and the afterlife. Although they raise substantial objections to the Abrahamic religions, they suppose that they have consequently debunked all paranormal or supernatural explanations of bizarre phenomena. They further claim that reports such as those of "afterlife" experiences must violate the laws of science. This course will examine both the logical rigor of their works and the rational integrity of "life after life" reports. Suggested book: Mortality, by Christopher Hitch-

ZOOM

Instructor: Stephen Kercel

Living Well With Diabetes

This six week work-

shop helps people with type two diabetes learn a variety of day-to-day self-management skills like monitoring blood sugar, healthy eating, ex-

ercise, foot care etc. This

class will be facilitated via zoom, so all participants must have access to a device with both a Web-Cam and microphone. We do provide zoom support prior to the class starting.

ZOOM
Instructor: Katherine Mills Healthy Living
for ME Coordinator at
Seniors Plus

Games Galore-Pictionary Challenge

Let's have some virtual fun, in this first of three game nights featured on ZOOM. You know Pictionary from way back, but this is a modern twist using ZOOM's whiteboard feature. You do not have to be able to draw, or know how to use the whiteboard to participate. Discover Zoom's lighter side. We can play games safely with our friends across the state and around the world.

Instructors: Mary Jane Beardsley and Judy Hierstein

ZOOM

Chicago Exposition

What do Milton Hershey, L Frank Baum, Frank Loyd Wright, Frederick Law Olmsted, Thomas Edison, Nikola Tesla and a host of others have in common? They were all part of the 1893 Chicago Exposition a.k.a. World's Fair. Probably one of the greatest World's Fairs ever as it was an introduction to the 20th century.

Instructor: Alan Elze In-Person

The Daughter of a Daughter of a Queen

This novel is based upon a slave who disguised herself as a man and became a member of the US cavalry during the Civil War, serving under general Sheridan. It is based upon a true woman and is a great read. Text: Daughter of a Daughter of a Queen by Sarah Bird may be purchased at Amazon or check with your local library. Plan on reading about 100 pages per session.

Instructor: Laura Sturgis

ZOOM Male Singers-Songwriters

What was behind the lyrics to the Golden oldies we all know and love? What was happening behind the scenes? David takes a look at some old favorites and some new artists. John Denver and Paul Simon are back along with new additions Jimmy Buffett, Roy Orbison, John Fogerty and Don Henley.

Instructor: David Bernier

In-Person

Mark Twain: Non-Fiction Works 1852-1890

Most everyone knows of Tom Sawyer and Huck Finn, but Twain wrote a prodigious amount of non-fiction stories and material, which are sometimes funnier than his famous novels. The class will examine quite a few. This is a continuation of the Mark Twain class of the spring of 2019. Suggested book: Mark Twain Collected Tales, Sketches, Speeches, and Essays; ISBN: 0940450364

Instructor: Alan Elze In-Person

Perennial Garden-

ing

Spring is coming, and it's time to indulge in dreams of gardening. This course on ornamental gardening with perennial plants is for would-be perennial gardeners, those who have dabbled in perennial gardening and would like to improve their knowledge, and experienced gardeners who would like more scientific underpinning for their practice. Class sessions will include both lecture and time for sharing gardening tips and strategies. Topics include the botany of perennials, understanding soil, choosing plants, native plants, garden design, and garden maintenance.

Instructor: Jean Po-

tuchek

In- Person

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

ZOOM

Games Galore-Trivial Pursuit

Mary Jane challenges YOU to have some virtual fun, and the second of three Game Nights featured on ZOOM. Everyone remembers Trivial Pursuit, but this is a modern twist using ZOOM's chat feature. With ZOOM, we can play games safely with our friends across the state and around the world.

Instructors: Mary Jane Beardsley and Judy Hierstein

ZOOM

20th Century Modern Abstract Artists

This course will explore the works and lives of four modern American artists, John Marin, Arthur Dove, Marsden Hartley and Georgia O'Keeffe. The idea of the course is to explore abstract art to gain a new perspective and understanding of art and its place in our world and to get to know these fascinating personalities.

Instructor: Alene Staley

ZOOM

History and Practice of Painting Outdoors (en plein air)

A topic for aspiring painters and others interested in art history. For only two centuries have painters been able to work outside, a technological change that has revolutionized the visual arts. This brief course will provide a history of plein air painting and an introduction to its theory and practice.

Instructor: Mike Everett

In-Person

Conspiracy Theories

What are conspiracy theories? Why are they so easy to get started and difficult to dispel? We will take a look at the psychology behind conspiracy theories and how they have affected our society over the years.

Instructor: Elcha
Buckman

In-Person
Games
Ga-

lore-Mad Gab

Let's have some virtual fun, in this final of three game nights featured on ZOOM. This time, we will play MadGab, using ZOOM's chat feature, and your own quirky sense of the English language!

Instructors: Mary Jane Beardsley and Judy Hierstein

ZOOM

Family Tree Frilay's

A genealogical potpourri focused on the ways we explore and share the stories of our families.

Instructor: Lin Wright

In-Person and ZOOM

Draw Near

In this online studio art course we will get up close and personal and examine small objects, then interpret them visually using a variety of techniques. We will explore how other artists have done the same, and spend time sharing our work, tips, successes and struggles with the class.

Instructor: Judy Hierstein

ZOOM

Green Dot Bystander Intervention

Training
Participants will
learn how and why a bystander may intervene
safely and reduce the potential for harm caused by
bullying or harassment.

Instructor: Peter Elias and a team from Green Dot

In-Person

Conversational Spanish for Beginners

We will learn and practice some beginning Spanish. You will need to spend some time between classes reviewing. Nothing like when in school. Text: Easy Spanish Step by Step

Instructor: Diane Parker

ZOOM

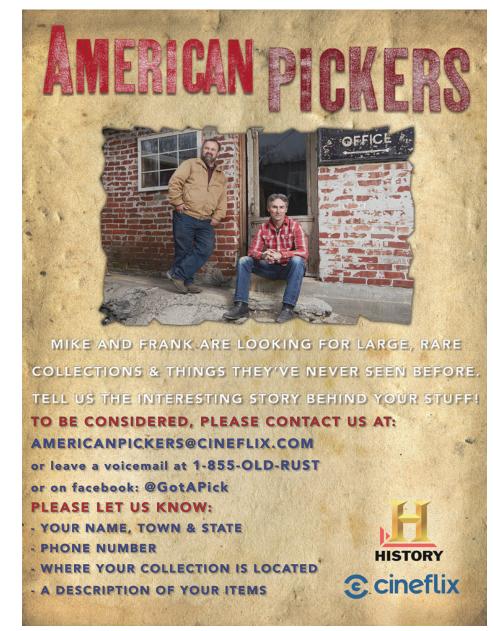
Western Philosophy of Morality

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

Instructor: Anita Denis

In-Person

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



Thursday, March 10, 2022

St. John Paul II Parish Announces Lenten Programming

SCARBOROUGH,
ME (February 15, 2022)

– St. John Paul II Parish
announces its Lenten season Mass schedules, spiritual programming, social
events, faith formation
opportunities and charitable efforts spanning from
March into April.

Spiritual Programming

The schedule for Ash Wednesday services and Masses on Wednesday, March 2 can be viewed on https://jp2me.org/events/ ash-wednesday-2022

The Stations of the Cross is a Lenten devotion on Fridays that offers witness to the Jesus' Passion and Death. At each station we use our senses, our imagination to reflect prayerfully upon Jesus' suffering, death and resurrection and to simply experience Christ's abundant love for us. View our schedule or pray along with us virtually here https://jp2me.org/stationsof-the-cross

Lent is a time to deeply reflect on our relationship with Jesus. "The Light is on for You" offers parishioners an extra opportunity to receive the Sacrament of Reconciliation, which turns our hearts and lives back to Jesus, who wants us to come, be forgiven and receive the many graces He has

for you as we prepare our hearts for Easter. To view the schedule for this special gift visit https://jp2me.org/lenten-reconciliation

Tenebrae Service -Please join us at 7pm on Monday April 11 at St. Maximilian Kolbe (150 Black Point Rd, Scarborough, ME 04074) for the service of Tenebrae, or darkness, that grew out of a combination of Night Prayer and early Morning Prayer. A series of Scripture readings commemorating Jesus' final week, ending with his burial is also part of the service. At the end of each reading a candle is snuffed out, until the final candle, the Christ candle, is carried out, leaving the room in darkness. This is a powerful experience of Christ's passion and death and a beautiful way to prepare us to the Sacred Triduum. To learn more go to https://jp2me. org/events/tenebrae-2022

Charitable Efforts

40 Cans of Lent - Join our "40 Cans for Lent" effort organized by Knights of Columbus Councils #8144, #11747 and #2344 to donate 5,000 pounds of food to the South Portland Food Cupboard. Go here for more information: https://jp2me.org/40-cans-of-lent

Faith-Formation
Opportunities



Join Michelle Valcourt on Wednesdays in Lent starting on Ash Wednesday, March 2 at 9:30 a.m. at St. Maximilian Kolbe (150 Black Point Rd, Scarborough, ME 04074). Focusing on the book Restore by Miriam James Heidland SOLT and Valerie Delgado, we will be encountering God through the natural disciplines of prayer, fasting, and almsgiving through the lens of healing, wholeness, and communion. The book cost is \$10.

Dr. Kenney will be going deeper into the discussions of St. Augustine's Confessions with a reading group during Lent. He will be gathering those interested on March 1, 8, 15, 22 and 29 at 7pm at St. Maximilian Kolbe (150 Black Point Rd, Scarborough, ME 04074). He will be using the Oxford paperback edition of Confessions. If you are interested in joining a Faith Sharing Group this Lent, contact the Faith Formation office.

Invite the Holy Spirit into Your Life, Women's Faith Sharing Group - led by Kathy Sheehan. This group will be

meeting Mondays from 6:30-8:00PM at St. Bartholomew (8 Two Lights Rd. Cape Elizabeth, Maine 04107) throughout Lent starting on March 7. The book draws on the author Deanna Bartalini's story, sacred Scripture, the lives of the saints, and the wisdom of the Church to explore how to grow in each of the fruits of the Spirit. The book cost is \$10.

Ascension Lenten

Companion led by Marie Corsello will be meeting at St. Bartholomew (8 Two Lights Rd. Cape Elizabeth, Maine 04107) on Thursdays at 9:30AM. This women's group likes to pray, share, and allow the Holy Spirit to guide and teach them along the way.

Practical Catholicism: Sacraments of Healing - On Monday, March 14 at 7:00 p.m. at St. Maximilian Kolbe Church (150 Black Point Rd, Scarborough, ME 04074), Fr. Jack and Michelle Valcourt will be offering the second in a series of back to basics talks on the Catholic Faith.

This session we will be looking at the role of the church in our spiritual healing, specifically through the sacraments. If you are looking for more information about the Anointing of the Sick and the Sacrament of Reconciliation, this talk will help with the basics and beyond. All are welcome! We will be offering this live streamed on our parish website as well as in person.

Social Events

Knights of Columbus Council #8144 hosts weekly Haddock Dinners on Fridays in Lent in the St. See Parish, page 14

Cabin fever got you down?

Escape with Maine's most intriguing Hermit.

"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."

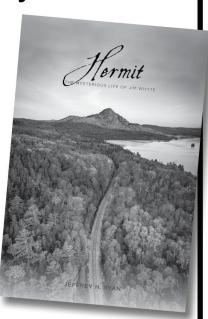
— Bill Bushnell, Bushnell on Books

"I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when Hermit was named a top pick for 2019 on a December

Maine Calling show on Maine Public Radio."

— George Smith, Bangor Daily News

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.



\$50K \$40K \$30K

GORHAM LITTLE LEAGUE Field Funding Campaign

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

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- 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





VISIT: tinyurl.com/GYBSA-DONATE or MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

GYBSA is a non-profit 501(c)(3) tax deductible contribution

Page 12 Thursday, March 10, 2022

UMaine Advanced Structures and Composites Center Produces World's Largest 3D-printed Logistics Vessel for U.S. Department of Defense



ORONO, ME (February 25, 2022) — The University of Maine Advanced Structures and Composites Center has achieved a groundbreaking milestone in composite manufacturing with the production of two 3D-printed prototype logistics vessels for the U.S. Department of Defense.

Marine Corps Systems Command's Advanced Manufacturing Operations Cell (AMOC), in collaboration with the UMaine Composites Center, used advanced manufacturing techniques to successfully develop the expendable polymeric composite ship-to-shore vessels. The longer of the two vessels, the largest ever 3D-printed, simulates ship-to-shore movement of 20-foot containers representing equipment and supplies. The second vessel can transport a Marine rifle-squad with organic equipment and three days of supplies. The prototypes can be connected, maximizing the transport capability of a single-tow vehicle.

The ship-to-shore logistics vessels align with the 38th Commandant of Marine Corps Gen. David Berger's vision to "seek the afford-

pense of the exquisite and few when conceiving of the future amphibious portion of the fleet," due to relatively low-cost, speed and ease of production.

"Our national security and economic security depend on an innovative and robust American manufacturing base," said Barbara K. McQuiston, director of Defense Research and Engineering for Research and Technology, Office of the Secretary of Defense. "I applaud the University of Maine's Advanced Structures and Composites Center for their pioneering work in the field of additive manufacturing. The advancements made here will bolster domestic manufacturing and ultimately support our warfighters in the field."

Joining McQuiston for the unveiling Feb. 25 at the UMaine Composites Center were U.S. Senators Susan Collins and Angus King, U.S. Department of Defense leadership and University of Maine offi-

"In 2019, UMaine unveiled the world's largest 3D-printed object — a able and plentiful at the ex- 25-foot patrol boat. Today, we celebrated the creation of 3D-printed vessels that will be more than twice as large and represent the next remarkable leap in innovation by UMaine," said Senators Susan Collins and Angus King and Representative Jared Golden. "This accomplishment is a prime example of how UMaine is leading the nation in largescale additive manufacturing technology. These new boats continue the Composite Center's contributions to our national defense and will help fuel new breakthroughs in advanced manufacturing that will create good jobs here in Maine."

Using traditional materials and methods, landing craft utility vessels can take over one year to produce. The UMaine Composites Center printed and assembled one of the two vessels in a month. The vessels were produced using the world's largest polymer 3D printer, which the center commissioned on Oct. 10, 2019, earning three Guinness World Records.

To demonstrate the printer's capabilities, the Composites Center 3D-printed a 5,000-pound boat, 3Dirigo, in 72 hours, and printed a U.S. Army communications shelter in 48 hours. The printer, with both additive and precise subtractive manufacturing capabilities, enables rapid prototyping for both defense and civilian applica-

tions. This project demon strates the art of the possible and the potential for AM to fundamentally alter how we think about connectors and their role in mobility and distribution within a contested environment," said LtGen Edward Banta, Deputy Commandant - Installation & Logistics, U.S. Marine Corps.

"As the Marine Corps seeks to modernize logistics to better respond to current and future conflicts, advancements in additive manufacturing will ensure we remain agile, lethal and expeditionary," said William Williford, executive director of Marine Corps

Systems Command.

The latest project to create the two 3D-printed logistics vessels is a significant milestone toward demonstrating advanced manufacturing techniques to rapidly constitute critical DOD assets closer to the point of need. The previously successful prototype was 3D printed in 2020, made from 25% aluminum. The vessels manufactured by the UMaine Composites Center are multimaterial composites with engineering polymer and fiber reinforcement.

"The University of Maine is at the forefront of cutting-edge research and high-impact technologies, including advanced manufacturing, AI and 3D printing important for industries in Maine and beyond," said University of Maine System Chancellor Dannel Malloy. "These prototype vessels are the latest innovations from the Composites Center that demonstrate the future of manufacturing. This is an exciting time for Maine's Carnegie R1 research enterprise. Congratulations to the talented group of faculty, staff and students for this milestone achievement."

"The leadership, vision and innovation of the Advanced Structures and Composites Center continue to make a difference in Maine and worldwide," said UMaine President Joan Ferrini-Mundy, vice chancellor for research and innovation for the University of Maine System. "The center's research and development capacity in collaboration with partners in Maine and beyond, its problem-solving capabilities and focus on workforce development are an important part of our Carnegie R1 top-tier research institution.'

"Two years ago, we demonstrated that it was possible to 3D print a 25foot patrol vessel in three days. Since then, partnering with the DOD, we have been improving material properties, speeding up the printing process and connecting our printer with high-performance puters that can monitor the print. With these tools in place, we have now printed a prototype vessel that will be tested by the U.S. Marine Corps (USMC). The Advanced Structures and Composites Center is at the cutting edge of advanced manufacturing research and development, advancing state-of-the-art technologies like large-scale additive manufacturing and high-performance computing to develop practical, rapidly deployable and cost-effective solutions for defense and civilian applications," said Habib Dagher, executive director of the UMaine Composites Center. "We thank our partners at the DOD, USMC, U.S. Army Engineer Research and Development Center (ERDC) and our Congressional delegation for their continued support. Today's groundbreaking achievement couldn't have been possible if not for the tremendous effort of our dedicated team of 260 ASCC faculty researchers, staff and students."

"These demonstration vessels represent an initial step toward defining future forward manufacturing capabilities, and also a balance between expendable system cost, performance and ease of manufacture," said Kyle Warren, UMaine senior program manager and principal investigator on the project.

The Advanced Structures and Composites Center is a world-leading interdisciplinary center for research, education and economic development, encompassing material sciences, advanced manufacturing and engineering of composites and structures. Housed in a 100,000-square-ISO-17025-accredited facility, the center has been recognized nationally and internationally for cutting-edge research programs leading impacting new industries, including offshore wind and marine energy, civil infrastructure, biobased composites, large-scale 3D printing, soldier protection systems and innovative defense-related applications.

The Marine Corps' AMOC, established in 2019, conducts testing, experimentation and analysis to source innovative techniques and leverage advanced manufacturing technology. AMOC also provides 24/7 3D printing help desk support for the Fleet Marine Force and all equipment program offices.

YCCC

Continued from page 7

Community College campus and will be a true asset to our program and future students."

YCCC'S Nursing Program is designed to prepare individuals to become registered nurses at the Associate Degree level. The curriculum will blend Nursing courses with general education courses to provide a sound theoretical base of nursing practice. Students will participate in clinical and classroom experiences during each of the four semesters in the program. Clinical experiences will be offered at hospitals and long-term care facilities located in York County. Upon successful completion of the program, graduates will be eligible to take the NCLEX Registered Nurse (RN) licensure examination.

For more information about the program, required prerequisites, and the application process, please visit www.yccc.edu/ nursing.

View Online: http://yccc.meritpage s . c o m / n e w s / Y C -CC-Launches-Competitive-Nursing-Program -in-FALL-2022/24048

Tobacco

Continued from page 5

following their lead.

"The data shows that Mainers overwhelmingly support ending the sale of flavored tobacco products," said BJ McCollister, campaign manager for Flavors Hook Kids Maine. "We can do this by banding together not just for the health and safety of our kids, but for the health and safety of the entire state."

Dozens of partners have come together in support of the effort, including the Campaign for Tobacco-Free Kids, the American Heart Association, the American Lung Association, the American Cancer Society Cancer Action Network and several local organizations. More details can be found at www.Flavors Hook Kids Maine.org.

Awareness

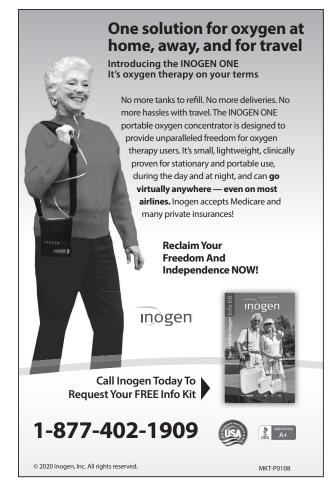
Continued from page 2

brain injury information, resources, and support.

Among the workshops Healthy Living for ME offers, some that may be of particular help for those with brain injuries and their caregivers are HealthMatters and Building Better Caregivers. With nearly 50% of acquired brain injuries caused by falls, the Falls Prevention workshop offered by Healthy Living for ME is a resource that can help people reduce their risk of falling and sustaining a brain injury.

For more information on these, as well as other workshops and resources available through Healthy Living for ME, visit www. healthylivingforme.org, call 1-800-620-6036, or email info@healthyliving-

For more information about the Brain Injury Association of America and their Maine Chapter, as well as Brain Injury Awareness Month events and activities, visit www.biausa. org/maine, call 1-800-444-6443, or email Maine-BrainInjuryInfo@biausa.



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WEB HOSTING



CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

Mar. 15

GORHAM -- 8am Ordinance Committee Meeting TBD

Mar. 15

GORHAM -- 6:30pm Town Council Workshop Council Chambers

Mar. 16

GORHAM -- 8am Gorham Economic Development Corporation Meeting Conference Room A

Mar. 16

LEWISTON -- The Ladies of St Anne Sodality, Prince of Peace Parish will be having a general membership meeting on March 16 at 6 PM. at the Parish Hall 607 Sabattus St. The doors will be opened at 5:30. After a brief business meeting, there will be a Stand Up Bingo. Save a date for the upcoming Card Party to be held on April 6 at 6 PM. Tickets will be available at the March 16 meeting for \$5 or by contacting Anita 782-4516. Refreshments will be served by Flo Marquis.

Mar 17.

LEWISTON -- Care Partner Support Series -Five Sessions to Change: virtual webinars presented in conjunction with Positive Approach® to Care, the international program led by founder Teepa Snow. This class is designed to educate and connect care partners of a person living with dementia. Participants must agree to attend all five sessions, as well as an introductory program, and have appropriate internet access. Thursdays, March 17-April 14th, 5:30 – 7 pm, SeniorsPlus, 8 Falcon Road, Lewiston, ME 04240

Registration required: 1-800-427-1241 or email gnelson@seniorsplus.org

Mar. 17

GORHAM -- 6:30pm Tentative Recurring Board of Appeals Meeting, Council Chambers

Calendar

Send your submissions to the Editor. More online.

Mar. 17

GORHAM -- 6:30pm Tentative Recurring CIP Meeting TBD

Mar. 19

LEWISTON 11:00am-1:00pm IN-PER-SON program at the Lewiston Public Library Children's Department: GRAPHIC NOVELS TO THE RESCUE! Join the Lewiston Public Library Children's Department for an in-person program celebrating graphic novels. This program will take place on Saturday, March 19, 2022 from 11:00am-1:00pm in Callahan Hall on the 3rd floor of the library. No registration is required for this program, and it is free and open to all kids up to age 12 and their families. Costumes are encouraged but not required. Stop in anytime between 11:00am - 1:00. Activities (until supplies last) will include making comic strips, masks and capes, and posing in front of the cityscape backdrop for photos!

Mar. 21

LEWISTON & AU-BURN -- 5:30 PM - 6:00 PM, on Zoom, Lewiston Public Library & Auburn Public Library: TOUGH TIMES: FROM HAVING A BAD DAY TO DYSTO-PIAN APOCALYPSE Art has always helped get us through difficult times. In this presentation, the Museum Of Bad Art explores some of the ways artists react to disasters small and large, real and imagined. Free. Registration is required. The Zoom link will be posted to the Library website and Facebook prior to the event. You can also register by contacting Donna Wallace at dwallace@

auburnpubliclibrary.org or 207-333-6640 ext. 4. 513-3135; www.LPLonline.org

Mar. 26

-- Takeout GRAY Bean Supper - First Congregational Church of Gray. You MUST order in advance. Contact Carol at 650-9093

and let her know your name, phone number, how many meals you want, and choice of pie. Cut off for reservations will be Wednesday, March 23 at 2:00 P. M. Please park at the Parish House, 5 Brown St. and enter the Parish House by the Front Door. Meals are single-sized and are \$10.00 each. Pick up time is 4:30 to 5:30 P. M. Please pay at time of pick up. Menu - Baked Pea Beans. 2 Red Hot Dogs, Coleslaw, Biscuit, and choice of Apple or Blueberry pie. Face masks and Social distancing required. Remember, Cut off for reservations will be Wednesday March 23!

Mar. 28

GORHAM -- 5:30pm Finance Committee Meeting TBD

Mar. 29

LEWISTON -- 5:30 PM - 7:00 PM, on Zoom, Lewiston Public Library: MAINE STATE MUSEUM LISTENING TOUR AT LPL The Maine State Museum is seeking community input to find the stories and broader themes that resonate with and reflect the many voices, interests, and identities of the people of Maine. There will be a series of discussions in different communities across the state from which the participants' responses will inform the museum's ongoing work. The Lewiston Public Library will be

hosting one of these virtual discussions so that the people of Lewiston have an opportunity to weigh in. Free. Space is limited - registration is required. 513-3135; www.LPLonline.org

Apr. 2

ZOOM - 10:00 AM - 11:30 AM. Keynote Address: "Developing Youth Leadership through Model United Nations: A Conversation with Yanina Nicless Facilitated by Bret Bergst." Yanina Nicless, a riveting speaker, is the former Maine Model UN Secretary General and USM graduate from Ukraine. This event is sponsored by the Maine Chapter of The United Nations Association of the United States of America during its annual meeting. FMI go to our website: unamaine.org

Ap. 6, Ap. 13

LEWISTON 3:30PM, Lewiston Public Library, MAKE ART WITH ARTVAN ArtVan will be providing an in-person hands-on creative art program in the Children's Department of the Lewiston Public Library for children ages 5-14 (ages 5-8 must be accompanied by an adult) for selfexpression, personal growth, and fun. Free. All art supplies will be provided. 513-3133; www.LPLonline.org

Apr. 7, 8, 9, 10, 14, 15, 16, 17

Community Little Theatre (CLT) presents Disaster!, a new musical comedy with hit songs from the 1970s and plot elements reminiscent of disaster cult films. Performances at 7:30 p.m. on April 7, 8, 9, 14, 15, and 16; and at 2:00 p.m. on April 10 and 17. Call 207-783-0958 or visit BOX OFFICE | laclt-1 for tickets and information. Please visit at https://www.laclt. com/covid-19-protocols for information on safety pro-

Pultivating

WWW.FLAGHIPCINEMAS.COM

DOORS OPEN AT: 12:00pm AUBURN 746 Center Street
Auburn Movie Hotline — 786-8605

VISIT OUR WEBSITE OR CALL THE HOTLINE AT 786-8605 FOR SHOWTIMES

Parish

Continued from page 11

Maximilian Kolbe Church Hall (150 Black Point Rd, Scarborough, ME 04074) on Fridays in Lent from 5 - 6:15PM. Meals will be eat-in or take out and will consist of Baked Haddock, Macaroni and Cheese, Potato, Mixed Vegetables, Coleslaw, and Dessert. Coffee and Punch will be available for eat-in meals. The cost for the dinner will be \$12. Meal tickets will be available at the Parish Hall with payment by cash or check only. Face Masks will be required in the Parish Hall except when seated at the table eating. Please maintain spacing while in the buffet line. Minors (18 years old and under) will

need to be accompanied by an adult to purchase a ticket, stand in the buffet line, or get dessert.

A St. Patrick's Day Take-Out Lunch is being held at St. Bartholomew (8 Two Lights Rd. Cape Elizabeth, Maine 04107) on March 13, at 12:00 p.m. - 1:00 p.m. Each meal will contain, corned beef, cabbage, carrots, potatoes and Irish soda bread. The cost for each meal is \$15.00. Please contact Angela Best at 207-233-4216 or via email bestn92@gmail.com to order you curbside pickup lunch. Orders are being accepted through March 7. Cash and checks (payable to St. John Paull II Parish) will be accepted at time of pickup.



Now Open!

We are thrilled to be offering yoga through the Community Arts Center. Our aim is to provide students space to explore how their bodies movewith no judgement.

We welcome beginners, advanced yogis, and everyone in between

Join us for weekly vinyasa and yin classes along with monthly special events and workshops. We will be adding classes over the coming weeks. View our schedule online for regular updates.

Monday

Yin 9am Vinyasa for All 6pm

Wednesday

Yoga for All 6pm

Thursday

Gentle Flow 9am

Village Yoga at Tannery Brook

10 Wentworth Drive Gorham, ME 04038 (rear of the building)

villageyogagorham@gmail.com https://www.gorhamarts.org/village-yoga

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

ATTENTION:

THE MEMBERS OF WHITE ROCK GRANGE ARE NOT ONLY FARMERS

WANTED: PEOPLE WANTED WITH NEW IDEAS AND COMMITMENT

The Grange located in Gorham at 33 Wilson Rd. (off rte 237) is inviting you to join us at any meeting the first Friday of the month at 7 PM.

Folks willing to put their generous hearts and open hands to raise all of their neighbors and community is the goal of the Grange since 1876. The Grange is an inclusive nonprofit organization. Local activities include but not be restricted to crafts, music, suppers, display at the Cumberland fair and guilts for veterans. Our agenda and focus is at the local level determined by the members themselves. The historical Grange Hall is the perfect building and location for doing any craft. Handicapped accessible, heat, hot water, and full kitchen.

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.

Ph/ 207-839-3946 leave a message.

Please Join Us!

Classified Ads

AUTOMOBILE STORAGE

Seeking Classic Car Storage

Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BUSINESSES FOR SALE

Working small engine/ outdoor Power equipment business.

Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

CARPENTRY

Morse Carpentry ESTD 1977 Remodeling and New Builds, Jobs big and small, we do them all!

(207) 210-2295 Office (207) 838-9703 Cell.

CLEANERS

CC Island Cleaning Company. Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

FOR SALE

Wood boiler – Must go! \$2,500.

Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and

silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-

2755.

HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates.

Excellent service. Call cell phone 754-9805 or 782-1271.

HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN?

If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

I WOULD LIKE TO BUY YOUR HOME

I purchase in any condition, AS-IS. I can close in as little as 21 days. Not a realtor. No realtor fees and I pay all typical closing costs. Call for a hassle-free, all cash offer. Ben 207-200-6071.

MEDICAL EQUIPMENT

207-375-4627

Aluminum walkers 2 wheels folds \$20 each. 1–3-wheel walker folds \$60.

2 wheelchairs \$75 each. 1 Transport chair new \$100. Extra wide walker 4 wheels seat, hand brakes, and basket \$100. Several canes @ \$10 each.

PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior.

Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

SENIORS

In Home Care

Visiting Angels – non-medical assistance living. Serving Lewiston/Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/outings. Call for FREE inhome consultation. (207) 740-9100.

LEWISTON SENIOR CITIZENS TRIPS FOR 2022

WASHINGTON, D.C. -APRIL 7 - 13, 2022

Trip includes 7 days and 6 nights - 10 meals - Two guided tours of Washington, D.C. memorials. Evening guided tour of Memorials and Monuments. Admission to New Bible Museum. Tram ride through Arlington National Cemetery, admission to George Washington's Mount Vernon Estate and so much more. Price is \$749.00 per

person double occupancy with a \$75.00 due upon signing.

N A S H V I L L E 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 IS-LAND - 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 -

Trip includes
1 night 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.

WANTED

Odd jobs and Gig work

Retired teacher and counselor looking for odd jobs and Gig work.

Trained and experienced in babysitting, Petsitting, senior/adult care and cleaning.

Contact: Missy 207-253-9762 or allinoneservices1@ yahoo.com

WOOD

Firewood

16 inch cut and split dry hardwood. Three pallets \$375 – approximately one cord. Six pallets \$600 – approximately two cords. Free kindling. Dun Roamin Tree Farm LLC, 75 Dyer Road, Lewiston. Call Ed (207) 577-5878.

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

Classified Ads To 40 Words!

NUMBER OF WEEKS TO RUN:

\$10PER WEEK

Send payment with completed form to our bookkeeping office: 9 N. River Road #232

Auburn, ME 04210 or email it to us!

Card #	☐ Visa	☐ Master C	ard	3 digits # on back
Exp. date/	Signature	e		
Name & Address				
Phone:				
CATEGORY: _				
HEADLINE:				
Ad Info:				
				_
				_

Page 16 Thursday, March 10, 2022

Gorham Recreation Department Offering Couch to 5K Training



8 WEEK TRAINING PROGRAM

Join us for an 8-week Couch to 5k style training program designed to help you cross the finish line! Starting in March with the Shamrocks and finishing in May with the Flowers.

Monday & Thursday evenings at 5:30pm for 4 weeks then weekly on Thursdays for last 4 weeks - Meet at the Gorham Recreation Department

TRAINING STARTS MARCH 14TH

Questions? Email Coach Zach at zlambert@gorham.me.us

GORHAM, ME (March 3, 2022) - Join The Gorham Recreaction

The Gorham Recreaction Department for the Couch to 5K starting March 15th! Join the Gorham Recreation Department for an 8-week Couch to 5k style training program designed to help you cross the finish line! Starting in March with the Shamrocks and finishing in May with the Flowers.

Who: Run/Walk training for folks who are new to running, walkers who are looking to improve fitness and complete a 5K, or for runners looking to ease back into training!

When: Starting Monday & Thursday evenings at 5:30pm for first 4 weeks then weekly on Thursday evenings for last 4 weeks.

Where: Gorham Recreation Department - We will meet in the parking lot of the Gorham Rec and warm up in Shaw Park before heading out on a mix of road and trails.

How Much: \$60 for 8 week program (includes entry into Target Race - Dash for the Derby 5k)

Target Race: Dash for the Derby 5k – Saturday, May 7th at 9:00am in Portland.

Pihcintu Concert Saturday, March 19, at 4 p.m. First Parish Church



Maine's Multicultural
Girls Choir
35 children
22 countries
One choir

Join us.Donations accepted. Reception to follow.

First Parish Congregational Church, 1 Church Street, Gorham
FMI, please call 839-6751 or email admin@firstparishgorham.org

Maine Maple Weekend at Spiller Country Farm



GORHAM,

(March 5, 2022) -- Come

join us for Spiller Country

Farms Maple Weekend! A

delicious breakfast will be

served both Saturday and

Sunday from 8-12 and our

Sugar Shack will be open

from 8-4pm as well! We

cannot wait to see you all.

We are located at 118 Spill-

er Rd, Gorham, ME



DIRECT SUPPORT PROFESSIONALS NEEDEDFull-time in Auburn starting at \$16 per hour!

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- Tuition Reimbursement Generous Paid Time Off
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*APR = Annual Percentage Rate. APR is adjusted monthly and based on the Wall Street Journal Prime. Max APR is 18%. Minimum floor rate = 2.75% APR. Property insurance is required. Equal Housing Lender. Federally Insured by NCUA.



SCAN to APPLY