

GMS Has First Unified Basketball Game









Gorham Fire Department: Reminders for Yard Clean-Up

GORHAM, ME (March 8, 2022) --With the snow quickly retreating and yard clean-up beginning, the Gorham Fire Department wants to remind you of outdoor fire safety. We encourage you to follow these maintenance and safety tips to prevent incidents this season:

§ Permits are required for all open burning of wood, brush, leaves and similar material; outdoor burning includes outdoor fireplaces, commercial/ home-made fire pits and barrels. Permits can be obtained online at www.wardensreport.com or at the Central Fire Station front lobby between 8:30 am and 4:30 pm, as conditions allow.

§ Fires must be attended at all times by at least one capable adult with hand tools and a water source such as a charged garden hose. Children should not be allowed to play around burning areas.

§ The brush pile should be kept small and added to instead of trying to control one large pile or multiple small piles.

§ Never use flammable or combustible liquids to ignite or accelerate a fire; paper and cardboard are acceptable and safer; many people each year are severely injured using gasoline and similar liquids.

§ Generally speaking, open burning should not be conducted with wind speeds that exceed 10 mph; controlled burns of grass and fields should be done with wind speeds less than 5 mph.

§ All outdoor fires must be thoroughly extinguished to prevent re-ignition and as with all unwanted fires; call 911 even if you think the fire is out.

By following these fire prevention tips, we can greatly reduce the risk of an incident around your home. Also, check out NFPA's fire safety tips and recommendations at NFPA.org.

Nomination Papers for Portland Water District Trustee

GORHAM, ME (March 10, 2022) -- An election will be held on June 14, 2022 to fill a vacant Trustee seat on the





#gorhamcleansup





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, 2022.

The Board generally meets twice monthly, a workshop session and a regular business meeting. Trustees receive a stipend of \$100 per meeting, up to \$2400 per year.

Please contact the Town Clerk's Office at 222-1670 if you have any questions.

Newsmakers, Names & Faces Red Cross Testing for COVID-19 Antibodies

PORTLAND, ME (March 10, 2022) — For a limited time, the American Red Cross has resumed testing all blood, platelet and plasma donations for COVID-19 antibodies. Plasma from routine donations that have high levels of COVID-19 antibodies may be used as convalescent plasma to help meet the needs of COVID-19 patients with weakened immune systems.

Page 2

At the same time, the Red Cross blood supply remains vulnerable, and individuals are urged to schedule a blood or platelet donation. In the days and weeks ahead, it's critically important the Red Cross maintains a readily available blood supply so hospital patients can receive the care they need. To make an appointment, use the available to support treat-Red Cross Blood Donor App, visit RedCrossBlood. org or call 1-800-RED CROSS (1-800-733-2767).

The Red Cross first tested donations for COVID-19 antibodies earlier in the pandemic to provide convalescent plasma for patients. When infection rates decreased and new treatment options became available, the Red Cross discontinued the program. With the surge of new variants, hospitals began to seek out more treatments for their most vulnerable patients, and new clinical trial data has shown that convalescent plasma may benefit immunocompromised patients. The Red Cross is resuming this program to ensure doctors have every tool ment.

How it works Antibody testing will

indicate if the donor's immune system has produced antibodies to this coronavirus following vaccination or infection, regardless of whether they developed symptoms. Donations will be tested using samples pulled at the time of donation and sent to a testing laboratory where they will also undergo routine infectious disease testing. A positive antibody test result does not confirm infection or immunity.

COVID-19 antibody test results will be available 1-2 weeks after donation in the Red Cross Blood Donor App or donor portal at RedCrossBlood. org.

The Red Cross is not testing donors to diagnose illness, referred to as a diagnostic test.

Thanking all-star donors in March

All who come to give blood or platelets in March will get a \$10 e-gift card, thanks to Fanatics. Plus, donors will also automatically be entered for a chance to win a trip for two to the 2022 MLB® All-Star Game® in Los Angeles, California, when you come to give March 1-31. The package includes two tickets to 2022 MLB® All-Star Saturday, the 2022 Home Run Derby, and the 2022 MLB® All-Star Game®, round-trip airfare to Los Angeles, four-night hotel accommodations (July 16-20, 2022), plus a \$750 gift card for expenses.*

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

Save time during donation

Donors can also save up to 15 minutes at the blood drive by completing a RapidPass®. With RapidPass®, donors complete the pre-donation reading and health history questionnaire online,

on the day of donation, from a mobile device or computer. To complete a RapidPass®, follow the instructions at RedCross-Blood.org/RapidPass or use the Red Cross Blood Donor App.

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

Chet Jordan Scholarship Available for Student Leaders

PORTLAND & ELLSWORTH, ME (March 7, 2022) — Student leaders are encouraged to apply for the Chet Jordan Leadership Award at the Maine Community

Foundation (MaineCF). A native of Portland, Jordan graduated from South Portland High School in 1945. He then joined the service and following World War II

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and entered the United States Merchant Marine Academy in King's Point, New York. He graduated in 1948 with a degree in marine engineering. Jordan returned to Portland and took over the family meat-processing business, Ready-to-Eat Jordan's Meats. He led the company to become one of the largest independent meat processors and distributors in the country.

friends established this scholarship to celebrate the rich legacy of his leadership in business and civic affairs in his beloved state of Maine.

Eligible applicants are graduating seniors at Maine high schools who are pursuing post-secondary study in a two- or four-year certificate or undergraduate degree within the University of Maine System, Maine Communi-Jordan's family and ty College System, Maine Maritime Academy and all vocational/ technical schools in the state. Recipients will demonstrate leadership, independent thinking, initiative, hard work, and the ability to rally others to causes in their communities.

The application deadline is April 15. To apply, visit www.mainecf.org, or contact Scholarship Coordinator Jackie Shannon at jshannon@mainecf.org for more information.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, Mars Hill, Rockland and Rockport, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people. To learn more about the foundation, visit www.mainecf.org.

Food Boxes Now Available to Maine Seniors Monthly

AUGUSTA, ME (March 10, 2022) -- Seniors in all Maine counties can access nutritious monthly food boxes by applying through their county's supporting agency. Each food box, valued at \$50 and freely available to eligible seniors, contains

a variety of canned fruits, nebec, Somerset, Walvegetables, meat, fish, and poultry, pasta, rice, peanut butter, juice, shelf-stable milk, cereals, and cheese. Participating seniors pick up their boxes at a designated time and place each month.

How to Apply for the Commodity Supplemental Food Program Contact the supportdo, Knox, Lincoln, and Sagadahoc Counties Contact: Spectrum Generations, (207) 622-9212 or toll-free (800) 639-1553

Aroostook Coun-Contact: Aroostook ty Agency on Aging, (207) 764-3396 or toll-free (800) 439-1789

Cumberland, Oxford, York Counties Concock, Penobscot, and Piscataquis Counties Contact: Eastern Area Agency on Aging, (207) 941-2865 or toll-free (800) 432-7812

Franklin County Contact: Western Maine Community Action, 207-645-3764 or toll-free (800) 645-9636

Eligibility: 60+ years old, live in Maine, and an



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tact: Wayside Food Programs, (207) 775-4939 Han-Washington,

income at or below 130 percent of the Federal Poverty Guidelines.



Newsmakers, Names & Faces Updates from the Town Manager's Office

GORHAM, ME (March 10, 2022) - The following are notes from the Gorham Town Manager's Office Weekly Report.

Daylight Saving Time Begins Sunday, March 13, 2022

As Daylight Saving Time (DST) begins on Sunday, March 13, 2022 at 2am, aside from setting clocks one hour ahead, the Centers for Disease Control and Prevention (CDC) offer the tips listed below to adapt to the changes in daylight that can influence our circadian system and disrupt sleep.

Once you have adapted to DST, try to keep a daily routine time for sleep and waking up to im-

prove sleep and health.

· Keep your sleep environment quiet, comfortable, and cool. Especially during the period of earlier sunrise and later sunsets, using light blocking window coverings can keep sleeping areas dark.

For more tips, read on at https://blogs. cdc.gov/niosh-scienceblog/2022/03/08/timechange/. 2. 2022

Urban Runoff 5K hosted by Cumberland County Soil & Water **Conservation District**

Folks can help support clean water education in our community by registering to run or volunteering at the 2022 Urban Runoff 5K, hosted by the

Cumberland County Soil Water Conservation & District. Participants can choose between exploring a course anytime during the month of April or join the timed event on Saturday, April 23, 2022, starting at 2 Fort Road, South Portland. To learn more, visit www. urbanrunoff5k.com.

Nomination Papers Available for Portland Water District Trustee

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 are available at the Town Clerk's Office. 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 1pm on Friday, April 15, 2022. The Board generally meets twice monthly, which includes a workshop session and a regular business meeting. Trustees receive a stipend of \$100 per meeting, up to \$2,400 per year. Please contact the Town Clerk's Office at 222-1670 if you have any questions.

Baxter Memorial Library (BML)

Folks can visit the library to pick up a March Movement Take and Make kit. The librarians have put together fun kits for kids to incorporate movement into their day. In each bag is a calendar, a pen, stickers, a READ sports bracelet and suggestions to get moving.

· March Story Adventures (ages 2-5): Ms. Heidi and Mr. Jeff will host outdoor story time featuring stories, singing, dancing and playing. Participants are encouraged to come prepared for our everchanging Maine weather by lavering, bringing hats, gloves or mittens, and maybe even a blanket to cover laps.

· Virtual Kids Book Club (ages 9 - 12): Mr. Jeff will host a virtual book club geared towards 9 - 12 year olds during which he'll read a chapter book that will warm the heart, especially for animal lovers. It is a thrilling story about friendship, loyalty, and belonging. Although the first Zoom meeting passed on March 9th, folks can call or visit the library to grab a copy of the book. Kids can read at their own pace before Mr. Jeff's follow-up discussion on March 30th from 5 – 6pm. Registration is limited to 10 readers. Please call the library at 222-1190 to reserve a spot or if you have any questions.

Department Update

Registration Open for Donut Dash



GORHAM, ME (March 8, 2022) -- The Donut Dash, slated for April 24, is a fun run in a run-eat-run format which challenges participants to run/walk 2.5 miles, eat 15 of Eighty8's mini donuts and then run/walk a final offered, giving little ones a chance to cover 1.5 miles and eat 6 mini donuts. Sign up as an individual for the full Donut Dash experience, or as a team and share the donut commitment. Up for a challenge? Try to complete the donut dash in less

Sprinkle some fun in the run and wear a creative costume!

The Donut Dash is owned and operated by the University of Southern Maine Sport Management program and its students. All proceeds from this event

University of Southern Maine Named 'Military Friendly'

(March 11, 2022) The University of Southern Maine has been recognized as a Military Friendly public university for its work to help student veterans succeed.

A veterans-specific orientation, the creation of an admissions liaison for veterans, specialized training for faculty and staff, and testimonials by student veterans all contributed to USM's designation.

Pennsylvania-based publication, "Military Friendly," creates the designation annually for schools based on a detailed nationwide survey. Factors included support for student veterans on campus, graduation and employment outcomes and military spouse policies, according to the organization.

"For everything we've built, it matters,' said Lorraine Spaulding, USM's coordinator of veterans services. She highlighted the work for incoming veterans, particularly the dedicated admissions personnel, as being particularly important to the organization. "We have made a commitment as an institution to break down barriers and to make the student experience as seamless and streamlined as possible for veterans."

Though the designation is not awarded by the US Military, schools that have the designation are highlighted in GI BIII databases used by veterans as they gather school information.

"The Military Friendly ratings program was started in 2003 as an advocacy vehicle to encourage civilian organizations to invest in programs to recruit, retain and advance veterans as employees, entrepreneurs and students," Accord-



For a full listing of the recognized schools, go to militaryfriendly. com.



2.5 miles to the finish line. than an hour. Register for In addition to the full ver- The Donut Dash today! sion, a kids race, The Mini https://www.thedonutdash. Monster Dash, will also be

me

support USM Sport Management students with internships, scholarships, and professional development.

Gorham WEEKLY

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Seniors Not Acting Their Age **Maine Al Fresco is a Senior Aspiration Fulfilled**



A sea kayaker approaches Baker Island with the mountains of Acadia National Park in the background

By Ron Chase

Page 4

Seventeen years ago I retired from a thirty-three year career with the Internal Revenue Service (IRS). My immediate plan was to travel and experience as many outdoor adventures as possible while I was still young and fit enough to enjoy them. My wife, Nancy, enthusiastically joined me.

In addition to traveling while embracing the outdoors, I had the nebulous idea that I'd like to

try writing professionally. Combining my love of the outdoors with the literary endeavor seemed a logical formula. How I would actually accomplish the goal was a mystery.

Shortly after retiring, we loaded a truck camper with bikes, whitewater kayaks, hiking gear, and departed for southern and western United States for the winter. I decided to keep a journal of our exploits and write a travelogue book when I returned. Had I known the difficulties usually encountered trying to find a publisher, I would have dismissed the idea as quixotic.

When we returned five months later, I had assembled a chronicle filled with detailed descriptions of our many exploits. Unfortunately, my numerous attempts to find a publisher proved futile. By chance, I stumbled onto an opportunity to write an outdoor





www.shakerhilloutdoors.com

Outdoors

column for a Maine newspaper and also began contributing articles to regional magazines.

Years of failed efforts to find a publisher for my travelogue book ended when I contacted the managing editor for Menasha Ridge Press. He was also unimpressed with the idea. However, since I was an avid hiker, he asked if I'd consider researching and writing a New England mountain guidebook. My first book, Mountains for Mortals - New England, was born.

Encouraged by the guidebook success, I began marketing a satire about life in the IRS. Scores of rejections later, I met a fellow while winter hiking who had known legendary Vietnam War hero, bank robber, and Maine native Bernard Patterson. The result was a biography about Bernard entitled The Great Mars Hill Bank Robbery, published by Downeast Books. The three year journey researching and writing the book was a very rewarding undertaking.

Disappointment continued in my efforts to find a publisher for the IRS satire. When I researched the website for North Country Press in Unity as a potential publisher, their submissions schedule was full with the exception of a possible book about Maine outdoors. That stimulated a proposal regarding a concept I'd considered for several years: a collection of short stories about real life exploits in Maine's most challenging and scenic environments with a guidebook style addendum at the end of each chapter. Owner/Publisher Pat Newell was interested and procedural discussions followed.



A cyclist passes Jordan Pond on the Carriage Roads of Acadia National Park



A tandem canoe team descends the Kennebec River Gorge

We agreed on a book about the fifty finest outdoor adventures in Maine. Included would be mountain hikes, bike trails, island bike rides, sea kayaking, whitewater kayaking and canoeing, Nordic skiing, lake paddling, canoe trips, backpack trips, and downriver canoe and kayak races. Topics I'd been writing about since the beginning of my retirement, authoring the book was the fulfillment of my initial writing aspirations.

What constituted the fifty finest outdoor adventures in Maine was clearly subjective. Some, such as climbing Mount Katahdin, sea kayaking the Bold Coast, exploring Acadia National Park, navigating Moosehead Lake, canoeing the Allagash, racing on Kenduskeag Stream, and

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paddling the Kennebec and Penobscot Rivers were obvious. The cumulative experiences of my friends and I dictated the remaining choices. A labor of love ensued.

Serendipitously, I'd been preparing to write the book since my outdoor adventures began more than forty-five years ago. Other than the actual exploits, the most important ingredient was the accumulation of a large group of exceptionally capable outdoor friends who are an integral part of each episode. The end result is a collection of escapades we've shared over the decades. The publisher and I believe we have created a very unique book that will inspire while simultaneously providing guidance on how to safely See Seniors, next page

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Thursday, March 17, 2022

Seniors

Continued from previous page

participate in the activities. Upon reflection, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine is the culmination of my original retirement goal. I was a youthful senior then. Now, at 74, I'm an old man and time is short. However, my senior experiences have left me optimistic. I've finished writing the IRS satire tentatively entitled Up Your Tax Bracket and continue to pursue a publisher. Pat Newell and I have discussed the possibility of future outdoor guidebooks. I have additional book themes in mind.



A Nordic skier descends a steep hill in Mount Blue State Park

This senior not acting his age will plod ahead as long as the fates allow. Ron Chase resides in

Topsham. His latest book,

"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is now available at https://www. northcountrypress.com/



A team of kayakers cross Moosehead Lake towards Mount Kineo

his website at https://www.

🔊 agilon health

maine-al-fresco.html. Visit ronchaseoutdoors.com or he can be reached at ron-

chaseoutdoors@comcast. net.

MaineHealth, agilon health Partner

MaineHealth

PORTLAND, ME (March 11, 2022) - Maine-Health said today it has signed a letter of intent to enter into a long-term partnership with agilon health (NYSE: AGL), a company that empowers physicians to transform community health

Through the partnership, MaineHealth will work with agilon health to transform its primary care delivery system for its Medicare Advantage patients from a fee-for-service model to a sustainable value-based care model that will improve patient care while working to lower costs to the health system

"Our partnership with agilon health is a direct reflection of our vision of 'working together so our communities are the healthiest in America'," said Andy Mueller, MD, chief executive officer, "Through MaineHealth. the partnership with agilon heath, we will be accelerating the transition to a payment model defined by value and investing more deeply in our primary care delivery system. The depth of patient need, especially among our growing senior population, necessitates us to think very differently about what the primary care delivery system in our community needs to look like today and in the future.'

Value-based care is an important health care deproviders are paid based on the health outcomes of their patients and the quality of services delivered versus the quantity. Through agilon health's partnership model and purpose-built platform, the company has helped 17 of the nation's best physician groups accelerate at scale their transition to a value-based. Total Care Model that places the primary care physician at the center of delivering patient care. MaineHealth is the first integrated health system to partner with agilon health.

livery model under which

"Through our partnership, agilon health is proud to support Maine-Health's vision to create the nation's healthiest communities and to help build a more sustainable model for their Medicare Advantage business," said Steve Sell, chief executive officer, agilon health. "By helping to establish a new primary care delivery system within MaineHealth's integrated care ecosystem, we will be able to deliver better outcomes and quality of care for their patients, particularly the most vulnerable."

MaineHealth and agilon health have begun implementation work and will finalize their agreement in coming months, When the partnership is in place, agilon will support MaineHealth physicians in identifying patient conditions and mapping out care plans, making sure senior patients get the preventive care they need as well as ongoing management of any health concerns. This will allow MaineHealth to more confidently enter into value-based contracts within the Medicare Advantage system that reward providers for keeping patients healthy.

"We are constantly researching better ways to provide care for our patients," said Aileen Mickey, MD, MHA, president, MaineHealth Medical Group. "With the acceleration in the shift to value-based care across the country, this partnership is a significant milestone in ensuring we are ahead of the curve in the future of primary care delivery, and it advances our mission to provide our senior patients and communities high-quality, affordable care.'



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Entertainment

Gorham Recreation Department Taking Registrations for Memorial Day Parade



GORHAM, ME (March 8, 2022) -- Calling all Gorham churches, community organizations, neighborhood clubs, groups, businesses,

clubs and groups, and anyone else wishing to be part of the Memorial Day Parade! All we ask is that you register your float or

unit so we can plan accordingly for the "line up" on the morning of the parade. Connect with the Recreation Dept. to get registered.

Sebago Brewing To Redesign Gorham Location

GORHAM, ME (March 8, 2022) - Sebago Brewing Company (SBC) is pleased to announce that renovations to their brewpub at 29 Elm Street in Gorham will begin later this month. The popular brewpub will be temporarily closed starting March 27th and will reopen in June

Originally built as a railroad station in 1853, the building had been boarded up and idle since the late 1950s. It was converted to a restaurant called The Gorham Station in 1979. Sebago Brewing bought the restaurant in 2001 and has been operating it successfully ever since.

"We've wanted to update it for some time, but building the brewery and then the pandemic pushed us off track a bit but we're back on it!" said Kai Adams, co-founder of SBC. "The brewpub will still have that local vibe but with a more modern feel and better flow for staff and guests."

The renovations will include an expanded kitchen, new bathrooms, and bigger bar area. The outdoor patio will stay, with a new custom-built awning over the deck. The refreshed brewpub will also feature an expanded draft system and additional tap lines to offer more specialty and small batch beers produced right down the road at the Sebago brewery on Main Street.

Sebago Brewing is finding temporary locations for the Gorham staff while they renovate, but will welcome them back when the brewpub reopens in June. In fact, they'll be increasing staff because the Gorham location will be open seven days a week.

After the sale of the Portland brewpub in January, SBC is investing in improvements to all of its locations, including installing a new, state-ofthe-art canning line at the brewery.

The Sebago Brewing Company brewpub in Gorham will be open through Saturday, March 26th. The staff at the Gorham brewpub invites everyone to stop by for a meal and a pint before renovations take place.

What do you think?

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

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Email all submissions, including name, address and phone number, to the editor.



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USDA Launches Pilot Program to Deploy Renewable Energy Infrastructure to People in Rural Towns

WASHINGTON, D.C. (January 19, 2022) – U.S. Department of Agriculture (USDA) Secretary Tom Vilsack today announced that the Department is making up to \$10 million available to help people living in rural towns develop community renewable energy projects that will help them cut their energy costs and con-

tribute to the nationwide effort to reduce pollution that contributes to climate change. These funds will be targeted to help people who live in communities that have been historically underinvested and disinvested.

USDA is making the funds available through the new Rural Energy Pilot Program to help the people of rural America build back better, stronger and more equitably than ever before. Through this program, USDA is supporting the Biden-Harris Administration's commitment to making environmental justice a part of every agency's mission to address the disproportionate health, environmental, economic and climate impacts on disadvantaged communities.

"Under the leadership of President Biden and Vice President Harris, USDA is providing grant assistance for people who live in particularly underserved rural towns to help them cut their household energy costs and address climate change at the local level," Vilsack said. "As

we continue to rebuild the nation's infrastructure, USDA is targeting resources and investments to help meet our nation's energy needs and combat climate change. The new program we're announcing today will pilot the viability of community-scale renewable energy investments to mitigate the energy-burdened circumstances of

particularly disadvantaged rural communities. This assistance will help to keep people in their hometowns by supporting good-paying jobs, business opportunities, and a more affordable cost of living."

See https://www. rd.usda.gov/programs-services/energy-programs/rural-energy-pilot-program to apply.

UMaine Announces Tuition-Free Summer Courses for High School Students

ORONO,

(March 10, 2022) — University of Maine Early College summer course registration is open, with over 50 online courses available to high school students tuition-free. Qualified high school students can earn up to 12 college credits per year at UMaine and its regional campus in Machias. Early College students have access to world-class faculty at Maine's flagship university and only Carnegie R1 top-tier research in-

stitution.

UMaine's flexible summer schedule includes online and live courses, and several unique on-site experiences summarized below:

Live and online classes May 9-Aug. 19: UMaine has a long history of being a leader in supporting Early College programming. Classes are taught by expert faculty and many meet general education requirements of the University of Maine System, as well as

the majority of colleges nationwide. Students statewide will benefit from the flexibility and variety of online and live Early College courses offered this summer.

INT 188 (Introduction to Integrated Science and Career Exploration) July 18-Aug. 12: INT 188 is a three-credit course that involves lecture and laboratory instruction in data collection and analysis; measuring and graphing techniques; scientific writing; and evidence-based thinking. It includes group work, a research project, a career-planning assignment focusing on science, technology, engineering, and mathematics (STEM) fields - which entails informational interviews with industry leaders - and a final Research Symposium at the end of the course. The 4-week course will have three location options: Orono, Machias or the Hutchinson Center in Belfast.

Students will attend an intensive 10-day training at UMaine's 4-H Camp and Learning Center at Bryant Pond. Students will earn four University of Maine credits through a series of two courses: KPE 207 (Wilderness First Aid) and KPE 265 (Outdoor and Adventure Activities). Students will also become certified in CPR and wilderness first aid. This residential program is limited to 10 students. Room and

Experience Aug. 8–17:

board is \$725.

Registration online at explorec.maine.edu. Interested students and parents are encouraged to contact Kari Suderley, director of Early College Programs, 207.581.8024; um.earlycollege@maine.edu or Christy Alley, director of Early College at Machias. 207.255.1268; ummearlycollege@maine.edu to learn more about the application process. Applications are due 1 week prior to course start dates.

Announces 2022 State Grant Round

MAINE STATE-WIDE (March 10, 2022) -- The Northern Border Regional Commission (NBRC) is pleased to announce the 2022 State Economic & Infrastructure Development grant application opportunity. Eligible organizations, which include nonprofit and governmental entities (state, local & Indian tribes), will be able to access grant application details (available via NBRC's website, nbrc.gov) beginning Monday, March

14th. Please note that as of the date of this release, the NBRC is operating under a continuing resolution, and as such, grant awards are subject to the enactment of full-year FY 2022 appropriations by Congress.

New for 2022 is the requirement that applicants express interest through a Letter of Interest, which must be submitted to loi@ nbrc.gov by April 22nd at 5PM. Initial inquiries concerning eligibility, suitability, and integration with

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priorities, should be directed to each NBRC State's Program Manager (contacts listed below). Questions about the application itself should be directed to the NBRC's Program Director, Andrea Smith, at asmith@ nbrc.gov, or (603) 369-3001.

As always, applicants are encouraged to review the application materials closely this year for several programmatic changes.

"The communities

economic development of this region are working hard to build resilient local and regional economies during a time of continual change," said NBRC Executive Director Rich Grogan. He added, "The NBRC looks forward to partnering

Outdoor Leadership

with these communities to help them realize their vision for a vibrant economic future."

The funds for this program, and all NBRC programs, are available thanks to the support of the Congressional Delegations of all four NBRC states: Maine, New Hampshire, New York, and Vermont. For Maine, contact Charlotte Mace, 207.624.7448 charlotte.mace@maine .gov





Is the worry about what comes after this life weighing you down? Whatever your faith, or if it is absent, you're a child of God – and ultimately

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Great Falls Students Participate in Special Olympics

GORHAM, (March 9, 2022) -- Congratulations to our Spe-

ME cial Great Falls! Students competed in the 2022 Event.

Olympians from Special Olympics Southern Maine Snowshoe









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Auburn Contest Helps Launch Local Start-Ups

AUBURN, ME (February 22, 2022) -The City of Auburn values small business. In November of 2021, to attract and encourage new startups, the city partnered with Staples Connect, the Lewiston Auburn Metropolitan Chamber of Commerce and The Malloy Firm to launch "Startup Auburn."

Earlier this week, three exceptional entrepreneurs were selected as the winners of the contest:

Custom Fit Physical Therapy & Wellness | Jennifer Frazier

Sugar and Spice Baking | Emily Maines

L/A Tacos | Katie Le-

mieux In her program application, Jennifer Frazier described herself as a firsttime business owner who is working to open her own physical therapy practice (Custom Fit Physical Therapy & Wellness) from the ground up. "It would be beyond valuable to have a mentor as I navigate the first year of business," she said. "A membership with the Chamber is a no brainer for building a strong business and community connections, but as anyone knows who has started a new business, money is tight. A gifted membership would be fantastic."

Emily Maines' application mentions her desire for help with marketing her home baking business, Sugar and Spice Baking. "As of right now, my baking business is (promoted) solely through social media. I'm finding it difficult to determine the best way to reach a broader spectrum of people and I need guidance on the best way to market my business."

Katie Lemieux has 8 years of experience in a food truck, explaining in her application that she is "inspired to operate my own with the knowledge I've gained. This will give me the chance to get a better head start with all that is required to make this business (L/A Tacos) successful!"

Each of the contest winners will receive the Levesque is delighted with

following prize package:

• Four months use of a dedicated desk in the coworking space at Staples Connect beginning on March 1, 2022 (\$1,596 value), courtesy of the City of Auburn and Staples Connect o Perks include 10% discount on select instore purchases, 500 free business cards, unlimited meeting room space, free parking, and b&w printing

· Marketing and communications consulting from Auburn Mayor Jason Levesque and the LA Metro Chamber of Commerce

• Consultation on business entity selection and Q&A on common legal questions of startup businesses, courtesy of Michael Malloy, Esq. from The Malloy Firm

• 1-year Entrepreneurs Membership at the LA Metro Chamber of Commerce (\$200 value), courtesy of the Chamber

• \$500 Staples gift card, courtesy of Staples Connect

Auburn Mayor Jason

the list of winners. "These are three brand new businesses in our community, and their success will be an inspiration for other entrepreneurs who have a dream to own and run their own business," he said. "As we all know, 'a rising tide lifts all boats," he added. "This program sends the message to startups and entrepreneurs that their community believes in them."

"With the introduction of Staples Coworking in Auburn, Maine, Staples is able to better support and connect with our local community, one that I

am especially passionate about as I grew up in Auburn," said Jameson Rodrigues, Staples Connect General Manager, Auburn, ME. "Our partnership with the city of Auburn and The Chamber to bring the Auburn Startup initiative to fruition is an exciting opportunity for Staples Connect to further give back to our small business customers by providing the lucky winners with dedicated workspace within our vibrant coworking community.'

Contest runners up will have the opportunity to get 50% off a 3-month open seat or private space membership at Staples Connect, as well as an invitation to a startup Q & A "lunch and learn" with The Malloy Firm. They will also be encouraged to re-apply for future Startup Auburn contests.

Page 11

"Our greatest asset is our people, and I'm proud of the city and our partners for nurturing the entrepreneurial spirit and the desire of our residents to build something positive," said Levesque. "We want people to build their dream here in Auburn."

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

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

Page 12 Thursday, March 17, 2022 Green Independents Nominate Meiklejohn for Special Senate Election

ELLSWORTH, ME

(February 14, 2022) --Benjamin Meiklejohn was nominated as the Green Independent candidate for Senate District 7 in the upcoming special election being held on June 14. The Hancock County Green Independent Committee met on Feb. 13 and voted unanimously to nominate Meiklejohn.

Meiklejohn, 50, of Mount Desert, will provide voters a rare opportunity to support a Green Independent in a large jurisdiction. In State Senate elections, candidates must usually collect 100 signatures from enrolled party members in order to get on the ballot. The Green Independent Party's lower enrollment

numbers typically prohibit a Green Independent opit from gaining access to the ballot in larger districts. However, because the special election is being held to fill a vacancy that resulted from Former Senator Louis Luchini's resignation, parties are allowed to nominate candidates at the county committee level without needing to collect 100 signatures.

"The State of Maine's laws are designed to make it as difficult as possible for any political parties that aren't Democratic or Republican, to access the ballot, or gain any momentum" said Meiklejohn. "They really don't want there to be any choices except for them. We are seizing this opportunity to give voters

tion."

Meiklejohn, who previously served on the Portland School Committee for six years, also ran for state representative in 2020, seeking to represent Bar Harbor, Lamoine and Mount Desert. In that election, Meiklejohn received nearly 15% of the vote, despite having lived in the district for less than a year at that time.

In 2018, Meiklejohn served as a legislative aide in the Maine Legislature, under the direction of House Green Independent minority leader, Rep. Ralph Chapman.

"We fought against corporate welfare for Bath Iron Works, and against

loosening environmental protections for mining," Meiklejohn said, "but the Democrats pushed them both through."

Unlike the other nominees for state senate, Meiklejohn said he does not plan on running in the November election. "This is a rare opportunity to give our constituents a moment to breathe, to get a reprieve from the tense and antagonistic behaviors of the two major party institutions," said Meiklejohn. Because of the timing of when a replacement senator will be inaugurated, Meiklejohn said there is one single reason that he would be the most effective person to serve as a transitional senator--and it

has nothing to do with issues.

"The special budget session," Meiklejohn said. "If the Legislature goes into a special budget session this summer, the consent of every party caucus in the Legislature is required in order to proceed.'

Meiklejohn said a Democratic or Republican senator would not be able to wield the same influence to secure funds for Hancock County as a person who could outright block a special budget session from happening would be able to.

"It's time to mix things up," said Meiklejohn. "Voters are feeling a lot of fatigue as the major parties solidify increasingly cultish qualities." Meiklejohn said he hopes to reach the "disenfranchised and alienated" voters, to "give them a voice." "The oppositional dichotomy of two major parties constantly battling each other in the quest for power does not have to be the status quo," he said.

Meiklejohn said the winner will be inaugu-

MSMT Holds Second Round of Adult and **Children's Auditions**

BRUNSWICK, ME (March 4, 2022) --Maine State Music Theatre will hold open call local auditions for children and teens aged 5 - 18 on Saturday, April 1, 2022 from 4 PM - 8 PM for the productions of The Sound of Music, Frozen, Jr., Joseph and the Amazing Technicolor Dreamcoat and Kinky Boots.

The theatre will also hold open call local adult and teen auditions for on Sunday, April 2 from 11 AM - 3 PM for all productions in the 2022 season.

Auditions will be

rated in June, after nearly all legislation has already been voted on. "We candidates can give flowery speeches about the issues all we want," he said, "but the reality is, this short term of only a few months left, is going to be all about constituent service, platitudes aside."

Meiklejohn said when he was on the Portland School Committee, constituents, both conservatives and liberals alike, recognized his ability to hear all viewpoints and be fair.

"I'm the best person for this position," he said, "because I'm not beholden to a left or right ideology and I know how to listen." "Democrats and Republicans spend too much time alienating and shunning each other. It's not healthy, it's toxic." Meiklejohn said if he were to win, his brief term as a transitional senator for several months will give the district a chance to reset the political outlook.

"People deserve a break from the Democrats and Republicans," he said, "even if only for a few short months.'

how to prepare for the audition and what to expect from being a member of our acting company, visit msmt.org and click on the auditions tab. Auditionees

must be fully vaccinated for COVID-19 and show proof of vaccination when checking in. Masks are required at all times inside the building (except when singing).

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

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Page 14

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

Mar. 17

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

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



Send your submissions to the Editor. More online.

for photos! Mar. 19

LEWISTON -- Concert: Midcoast Symphony Orchestra presents "Family Classics" featuring popular guest artist Wayne du Maine on trumpet and piano. Saturday, March 19 at 7 p.m. at Gendron Franco Center, 46 Cedar St. Lewiston. Tickets: \$22 (advance) \$25 (cash or check) at the door, 207-846-5378, or http://www. midcoastsymphony.org for details and discounted ticket offers. Seating is limited. Under 18 and college students are free with advance reservations.

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; <u>www.LPLon-</u> line.org

Mar. 26

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

and let her know your terests, and identities of

of the cityscape backdrop 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. 26

BUXTON -- Haddock Supper Buffet - Saturday, March 26, 2022 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

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 MUSE-UM 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, inthe 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. 2 GORHAM

Bean Supper To Go. Pre-order Required White Rock Community Clubhouse, 34 Wilson Road, Gorham. Saturday, April 2, 4:30-5:30pm. \$20 for double or \$10 for single orders. Meal includes kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and a dessert bar. Please, pre-order by Wednesday, March 30. Call Fran at 892-9521.

Ap. 4

GORHAM -- 8:30am Gorham Village Alliance Meeting Conference Room A

Ap. 4 GORHAM -- 7pm Planning Board Meeting Council Chambers April 5 6:30pm Regular Town





FOR SHOWTIMES

Chambers

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 protocols.

Ap. 9

GORHAM -- Spring Vendor/Craft Fair, White Rock Grange #380, 33 Wilson Road, Gorham. Saturday, April 9, 2022 9am -2pm

Over 2 dozen crafters and vendors are coming together offering items for Easter, Mother's Day, Hostess Gift, Just Because Gifts and more. Follow us on Facebook for more https://www. details: facebook.com/whiterockgrange380/ Ap. 9

GORHAM -- 9am - 2pm Town Council FY 2022-23 Budget Workshop with Department Managers Council Chambers Ap. 12

GORHAM -- 7pm Conservation Commission Meeting Conference Room A April 13 7pm School Committee Meeting Council Chambers

Ap. 18

GORHAM -- 6pm Planning Board Meeting **Council Chambers** Ap. 19

GORHAM -- 8am Commit-Ordinance tee Meeting Conference Room A

Ap. 19

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

Ap. 20

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

Ap. 21

GORHAM -- 4pm Ecomaine Board of Directors Meeting TBD

Ap. 21

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

Ap. 21

GORHAM -- 6:30pm Tentative Recurring CIP Meeting TBD May 2 7pm Planning Board Meeting Council Chambers

May 3

GORHAM -- 6:30pm Regular Town Council Meeting Council Chambers

May 10

GORHAM -- 6:30pm Town Council FY 2022-23 Budget Workshop with School Department Coun cil Chambers



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.

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

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NASHVILLE SHOW TRIP - JUNE 11-19. 2022 Trip includes 9 days and 8 nights - 14 meals - Grand Ole **Oprv Show - Nashville** Nightlife Dinner Theater - Guided tours of Nashville and Belle Meade Historic Site & Winerv. Admission to the Grand Ole Opry behind the Scenes Tour. 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.

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

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Thursday, March 17, 2022





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