

Gorham Ice Hockey Association Holds 2022 Mums Sale Fundraiser

GORHAM, ME (August 4, 2022) -- The 2022 MUMS sale is officially here: Gorham Ice Hockey Association High School and Middle School teams are holding their annual MUMS fundraiser now through August 25th!

Our MUMS are supplied by Skill-ins Greenhouses and we're selling them for \$13 each (8" pot) with your choice of

color (Yellow, Orange, White and Purple/Maroon). These beautiful MUMS will be delivered in early September in time for your fall decorating!

Players, please keep an eye out for an email from your Team Coordinator with more information on how to collect orders. Thank you for your support! #supportgorhamicehockey

Balloon Festival Family Fun Day



8:30 am Event begins
9:00am Fun Run, Toddler Trot, and Diaper Dash.

9:30-10:30am Entertainment TBA
Other activities will be announced soon

Gorham Rec. Dept. to Host Glow in the Park

GORHAM, ME (August 3, 2022) -- Mark your calendars for the Glow in the Park family Fun Run, Thursday, September 1st (Rain date: Friday, Sept 2nd). On-site registration 6-7pm. Race starts at approximately 7:15.

Come on out to Shaw Park for an evening of family fun, and take part in a 5K or 1.5-mile fun run/walk. Enjoy the pre-race family fun games from 6-7pm and post-race dance party immediately following the race.

The 5K and 1.5-mile fun run/walk will not be timed. T-shirts available for purchase at Shaw Park.

After the race, stay around for the dance party - we will be handing out special prizes for Glow runners who are the brightest, most flashy, and most reflective!

Proceeds benefit recreation programs and Shaw Park improvements. Registration fee includes bib and glow in the dark necklace, and bracelet.



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Newsmakers, Names & Faces

Mainers Now Eligible for Free COVID-19 Tests

AUGUSTA, ME (August 1, 2022) — The Mills Administration announced today that Maine people may now reorder free COVID-19 test kits through Project Access COVID Tests (ACT), a partnership between the Maine Department of Health and Human Services (DHHS) and The Rockefeller Foundation that mails at-home tests directly to households throughout the state.

As of Monday, August 1, households in Maine that have already ordered two test kits through Project ACT are eligible to reorder one additional free kit of five rapid tests. The program has remained open for households to receive

COVID-19 test kits since its launch in January 2022.

“Our successful partnership with Project ACT improves access to free, convenient tests for Maine families, helping to limit the spread of COVID-19 and keep Maine communities safe and healthy,” said Health and Human Services Commissioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. “As families prepare for back to school this fall, it is a great time to once again visit AccessCOVIDTests.org and have tests on hand in case children get sick or come into contact with someone with COVID-19.”

Maine was one of

six states that participated in the pilot phase of Project ACT to increase access to testing in vulnerable communities. In February 2022, DHHS made the free tests available to all Maine households, regardless of zip code. Maine went on to become the first of the six pilot states to extend the pilot by ordering additional tests. As of August 1, 2022, Maine households have ordered 334,785 tests through Project ACT. Due to the success of Project ACT in Maine and other states, The Rockefeller Foundation recently announced that the program has been extended nationwide.

Any Maine resident can visit the Project ACT

website, AccessCovid-Tests.org, to place their order. No payment information is required — both the tests and shipping are free to residents — and the tests will be delivered through Amazon approximately one week after ordering. The tests require a quick swab inside each nostril, with results available within minutes. Any individual over the age of two can use the tests. As of July 8, 2022, the shelf-life of these rapid antigen tests has been extended from 6 to 12 months.

Maine residents can also order free tests through the national initiative at COVIDtests.gov. More information about accessing free, rapid, at-home tests can be found

on the COVID-19 Testing in Maine website.

In this phase of the COVID-19 pandemic, DHHS is focused on ensuring access to convenient at-home tests. In partnership with the U.S. Department of Health and Human Services, Maine DHHS distributed 1,044,466 at-home tests to schools in Maine in April and early May 2022. Additionally, DHHS has distributed nearly 120,000 Federally funded tests to child care facilities across the state to help limit the spread of COVID-19 while minimizing job disruptions for parents and employers.

Maine’s expansion of home testing capacity also complements PCR

and rapid tests provided at pharmacies and other sites. DHHS is continuing its partnership with Walgreens which administers BinaxNOW rapid tests at no cost to consumers.

Given this wide availability of testing and low demand at the 12 Swab and Send testing sites that remain in operation, DHHS will end its contracts with providers for Swab and Send testing effective Sept. 30, 2022. PCR testing will remain available at Walgreens locations and other commercial pharmacies. Consumers may be charged a fee.

More information about accessing COVID-19 testing can be found on the COVID-19 Testing in Maine website.

MEMIC Sends Heat Advisory to Policyholders

PORTLAND, ME (August 5, 2022) – The MEMIC Group, specialists in workforce safety, is offering simple steps policyholders and business owners should implement to avoid preventable, heat-related injuries.

With heat advisories issued in many areas of the country where

MEMIC insures businesses and their workers, everyone exposed to excessive heat needs to take precautions.

“Heat is a serious risk for workers at any business, but particularly for those with outdoor exposures, managers and supervisors need to have a heat illness prevention

program in place and, at a minimum, should be prepared to activate it when temperatures and heat index values are forecast to approach dangerous highs,” said Rod Stanley, regional director of Loss Control services for The MEMIC Group.

MEMIC is issuing guidance to its policyhold-

ers to follow OSHA guidelines on heat illness prevention, which should include:

- providing workers with water, rest, and shade;
- allowing new or returning workers to gradually increase workloads in order to acclimatize;
- planning for medical emergencies;
- training their employees on heat-related illness prevention.

In addition to company-specific guidance based on the nature of

the work and where their operations are located, MEMIC’s safety management consultants provide policyholders access to the latest information on outdoor safety in Safety Director, available only to MEMIC policyholders. Tips to insured businesses include:

Plan your day. If you can, avoid strenuous activity during the hottest parts of the day. If possible, secure a shady spot near your activity zone to take breaks in and limit time in

the direct sun.

Wear the right gear. Light colored, breathable fabrics and hats that shade your face and neck help keep you comfortable under the sun’s rays. To prevent eye damage, make sure your pair of sunglasses filters at least 90 percent of ultraviolet (UV) rays.

Apply sunscreen early and often. The benefits of regular sunscreen use are well-documented. Use a broad-spectrum sunscreen (protecting against UV-A and UV-B rays) with an SPF of at least 15. Apply liberally 30 minutes before going outside, and every two hours thereafter.

Stay hydrated. The Center for Disease Control recommends approximately one cup of water every 15 to 20 minutes. Alcohol, caffeine, and sugary drinks are not recommended, as

See MEMIC, page 5



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Newsmakers, Names & Faces

Gorham Town Manager's Office Weekly Report

GORHAM, ME (August 5, 2022) -- Citizen Volunteers Needed

The Town Council Appointments Committee is seeking citizen volunteers for the Robie Park Master Plan Steering Committee. Folks interested in applying to serve on this committee, can visit the Town Clerk's Office or visit https://www.gorhamme.org/sites/g/files/vyh1if4456/f/uploads/robie_park_steering_committee_application_0.pdf to download an application.

Completed applications can be submitted to the Town Clerk's Office during their regular business hours of 8am to 4pm - Monday through Wednesday, 8am to 6:30pm -Thursdays, and 8am to 1pm - Fridays, or via email to the Town Clerk Laurie Nordfors at lnordfors@gorham.me.us.

Applications should be submitted by September 1, 2022. For assistance with questions, please contact Laurie Nordfors at lnordfors@gorham.me.us or call 222- 1671.

L.D. 290 Property

Tax Stabilization Program Information

The Property Tax Stabilization for Senior Citizens, also known as the Property Tax Stabilization Program (the "Program"), is a State program that allows certain senior-citizen residents to stabilize, or freeze, the property taxes on their homestead. As long as you qualify and file a timely application each year, the tax billed to you for your homestead will be frozen at the amount you were billed in the prior tax year.

Eligible residents who move may transfer the fixed tax amount to a new homestead, even if that new homestead is in a different Maine municipality.

Who qualifies? To be eligible for the Program, an individual must meet all of the following as of April 1 of the property tax year for which they are requesting stabilization (so for applications due December 1, 2022, qualifications must be met as of April 1, 2023): 1) at least 65 years old, 2) a permanent resident of Maine, 3) have owned a

Maine homestead for at least ten years, and 4) be eligible for a homestead exemption on the property they are placing in the Program.

If your homestead is owned by more than one individual as joint tenants, only one owner needs to qualify for the Program to participate. There are no income or asset limitations to qualify.

Permanent resident: You must have established a permanent residence in Maine. "Permanent residence" means that place where an individual has a true, fixed, and permanent home and principal establishment to which the individual, whenever absent, has the intention of returning.

An individual may have only one permanent residence at a time and, once a permanent residence is established, that residence is presumed to continue until circumstances indicate otherwise.

Ten-year homestead: You must have owned a homestead in Maine for at least ten years. The ten-

year period does not have to be consecutive. A homestead means residential property that you occupy as your permanent residence. A homestead also includes property that is held in a revocable living trust for your benefit or property owned by a cooperative housing corporation if you occupy it as your permanent residence as a qualifying shareholder. It does not include real property used solely for commercial purposes.

Homestead exemption: You must be eligible to receive a homestead exemption on your home. The homestead exemption generally applies only to your permanent residence. Your property tax bill will usually show whether you are already receiving a homestead exemption. If you are unsure whether you qualify for a homestead exemption, contact your local assessor.

How do I apply to the Program? Applications are available at the Maine Revenue Services ("MRS") website at <https://www.maine.gov/revenue/sites/>

[maine.gov/revenue/files/inline-files/stabilization_app.pdf](https://www.maine.gov/revenue/files/inline-files/stabilization_app.pdf), or in the Town Clerk's Office during regular business hours of 8am to 4pm, Monday through Wednesday, 8am to 6:30pm - Thursdays, or 8am to 1pm - Fridays.

Folks can also call the Property Tax Division of MRS at (207) 624-5600 to request for an application to be mailed to them. Applications must be completed and submitted by December 1, with any required proof, to the Gorham Assessing Office (75 South Street, Suite 1, Gorham, ME 04038).

The Office will review and approve or deny your application.

Access the MRS Property Tax Stabilization Program Guide at https://www.maine.gov/revenue/sites/mainegovrevenue/files/inlinefiles/stabilization_guide_applicant.pdf.

How does the Program work? Once you have applied and are approved to participate in the Program, the property tax billed to you for the next tax year will be frozen at the

amount you were billed in the previous tax year. You must file a new application each year by December 1 in order to maintain that stabilized tax amount.

For example, if you apply by December 1, 2022 and qualify for the Program, the amount of tax billed to you for the April 1, 2023 tax year will be the same as the amount billed to you for the April 1, 2022 tax 3 year.

As long as you continue to qualify and to file timely annual renewal applications, the amount you are billed each subsequent year will be frozen at the amount billed for the April 1, 2022 tax year.

The State will reimburse your municipality for the difference between the amount billed to you and the tax that would otherwise be due.

For answers to frequently asked questions and access to an informative video, please visit <https://www.gorham-me.org/home/news/ld-290-property-tax-stabilization-program-information>.

Report: Opioid Use & Barriers to Treatment Access in Rural Maine

PORTLAND, ME (August 3, 2022) —

Rural practitioners and community stakeholders say opioid use disorder (OUD) has increased during the COVID-19 pandemic, but access to treatment with medications for OUD (MOUD; e.g., buprenorphine, methadone) has not. Rural Maine continues to grapple with barriers to OUD treatment, and a new report provides much-needed insight into the problem.

The Maine Baseline Needs Assessment: Rural Practitioners and Stakeholders Report presents results from a statewide needs assessment of healthcare practitioners and community stakeholders working in rural Maine, conducted by the University of Vermont Center on Rural Addiction (UVM CORA) and the Catherine Cutler Institute's (CCI) Substance Use Research &

Evaluation (SURE) Unit at the University of Southern Maine (USM).

Designed to identify substance use disorder treatment needs and barriers, the Maine baseline needs assessment received responses from 174 healthcare practitioners and 141 community stakeholders working in rural areas throughout the state.

Needs assessment respondents reported that the primary barriers to patients accessing OUD treatment are lack of time, transportation, housing, and other supports. One practitioner who currently treats patients with MOUD remarked that, "transportation is a huge issue; we have no reliable public transport."

Most practitioners agreed that MOUD are the most effective way to treat people with OUD. However, only half of practitioners and just one-in-five

stakeholders reported that people in their communities have adequate access to effective substance use treatment. One practitioner who is not currently treating patients with MOUD noted that "more providers, including nurse practitioners, [are needed] to be able to prescribe these medications for OUD." Additionally, a community stakeholder noted that "waitlists are long, and we lose many people during the short window after they decide to enter recovery."

Rural practitioners identified time and staffing constraints as well as concerns about medication diversion as their top barriers to treating and retaining patients with OUD. One practitioner who currently treats patients with MOUD noted that "more provid-

ers [are] needed to expand capacity to take on more patients," and that "more support staff [are needed]."

A community stakeholder shared that we need to "get boots on the ground and do outreach to the areas we

know are hardest hit," as well as to "address stigma." While rural Maine practitioners

See **Opioid**, page 14

Please help us in welcoming Fran Gagne to the Champoux Insurance Agency family.

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Fran's clients look to her for her thoroughness and detail-oriented work habits. Fran's belief is her customers always come first.

In her free time, Fran enjoys spending time with her family & friends and her pride & joy is her grandson, Caiden.



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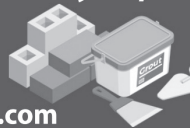
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Seniors Not Acting Their Age

Kayaking the Lower Cathance River

Guest Column by Ron Chase

The Cathance River in my hometown of Topsham provides a host of recreational opportunities. The upper sector offers easy flatwater paddling. In the middle is one of the finest coastal whitewater creek runs in Maine, rated Class III/IV in difficulty by the American Whitewater Association. Below a waterfall at head of tide, several miles of forested wetlands follow to Merrymeeting Bay. There are hiking trails along its banks and fishing and bird watching are popular activities.

The Cathance has a rich history. Early Native Americans lived in settlements along the river and used it for transportation. Cathance or "Kathanis" probably meant "crooked" in the Abenaki language. As anyone who has paddled the river can attest, the name is appropriate as it roams circuitously throughout its 16.4 mile course. In 1715, European settlers built the first sawmill in Maine at the waterfall at head of tide, and it continued to operate well into the 20th Century. In recent years, the Brunswick-Topsham Land Trust partnered with the Town of Topsham to purchase and create Head of Tide Park next to the waterfall.

In the almost thirty years that my wife, Nancy, and I have lived in Topsham, we had never paddled the lower tidal sector of the Cathance. Both senior citizens, rectifying that omission was overdue. Only a Facebook message was required to convince our retired friends, Diane and John Stokinger, to join us. Since there are boat launch facilities at Head of Tide Park and Maily Waterfront Park downriver in Bowdoinham, they were the obvious locations to begin and end our voyage.

Strong tidal currents are a factor when planning a paddle on lower Cathance. The tide was scheduled to rise for most of the day we chose for our excursion. Unlike prehistoric Native Americans, we had the option of selecting our direction of travel. Riding the tide upriver from Bowdoinham and finishing at Head of Tide Park was preferable. Ending at Head of Tide Park did have a disadvantage; a steep carry was required next to the waterfall.

Head of Tide Park is an outstanding facility. There is adequate parking, covered picnic tables, and a public toilet. Our inspection of the hand-carry boat launch was encouraging; convenient metal stairs led up from the water.

We left a vehicle at the park and drove to Bowdoinham to launch. Flat water kayaks were our boats of choice; however, canoes or sea kayaks would also be suitable.

Maily Waterfront Park is a substantial boat landing with spacious parking and a quality boat ramp. Unlike the narrow forested river we left in Topsham, the river in Bowdoinham is wide and the shore grassy. The Cathance is one of six rivers that merge to form Merrymeeting Bay which is a short distance downriver from Maily Waterfront Park.

The weather was hot and sunny when we embarked traveling southwesterly with a gentle headwind. From the outset, it was apparent the tide was giving us a strong push. After passing under the Route 24 Bridge, signs of civilization quickly diminished. The shoreline was largely undeveloped for the remainder of the trip.

Signs of wildlife were sighted throughout our tour. We saw many species of birds but ospreys were most plentiful. Multitudes of these colorful fish hawks live along the river where their sturdy nests are built high above the water. Their high-pitched screams warned us we were unwell-



A kayaker begins a paddle on the Cathance River in Bowdoinham

come intruders in their domain.

As we progressed, the character of the river changed. It narrowed and the wide grassy areas were gradually replaced by steep forested banks.

After a few miles of easy paddling, we came upon some exposed ledges protruding out into the water that provided the perfect location to stop for lunch. While studying my map, I realized we had completed most of the journey. The tide had propelled us along at a much faster pace than we realized.

Around the bend, we passed under a towering train trestle and soon arrived at the foot of the scenic waterfall at Head of Tide Park. John measured the distance of our excursion to be 4.85 miles on his GPS. The carry up the stairs was easier than anticipated. Our day on the river was a delight we'll repeat.

Read about exciting whitewater exploits on the middle sector of the Cathance in my book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at <https://www.northcountrypress.com/maine-al-fresco.html> or in bookstores and through online distributors. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

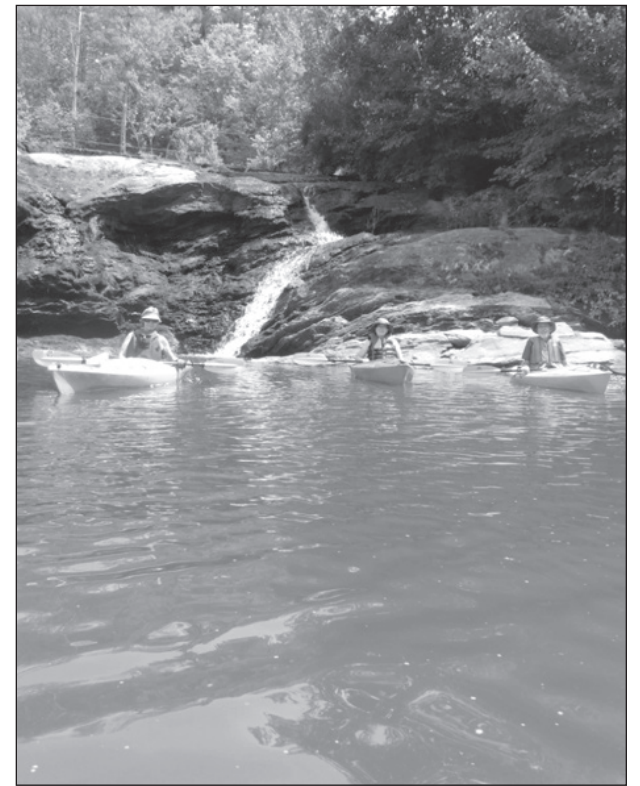
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The river narrows as kayakers progress up the Cathance River



Three kayakers pass under a tall trestle on the Cathance River



Very little water passes over the falls at Head of Tide Park due to the drought

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Maine DHHS Launches 988 Suicide and Crisis Lifeline

AUGUSTA, ME (July 20, 2022)— The Maine Department of Health and Human Services (DHHS) announced today the launch of the 988 Suicide and Crisis Lifeline, a new three-digit dialing code available nationwide as an easy-to-remember connection to help for anyone experiencing a suicidal or mental health crisis.

The 988 Lifeline went live in Maine on Saturday, July 16, as planned, after more than a year of preparation by DHHS and a stakeholder coalition including partners from crisis services, 911, EMS, and law enforcement. The 988 Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors. Individuals can also dial 988 if they are worried about a loved one who may need crisis support.

Nationally, 988 is the new three-digit dialing code connecting people to the existing National Suicide Prevention Lifeline (1-800-273-TALK). In Maine, calls to the National Suicide Prevention Lifeline have been routed to the existing Maine Crisis Line since 2018. With Saturday's launch of 988, the process remains the same -- only the number is changing. Maine people who call 988 are routed through the Lifeline network based on their area code and connected to a trained crisis specialist at the Maine Crisis Line. Specialists provide therapeutic support and assessment in the moment, and connection to community-based resources such as one of Maine's regional mobile crisis teams. All

988 callers in Maine continue to be served by local providers.

"The 988 Lifeline represents a new, easily accessible front door for Maine's statewide crisis services," said DHHS Commissioner Jeanne Lambrew. "We encourage anyone experiencing a mental health crisis or those with concerns about a loved one to dial 988 for compassionate, expert help and a connection to support in their community."

The Maine Crisis Line is administered by DHHS and managed by The Opportunity Alliance of South Portland.

"The Opportunity Alliance is thrilled to have additional, easy to access support available for Mainers experiencing a mental health crisis," said Joseph Everett, President and CEO of The Opportunity Alliance. "The compassionate and talented staff at The Maine Crisis Line have been answering the calls of Mainers in crisis for six years, and they will continue to provide dedicated, expert care and support to those who need us most."

"The launch of 988 in Maine opens doors to hope and support for the 1 in 4 Mainers who are struggling with a mental health challenge, marking an important step in transforming access to appropriate services within their communities," said Hannah Longley, Senior Clinical Director of Community Programs at NAMI Maine. "As with physical health emergencies, it is our hope that 988 will save lives by providing critical emergency services for mental health and suicidal crises. We look forward to continuing conversations

to further normalize and streamline these services."

As an additional access point to Maine's crisis system, the 988 Lifeline serves as an alternative to dialing 911 for people who are experiencing emotional distress, thoughts of suicide, or a mental health crisis. People in need can receive immediate support from trained mental health specialists, while avoiding unnecessary law enforcement involvement. Currently, Maine Crisis Line staff are able to resolve 83 percent of the of the nearly 10,000 calls a month they receive on average on the phone, with no further intervention necessary.

"Implementing the 988 line in the State of Maine is another reminder that mental health is equally as important as physical health," said Maine EMS Director Sam Hurlley. "Maine EMS continues to work hand-in-hand with colleagues at DHHS and around the state to ensure that all patients receive the right care at the right time, no matter their emergency. As the 988 system continues to evolve, we will see even further alignment with this mission in ensuring that all patients receive the highest quality care from a well-trained expert as safely as possible."

The Maine Crisis Line will continue to answer calls, texts and chats to the current 10-digit number (1-888-568-1112) and calls to the National Suicide Prevention Lifeline number (1-800-273-TALK), as well as answer calls to the 988 Line. Texts and chats to 988 continue to be handled by the national Lifeline support center. Regardless of which number individuals dial, calls are answered

24/7 with free, confidential help and support for non-English speaking and deaf or hard of hearing callers.

In the short term, the launch of 988 is key to expanding Maine's Lifeline call center infrastructure and capacity. Over the longer term, DHHS is working to bolster a crisis response system continuum linking anyone in crisis to community-based providers who can deliver a full range of crisis care services.

The 988 implementation is part of the Department's broader work with partners throughout the state to strengthen the behavioral health system, including support for Maine people struggling with a mental health crisis. With support from the Governor and Legislature, the Department is investing more than \$230 million in state and federal funds over the 2022-23 biennium in the provider workforce and improving access to evidence-based behavioral health services. This includes investing in the state's first Crisis Receiving Center and strengthening mobile crisis and crisis residential services across the state.

MEMIC

Continued from page 2

they dehydrate your body.

Assess regularly. If you can, take the time to rest in the shade for a few minutes every hour and monitor yourself for signs of overexposure and dehydration. If you're feeling dizzy, nauseated, or extremely fatigued, head indoors or into the shade. Muscle pain or spasms may indicate dehydration or low salt levels. Don't ignore these warning signals. Overextending yourself can be a serious health risk.

Here are some of the more serious heat disorders:

Heat rash is the most common problem in hot environments and produces blister-like raised bumps on the skin that may itch or be painful to the touch. Treatment includes limiting time in the heat, keeping the skin dry, and showering promptly after being in the heat.

Heat cramps are painful muscle spasms that occur in the leg, arm, or abdomen. The cramps occur from extended physical activity in a hot environment and are one of the first signs of dehydration. Rest, drink water and electrolyte liquids such as Gatorade, eat salty crackers to increase salt intake, and try chewing on ice chips to cool down.

Heat exhaustion, a

combination of excessive heat and dehydration, can lead to heat stroke if left untreated. Symptoms include headache, nausea, dizziness and/or fainting, weakness, heavy sweating, thirst, moist-clammy skin, and elevated body temperature. People in this condition should be moved to a cool shaded area. Cool them with water or cold compresses to the head, neck, and face. Have them drink water and electrolyte liquids. If they cannot drink or become lethargic, call 911. Make sure someone stays with them until help arrives.

Heat stroke is the most serious, and potentially fatal, heat-related illness. Symptoms include hot dry skin (sweating may or may not be present), red-bluish skin, rapid pulse, confusion, loss of consciousness, seizures/convulsions, very high body temperature. Call 911 immediately. Soak clothing and skin in cool water and use a fan to create air movement. Make sure someone stays with the worker until help arrives.

"Heat-related illness and injuries are serious threats to workers," Stanley said. "But they're also fully preventable. Our guidance to businesses is have a plan, monitor staff frequently, and provide quick treatment if heat stress-related symptoms develop."

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Arts & Entertainment

WinterKids Announces Downhill 24 Outdoor Fund

WESTBROOK, ME (August 1, 2022) – WinterKids is giving away \$25,000 to organizations working to get kids outside and active more often! In honor of the 10-year anniversary of the WinterKids Downhill 24, WinterKids created the Downhill 24 Outdoor Fund to help get even more kids outside and active across Maine and beyond. This fund will help to address the barriers to healthy outdoor activity, including but not limited to equipment, clothing, and transportation.

For the inaugural year

of the WinterKids Downhill 24 Outdoor Fund, WinterKids is granting \$25,000 to 4 organizations to help get kids outside and active more often. Winning organizations will be determined by community vote. The top vote-getting nonprofit organization, school, or recreational program will receive \$10,000, with runner-up grants awarded to the next three organizations at \$5,000 each.

Funds must be used to get more kids outside and active more often. Preference is given to organiza-



tion that pitch a plan to do this in the winter season. WinterKids reached upwards of 50,000 kids and teachers last year – and plans to do the same in the coming year. This Fund will help additional kids with unique ways to get

them outside.

“We are thrilled to be able to support like-minded organizations working to make our kids more active in the outdoors,” says Julie Mulkern, Executive Director. “The Downhill 24 Outdoor Fund is a direct result

of the incredible fundraising our participants do each year to support WinterKids programs and strategic priorities in the community,” says Mulkern. “Each year, we will use the Downhill 24 Outdoor Fund to break down barriers to outdoor activity – including transportation, equipment, and clothing to name a few.”

Applications are open on the WinterKids website from August 1 – August 15, 2022. The community voting period is September 1 – September 30, 2022 with winning organizations announced on October 11,

2022. For further information and eligibility guidelines, please visit www.winterkids.org.

WinterKids is the non-profit organization helping kids to develop healthy lifelong habits through education and fun, outdoor winter activity. Our Major Community Sponsor is L.L.Bean. Our Supporting Sponsors are Agren, Central Maine Power, Harvard Pilgrim Health Care, WEX, and WMTW Channel 8 and The CW. For more information on our programs, please visit WinterKids.org and our social channels.

UMaine Extension offers Master Gardener Training, Programs

ORONO, ME (August 4, 2022) — University of Maine Cooperative Extension is accepting applications for its Master Gardener Volunteers training program that begins Oct. 24.

The 2022 Master Gardener Volunteer training includes self-paced online learning modules along with live virtual sessions with horticultural experts from across the state. Designed to train volunteers for horticulture and food system-related community service projects, topics include vegetable and fruit production; plants for the Maine landscape; soil health and

composting; pesticide safety; and food security. Participants will be expected to volunteer at least 40 hours on a community project to complete certification. Applications for the 2022 program are due Sept. 1.

In addition, two new training programs are available to access in-depth horticulture knowledge. The Maine Horticulture Apprentice Training is designed to supply learners with a foundational horticulture education suitable for skilled entry-level positions in the horticulture industry and requires completion of a 200-hour



Kristen Hill of Falmouth, left, and Pam Lanz of Gorham help with gleanings at a local farm. Image courtesy of University of Maine Cooperative Extension.

industry apprenticeship. The Maine Gardener Training is designed to supply learners with a horticulture education and skills for use in their personal garden without the volunteer component in the Master Gardener Volunteer training program. Enrollment for these courses opens Sept. 28.

All course fees have sliding scale options. Program schedules and more details are available on the program webpage. For more information or to request a reasonable accommodation, contact 207.581.3188; extension. mastergardeners@maine.edu.

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Special Section
Pages 7-10

Balloon Ride Information



Balloon rides are available for 6 launches throughout the week-end. Morning flights launch at 6 a.m. and evening flights lift off at 6 p.m. All balloon rides are free-flying and go where

the wind takes them. Balloons range in size—from 2 to 10 passengers. Whatever the size of your group, we can find a balloon to fit your needs. At the end of each balloon ride, there will be a champagne toast

to celebrate your adventure.

The earlier you book, the better the selection.

Availability

Friday, August 19, 2022 (morning *limited availability* and evening

launch); Saturday, August 20, 2022 (morning and evening launch); Sunday, August 21, 2022 (morning and evening launch)

Cost

\$225/person. All purchases must be prepaid with either a check or a credit card, we can also send you an invoice via email after you send in your form where you can pay securely online. (see Ride Application).

Passenger Ride Application Form

Hot air balloon rides during the 2022 season are getting full. To confirm there are openings or to be placed on a stand-by list, please email rides@GreatFallsBalloonFestival.org

Ticket Delivery

All tickets will be mailed out prior to Monday, August 15, 2022. If tickets are purchased on or after August 15, 2022, tickets will be available on the day of your flight. Please refer to your email confirmation for time, lo-

cation and pick up information.

If traveling and you have not received your tickets in the mail, replacements will be issued during flight registration per your confirmation email.

Questions?

Contact: Rides@GreatFallsBalloonFestival.org

We hope to see you at the festival and that you will join in on the fun and excitement of taking a hot air balloon ride!

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Directions and Parking

Directions

The main launch site for the festival is Simard-Payne Memorial Park (formerly Railroad Park), off Oxford Street in Lewiston.

From Points North

Take the Maine Turnpike (I-95) to Exit 80, Lewiston. At the light, turn left and follow ME-196 W/Lisbon Street downtown (about 2.5 mi.). At the intersection of Lisbon Street and Main, turn left. At the next light, turn left onto Lincoln Street. Simard-Payne Memorial Park is located off Oxford Street, one block over from Lincoln.

From Points South

Take the Maine Turnpike (I-95) to Exit 75, Auburn. At the light, turn left and follow US-202/ME-4/ME-100/Auburn (Washington Street and Minot Avenue) for about 4.75 mi., to the intersection with Court Street. Turn right onto Court Street. Cross the bridge into Lewiston. Take the first right onto Lincoln Street. Simard-Payne Memorial Park is located off Oxford Street, one block over from Lincoln.

Parking

Ample parking is available in the downtown area and in several lots adjacent to the festival grounds. Many non-profit

organizations will be raising money for their organizations by offering parking for a donation. This parking will be located around the Bates Mill and along Lincoln Street in Lewiston. The City of Lewiston is graciously donating the use of these areas to the non-profit organizations. This does not include the parking lot across from the Franco Center on Oxford St.

Handicap parking is available just over the bridge, inside the main gate to Simard-Payne Memorial Park. The Auburn Municipal Parking Garage also has many handicap spaces.

Beneficiaries



Many nonprofit organizations participate in the festival, giving their time and energy to raise money for their cause. Whether they are volunteering in one of our food booths or taking donations at a parking garage, their dedication

is a tribute to the volunteer spirit that lives within our community. The festival was established to support these types of groups and your support is greatly appreciated.

Organizations that will benefit from the 2022

- festival include ...
- LHS Performing Arts
 - Booster Assoc.
 - Evening Star Lodge
 - Lewiston/Auburn
 - Rotary Club
 - Liberty Festival
 - ELHS Field Hockey
 - Cumberland Lodge
 - New England Showman's Scholarship Fund
 - St. Dominic Academy
 - KORA Cycle Corp
 - Rabboni Lodge #150
 - ELHS Grandstand Club
 - Angels Wings
 - Age Friendly Committee
 - Auburn Wreckers
 - Cheering
 - Ascentria Care Alliance
 - LHS Swim Team
 - LHS Softball
 - EL Boys Basketball
 - Calvary United Methodist Church
 - Maine DeMolay
 - Rainbow Organization for Girls
 - Family for ME
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 - Cedarcrest Center for Children with Disabilities
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 - Kora Shriners

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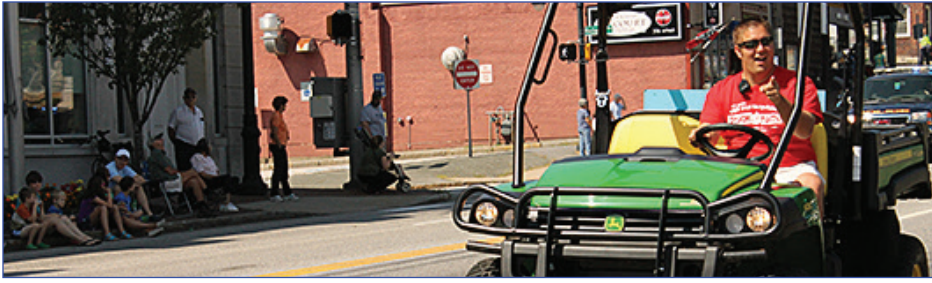
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Get Involved!



Fly your balloon with us!

Are you interested in flying your hot air balloon at The Great Falls Balloon Festival? We are always excited to speak with and welcome new pilots to the festival. Flying at the Great Falls Balloon Festival includes tons of benefits including lodging, food, gift packs, and more.

Want to fly at this year's festival? Fill out this form at <https://greatfallsballoonfestival.org/fly-with-us/> and we will reach out.

Participate in the photo contest!

First, second, and third place will receive a Souvenirs Swag Bag at the 2021 Great Falls Balloon Festival

Volunteer!

Are you interested in volunteering at The Great Falls Balloon Festival? The success of the festival is dependent upon the skills and time of our countless volunteers. We are looking for volunteers in these areas:

- Balloon Crew
- Crowd Support
- Bridge/Gate Support
- Souvenir Booth
- Welcome/Greeter at Entrances
- Pancake Breakfast
- Parade Support
- Family Fun Day
- Committee Member
- Runner/Festival Support
- Logistics
- Balloon Ride Assistant

And much more!
 Volunteer Requirements: All volunteers must meet all these requirements:
 Volunteer must be

over the age of 16, 18 for balloon crew; Volunteer must not bring children, for their safety; Volunteers who are working one of the gates or crowd control must wear a safety vest which will be provided; Balloon crew members should report to Simard-Payne Memorial Park at 5:30 am for morning launches and 5 pm for evening launches; Potential balloon crew volunteers are asked to please take into consideration that some of the balloon equipment is heavy; All volunteers must be respectful to all guests

Want to get involved in this year's festival?

Fill out this form or email volunteer@greatfallsballoonfestival.org and we will reach out closer to the festival.

Join us at the parade!

Please join us on Saturday, August 20, 2022, at

11 a.m. for the festival parade!

The parade will line up on Elm Street, Auburn, proceeding down Elm Street. It will turn left onto Main Street, right onto Court Street and across the Longley Bridge. It will then turn right onto Lincoln Street, and then a right onto Chestnut Street and disperse on Oxford Street. The parade will last approximately 2 hours.

Sponsor us!

Thank you for your interest in becoming a sponsor of the 28th annual Great Falls Balloon Festival.

In 1992, a group of business people, civic leaders and friends began discussing new ways to celebrate our community, while at the same time providing fundraising opportunities to local non-profits and civic groups. With the help of local businesses, an army

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www.GreatFallsBalloonFestival.org

of volunteers and the cooperative efforts of the cities of Lewiston and Auburn, the Great Falls Balloon Festival has become more than anyone could have imagined.

The festival now reaches well beyond the great community of Lewiston/Auburn—it enjoys a national reputation as a first-class event and is a destination for many visitors to the state of Maine.

The sight of dozens of hot air balloons in the skies over Lewiston/Auburn is a spectacular experience. With free admission, annual attendance above 100,000, financial impact in excess of \$2,000,000 and hundreds of thousands of dollars raised by participating non-profit groups,



it's easy to see why our community eagerly anticipates the festival.

Like any business or event, cash flow is the most difficult task to manage. Support from local businesses enables continued growth and free attendance for festival visitors. If you are unable to make a cash donation, please consider a contribution of goods or

services. In either case, your generosity is greatly appreciated.

Download our complete sponsorship guide at <https://greatfallsballoonfestival.org/sponsor-us/> for more details about sponsoring the festival.

Thank you for your support! Questions? sponsorship@greatfallsballoonfestival.org

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Guest Guide

The first impression that comes to mind when we see hot air balloons is the free spirit and grace of floating where ever the wind decides to take you. But there is much more to a hot air balloon launch and flight than just riding the wind.

Hot air balloons are considered aircraft and are regulated by the Federal Aviation Administration (FAA) just as fixed-wing aircraft are. Hot air balloon pilots must pass a yearly in-flight certification to maintain his or her license as a commercial pilot. The Great Falls Balloon only invites pilots who have met these qualifications.

The balloons themselves must pass a yearly safety inspection which

includes testing the fabric of the balloon, fuel system, integrity of the basket, burners, and all other related equipment before the balloon receives its annual airworthiness certificate to fly.

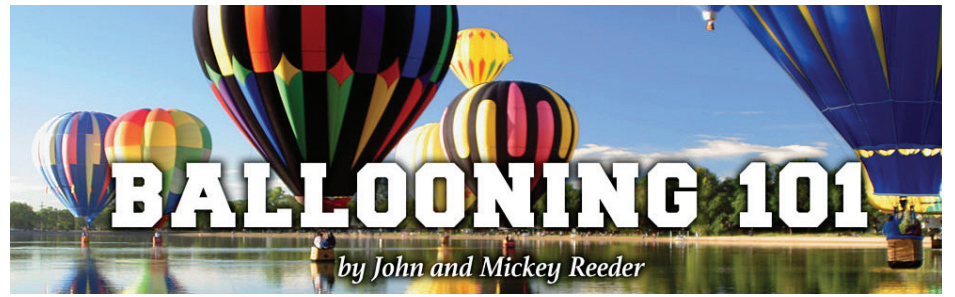
Unlike fixed-wing aircraft, a hot air balloon is dependent upon fair weather. Ideal conditions are calm winds below 8 mph and cool temperatures. Since wind and heat come with the sun, the ideal time for a balloon to fly is early in the morning before the sun gets too high in the sky and in the early evening as the sun begins to descend. The exception to this rule would be winter-time flying when the sun is less intense.

To inflate the bal-

loon, pilots use inflation fans to fill the balloon with outside air. This process is called cold packing. When the balloon is inflated enough the pilot uses his burner to heat the inside air to approximately one hundred degrees warmer than the outside temperature. This is when the balloon takes shape and is ready to fly on a new adventure.

It is the heat inside the balloon that makes the balloon rise. If the outside air temperature is too high, the pilot would need to add more heat to the balloon to compensate. High heat can cause damage to the fabric of the balloon. This is why balloons rarely fly in the heat of the day.

Hot air balloon pi-



lots are always aware of the weather and the function of their equipment. The safety of the people in the basket is a top priority for the pilots always have the final say in whether the conditions are right for them to fly.

The experience that our visitors get at the Great Falls Balloon Festival is rare in the ballooning world. At most festivals, spectators are not allowed in the area where balloons are launching.

However, this up-close-and-personal venue also poses some challenges. Our main launch site is small. Our visiting balloons are huge. Our visitors are smitten. But our pilots and crews need space. A lot of it. They also need to be able to see and hear each other to keep themselves and everyone else on the field safe.

Maintaining a safe environment is a top priority, and it is crucial to the future of the festival.

Below are some things to keep in mind when visiting the festival:

THE BIG 4:

Don't Smoke. Our visiting balloons carry tanks full of propane gas. Due to the obvious fire hazard created by the use of propane gas, as well as the risk of damage to the balloon envelopes, smoking is prohibited.

Don't bring your dog. Or your cat, or bird, or snake. With the exception of service animals, NO PETS of any kind are allowed on festival grounds.

Don't bring your wheels. This includes bikes, skateboards, scooters, roller skates, and unicycles. The level of foot traffic on the walkway around the park is very high, especially at launch time.

Don't drink. No alcohol is allowed on festival grounds.

LAUNCH TIMES AND SITES

Launches are scheduled for 6 am and 6 pm throughout the weekend and are always weather permitting. This includes wind and clouds as well as more obvious conditions like rain and lightning.

In the event of questionable conditions, Our Balloonmeister will wait as long as they can in hopes of a turn for the better. However, a launch decision may be delayed by up to an hour if weather conditions are changing. Ideally, the balloons will launch by 6:45 p.m. This time frame provides a fair ride for our passengers and gets everyone back on the ground before we run out of daylight.

Simard-Payne Memorial Park in Lewiston is our main launch site. Additional launch sites may be added if needed.

SPECIAL SHAPE BALLOONS

Specials fly only in the morning. At our evening launches, the special shape balloons will inflate and stay at the field to glow for the crowd. They are large, complex, and hard to pack up in the dark.

MOONGLOW

This ground-level light show is a crowd favorite! Following the Friday evening launch, some of our visiting balloons will return to the field, inflate and light their burners for a ground-level light show, weather permitting.

ATM

There is an ATM available at Simard-Payne Memorial Park, near the Information/Souvenir Booth.

We are a proud sponsor of the Great Falls Balloon Festival!

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Westbrook-Gorham Rotary Donates to VA, Seeks Donations



PORTLAND, ME (August 4, 2022) -- The Westbrook-Gorham Rotary made our August delivery of items to the Veterans administration center in Portland this morning! Carlo Giraulo and the Am-

bassador team were extremely happy to receive it, and we are happy to help!!

You can be part of the next delivery by messaging us for item pickup or donating through our secure

link which can be found on the Westbrook-Gorham Rotary Facebook page.

This VA Clinic serves veterans from all over southern Maine. Please consider making a donation today.

Follow us on Facebook!
Don't miss our weekly giveaways!

Nomination Papers Now Available for 2022 Municipal Election

GORHAM, ME (August 2, 2022) -- A Municipal election will be held on Tuesday, November 8, 2022 for the purpose of electing:

Three (3) persons for Town Council to serve a three-year term; Two (2) persons for School Committee to serve a three-year term; One (1) person

for Portland Water District Trustee to serve a five-year term.

Nomination papers are available from the Town Clerk's Office now. Completed nomination papers must be submitted to the Town Clerk's Office by 4pm on Wednesday, September 7, 2022.

Any registered voter

of the Town of Gorham, who is interested in running for any of these positions must submit nomination papers with no less than 35, and no more than 50 signatures of persons who are registered voters in the Town of Gorham.

Please reach out to the Town Clerk's Office at 222-1670 with any questions.

Westbrook-Gorham Rotary Promotes Literacy at Rock Row

WE CAN'T WAIT TO SEE YOU AT THIS ROCK ROW FREE EVENT
WG Rotary is excited to be involved, promoting children's literacy with some fun activities for kids and great information for adults. Come find us and say hello!



ROCK ROW GET TO KNOW



WEDNESDAY, AUGUST 17 - 4:30 - 6:30

TOGETHER WITH THE CITY OF WESTBROOK AND OTHER LOCAL ORGANIZATIONS WE CELEBRATE THE WESTBROOK COMMUNITY! COME JOIN US FOR AN AFTERNOON OF FAMILY FUN! ADMISSION TO THIS EVENT IS FREE!

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WESTBROOK, ME (August 5, 2022) --

Have you heard about the Rock Row event coming up Wednesday, August 17 from 4:30-6:30 PM? It's FREE and Westbrook-Gorham Rotary is excited to be one of the organizations participating. We'll have a booth with a fun activity for the kids, some fun, and lots of great information for adults. Come find us!

Promoting literacy is one of the core things we do as members of Westbrook-Gorham Rotary. We're excited that we will have the opportunity to do just that with some fun activities for children and the opportunity to win books in our coloring contest. Stop by our booth at the Rock Row free event to say hello. www.wgrotary.org

GORHAM LITTLE LEAGUE Field Funding Campaign



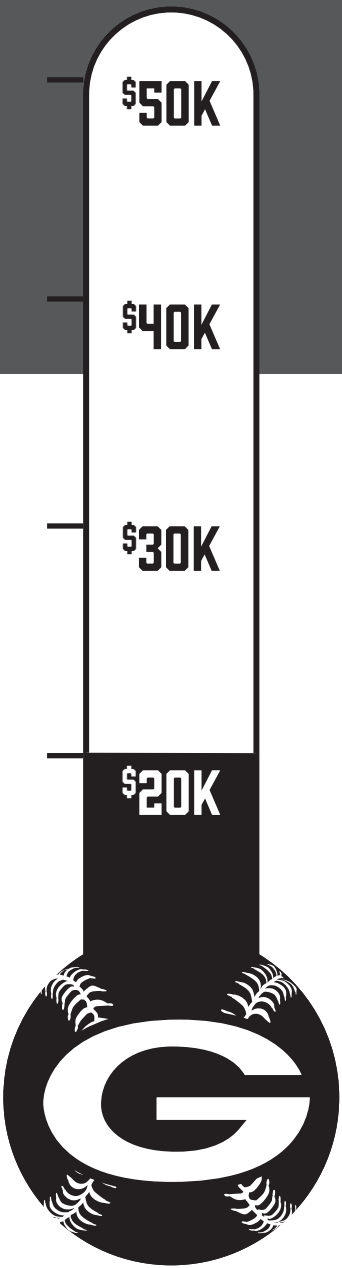
The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- 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


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Sen. Nate Libby Shares New Mental Health Crisis Resource



988

STARTING JULY 16, 2022, YOU CAN CALL OR TEXT THIS NUMBER IF YOU ARE EXPERIENCING A MENTAL HEALTH CRISIS AND/OR SUICIDAL THOUGHTS.

YOU'LL REACH A TRAINED CRISIS COUNSELOR WHO WILL BE ABLE TO PROVIDE FREE, CONFIDENTIAL SUPPORT.



Guest Column by Sen. Nate Libby
AUGUSTA, ME (August 2, 2022) -- Everyone knows that when

you have a medical emergency, you dial 911. No matter where you are in the country, dialing this easy-to-remember num-

ber will connect you with a trained dispatcher to get you help, fast.

Now, there is a similar number specifically for those in a mental health crisis. You can now call 988 and be connected with trained counselors who are part of the existing National Suicide Prevention Lifeline network. These trained counselors will listen, provide support, and connect you with other resources if necessary.

Just like 911, I'm confident 988 will ultimately save lives. Mental health is part of our overall health. By addressing this in a serious way, we're helping people survive and recover.

Researchers Awarded \$600K NSF Grant for Glacier Research

MAINE (July 20, 2022) -- The National Science Foundation (NSF) awarded \$601,729 to Aaron Putnam, associate professor at the School of Earth and Climate Sciences; Brenda Hall, professor at the School of Earth and Climate Sciences and Climate Change Institute; and Katherine Allen, assistant professor at the School of Earth and Climate Sciences, for research looking at how glaciers' seasonal fluctuations may have caused drastic climate changes.

The period of rapid transition from full-glacial conditions to warmer interglacial conditions at the end of the last ice age featured drastic climate changes in the North Atlantic region, the origins of which are still a matter of debate. It is generally thought that these climate changes involved large fluxes of glacial icebergs and meltwater interfering with the circulation of the North Atlantic Ocean. However, the North Atlantic region paradoxically appears to have been at its coldest during periods of increased glacial melt.

One hypothesis, developed by UMaine professor George Denton, suggests that these rapid transitions were highly seasonal in nature, with summertime warming driving glacial melt that formed a freshwater lid over the North Atlantic that could freeze over every winter and lead to dramatic coolings during the winter season. Understanding how winters and summers evolved is therefore important for diagnosing the causes of abrupt climate change — and understanding how the North Atlantic seasonal cycle responds to enhanced summer warming and glacial melt today.

"Glaciers are incredibly sensitive, purely physical monitors of the temperature of the atmosphere. By studying their history imprinted on the landscape



and captured in offshore sediments in the Gulf of Maine, we can gain unique insights into the abrupt climate events that punctuated the last great global warming that ended the ice age" Putnam says.

The team's project, entitled "P2C2: Collaborative Research: The Role of Seasonality in Abrupt Climate Change — a Test by Reconstructing Fluctuations of a Late-Glacial Ice Mass in Eastern North America," will look at whether the summertime warming that caused glaciers to recede and melt into the Atlantic Ocean set in motion a chain of events that led to bitterly cold winters soon after.

To do so, Putnam and his team of researchers will track the retreat of a glacial ice mass that was once in northwestern Maine through geological dating of glacial landforms, called moraines, that formed alongside the receding ice front. Together with collaborator Thomas Lowell from the University of Cincinnati they will employ isotopic methods, known as beryllium-10 surface-exposure dating and radiocarbon dating, to develop a chronology of ice retreat in north-central Maine. They will also use marine geochemistry to understand when and how glacial melt impacted the Gulf of Maine. With this two-pronged approach, the scientists hope to determine whether the ice cap melted and introduced freshwater into the Gulf of Maine during the iconic winter-centric cold snaps of the last termination. If the team's observations align with predictions, it would dovetail with the pattern of surface-freshening previously found in

North Atlantic ocean sediments — and support the seasonality hypothesis of abrupt climate change.

"Microfossils preserved on the seafloor are the key to unlocking ocean history during this pivotal event. Our team will explore land-sea connections by comparing clues from the Gulf of Maine and clues from the land, providing a new view that synthesizes both terrestrial and marine perspectives," Allen says.

Ultimately, in collaboration with climate scientist Joellen Russell at the University of Arizona, the study aims to provide a data-model test of the seasonality hypothesis for abrupt climate change, and to further the understanding of the history of global glacial patterns. The project will provide field-based training and education for emerging scientists. The researchers will also work closely with the Baxter Park Authority on informing the public about the glacial and climatic history of the region and its greater global context by developing a 3D-printed educational landscape model and an informative smartphone app that can be used throughout the park.

"The landscape of Maine tells a fascinating tale of how glacial ice behaved as the last ice age was coming to an end. We hope to work with our colleagues at Baxter State Park to make this remarkable glacial history accessible to the general public," Putnam says.

The award starts Sept. 1, 2022. The full award for the project, including funds awarded to collaborators — Lowell at the University of Cincinnati and Russell at the University of Arizona, totals nearly \$1 million.

MCD e-Learning Team Partners with OUT Maine

HALLOWELL, ME (June 17, 2022) -- MCD Public Health (MCD) has been working with OUT Maine, a Maine nonprofit working to make communities more welcoming, affirming, and inclusive for Maine's lesbian, gay, bisexual, transgender, non-binary, or questioning (LGBTQ+) youth. Since late 2021, the MCD e-Learning team has been helping to convert several of OUT Maine's in-person trainings to online, interactive, and self-paced trainings.

"As a small organization that has exclusively done in-person trainings before the pandemic, we, like many others, had to learn new ways of teaching quickly. MCDPH has expanded our educational program beyond what we previously knew was possible by having the skills and resources to quickly transform our programming into an accessible, self-paced, online learning environment," said August Sender, OUT Maine's train-

ing coordinator.

Additionally, the e-learning option, alongside OUT Maine's in-person and virtual options, creates multiple avenues for a variety of professionals to engage in these learning opportunities.

"These self-paced training modules provide professionals with the basic knowledge, skills, tools, and resources to successfully serve LGBTQ+ youth in all of their intersectional identities," said Marissa White, program assistant at MCD.

The e-learning modules are available on OUT Maine's virtual platform, MaineQueerSpace.org. Current offerings are geared toward adults who work with LGBTQ+ youth in any capacity, as well as school administrators, educators, and other school staff. This summer, the team is rolling out a four-part series designed for mental health professionals, school counselors and nurses, case managers, and other professionals work-

ing with LGBTQ+ youth and families on a one-on-one basis.

"The response to having MaineQueerSpace.org available has been overwhelmingly positive. LGBTQ+ youth are at high-risk for suicide, dropping out of school, depression, anxiety, and substance use. LGBTQ+ youth of color have the highest rates of suicidality compared to any other demographic. Schools, communities, families, and non-school-based professionals can easily incorporate evidence-based practices to help buffer the vulnerabilities these young people face. These learning modules will provide you with the tools to best protect and support LGBTQ+ youth in your community or professional environment," Sender said.

Note: While the statistics, laws, and policies covered in the modules are Maine-specific, much of the training content is relevant for people in other states.

Collins, King Announce \$2M for Maine Ferry Services

WASHINGTON, D.C. (August 5, 2022) — U.S. Senators Susan Collins and Angus King announced today that the State of Maine, Casco Bay Lines, and the Town of Frye Island are eligible to receive a total of \$2,018,936 to support ferry services.

This funding was authorized through the Infrastructure Investment and Jobs Act and provided through the U.S. Department of



Transportation's Ferry Boat Program. Senator Collins was part of the core group of 10 Senators who negotiated the text of the bipartisan infrastructure law. Senators Collins and

King both worked to negotiate and pass this historic legislation, which will deliver billions of dollars to Maine for investments in roads, bridges, broadband, and more.

"Maine's ferries are indispensable to those who live and work in our island communities, providing passenger, freight, and postal services and transporting students to school and people to their

jobs," said Senator Collins. "This funding will help ensure that residents and visitors can continue to access safe and reliable ferry service to Frye Island as well as islands within Casco Bay, and

along Maine's coast."

The funding will be made available as follows: \$1,006,408 for ferry services sponsored by the State of Maine; \$763,575 for Casco Bay Lines; and \$248,953 for the Town of Frye Island ferry service.

Funding for the Ferry Boat Program is generally available to construct ferry boats, ferry terminals, and ferry maintenance facilities.

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Calendar

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Wednesdays

GORHAM – 10:00am
Weekly story time has resumed at the North Gorham Public Library! Storytime is open to children & their caregivers. Join us weekly for stories, songs and crafts every Wednesday at 10am. 2 Standish Neck Rd, Gorham ME.

July 12 – August 16
ZOOM -- -Living Well for Better Health workshop; Tuesdays July 12th-August 16th 9 am-11:30am Via Zoom. Registration required: contact kmills@seniorsplus.org 207 207 440-2390.

Living Well for Better Health is a free, self-management workshop where participants learn to better manage their chronic conditions so they can live healthier, more active lives.

July 20 - August 17
FALMOUTH -- University of Maine Extension staff and volunteers will lead a hands-on, interactive program to teach youth ages 9 and up how to grow and preserve the garden's harvest. The 4-H Kids Can Can program will be held from 9-11 a.m. on Wednesdays, July 20-Aug. 17.

Each session will begin in Extension's Tidewater Gardens in Falmouth where youth will harvest the fruits and vegetables needed to make jam, pickles, salsa and more. The program then moves to the UMaine Regional Learning Center Demo Kitchen

where participants will prepare a batch of preserved foods. Each participant will take home a jar of preserves. Current 4-H enrollment is not required for participation.

The \$5 fee per child covers all classes. Register and find more details on the program page online. For more information or to request a reasonable accommodation, call 207.781.6099 or 800.287.1471 (in Maine).

August 10 - 14
CUMBERLAND -- Thursday, August 11 through Sunday, August 14, 2022, HART adoption center & shelter for cats will be holding their huge annual Yard Sale event at the Cumberland Fairgrounds. Admission is free and all proceeds will go directly to providing essential care for the hundreds of cats they take in each year.

On Wednesday evening, August 10, 2022, from 5 p.m. – 7 p.m., HART will open the Yard Sale doors early for a Sip & Shop preview event. A \$25 admission fee will allow shoppers exclusive early access to the Yard Sale, and also a complimentary beverage and snacks.

August 11 – 21
AUBURN -- The L/A Community Little The-

atre will present the musical School of Rock, with songs by Andrew Lloyd Webber, from August 11-21. General admission ticket prices (including fees) are \$22 for adults, \$19 for seniors and \$14 for students. Tickets can be purchased online at www.laclt.com, by calling the Box Office at 783-0958, or at the door.

August 11
LEWISTON -- 9 a.m. - 12:30 p.m. by appointment, SeniorsPlus, 8 Falcon Road, Lewiston

Tax advice: SeniorsPlus will help residents with 2021 Maine income tax filing so that they may be eligible for the next stimulus check of \$850. Call 207-795-4010 to register.

August 12
GREENE -- Erica Brown & the Bluegrass Connection perform on Friday, August 12th at 2 & 7PM at the Sawyer Memorial. 371 Sawyer Rd., Greene. FMI 946-5311 or sawyer-foundation.com

August 13
LEWISTON -- SUMMER CELEBRATION WITH LPL KIDS!, Saturday, August 13 from 11:00AM to 1:00PM

Celebrate summer with LPL Kids! Come join our end of summer reading

celebration on Saturday, August 13 from 11:00 AM-1:00 PM and enjoy games and crafts, giveaways and prizes, mini golf, a frozen sweet treat, and fun photo opportunities with mermaid tails, pirate treasure, shark heads, and giant fish!

This program will take place in Callahan Hall, on the 3rd floor of Lewiston Public Library, and is open to all kids ages 12 and under and their families. No registration required. We hope to see YOU there!! 513-3133; www.LPLonline.org

August 13 – 27
ACROSS MAINE -- DaPonte String Quartet Concerts in August: Thompson "Alleluia", Beethoven Quartet in C Minor, Op. 18 no 4 & Schubert Quartet in A Minor, "Rosamunde" with guest Alexander Romanul, violin

Saturday, August 13, 7:00 pm Tides Institute, Eastport

Sunday, August 14, 4 pm Surry Arts at the Barn, Surry

Thursday, August 18, 7:30 pm Robinhood Free Meetinghouse, Georgetown

Saturday, August 20, 7:30 pm Ocean View Grange, Tenant's Harbor *

Thursday, August 25, 7:30 pm Union Church, South Bristol *

Friday, August 26, 7:30 pm St. Paul's Union Chapel, Waldoboro *

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Saturday, August 27, 7:30 pm Meetinghouse Arts, Freeport *
<https://dapontequartet.org/>

August 16
LEWISTON -- Outside Hiring Event at the Lewiston CareerCenter, 5 Mollison Way, Lewiston from 10:00am-Noon. Over 35 employers will be present. This free event is opened to all job seekers and will be held rain or shine.

August 18
LEWISTON -- BALLOON BONANZA, 4-5pm, Children's Program Room, third floor, Lewiston Public Library

Hold on to your hats: the Balloon Bonanza is in town! Join Ms. Alexis in an experiment with balloon balance using beads and buttons. Create a creature and take it for a ride in your very own helium "hot air" balloon. And all week long, come by the library to make your own spinning

3-D paper balloon. Free, no registration or library card required.

Contact info. 513-3133, LPLKids@lewiston-maine.gov

Opioid

Continued from page 3
tioners reported moderate to high comfort treating patients with OUD, they are less comfortable treating special populations such as adolescents and providing family-based interventions.

Lindsey Smith, Ph.D., Director of the SURE Unit at USM CCI and a lead partner on the project, said, "we're excited to use the results of the CORA needs assessment to inform policies aimed at enhancing statewide capacity to address the needs of those with substance use disorders, with the goal of improving access to substance use treatment services in rural Maine."



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New Kayak for sale Kayak bought at Cabalas. Comes with life jacket, paddles. It is a sit on, color red. Paid \$400. Asking \$200. Used once! Call (207) 413-7502

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2022

Hobo Train - Meredith, NH - September 21, 2022 - Enjoyable 2 hour ride on the Winnepesaukee Scenic Railroad. While on board, enjoy a turkey dinner from Hart's Turkey Farm with all the fixings. Price is \$85.00 and includes bus, train ride, turkey dinner and bus driver tip. Deadline to sign up is August 12, 2022. Purchase tickets at

the Lewiston Senior Citizens' office at 65 Central Avenue.

Flag Hill Distillery and Winery in Lee, NH - October 11, 2022 - Lunch at Warren's Lobster House in Kittery and an afternoon tour and tasting at Flag Hill Winery. Time for shopping after the tour. Price is \$83.00 per person which includes the bus and tip for the driver, lunch, and tour and tasting at the winery. Purchase tickets at the Lewiston Senior Citizens Office at 65 Central Avenue, Lewiston.

Ogunquit Playhouse for the play "CLUE" - October 16, 2022 - Clue is a fast paced hilarious whodunit comedy. After the show we will go to Cracker Barrel in South Portland for dinner on your own. The price is \$90.00 and

includes bus, show and driver tip. Purchase tickets at the Lewiston Senior Citizens' office at 65 Central Avenue.

Mackinac Island Trip - September 10-18, 2022 - Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Guided Carriage Tour in Mackinac Island. Boat ride through the Soo Locks with free time and sight-seeing in Sault Saint Marie, visit to Mackinaw Crossing and "Michigan's Little Bavaria" and much more. A \$75. deposit is due upon signing up. Price is \$899. pp double occupancy. Make checks out to Diamond Tours and mail to Claire Bilodeau.

White Mountain Hotel & Resort - December 4 - 5, 2022 - Trip includes 1 night lodging - 3 meals including the Grand Sunday Brunch.

Two different entertainment shows, Austrian Sleigh Ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch at Polly's Pancake Parlor. A \$100 deposit is due upon signing. Price is \$369. pp double occupancy which includes tips.

For more information about any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207-345-9569.

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Girls on the Run Seeks Volunteer Coaches, Opens Registration

GORHAM, ME (August 5, 2022) -- Girls on the Run is getting ready for a great Fall season, but we need volunteer Coaches at Village School! Learn more: <https://www.girlsontherunmaine.org/coach> Email if you have questions: emily.clark@girlsontherun.org



Teams are set and registration is open at Great Falls and Narragansett! Register Here: <https://www.girlsontherunmaine.org/programs>

At Girls on the Run Maine, teaching critical life skills is the cornerstone of our research-based programs. Meeting in small teams, trained volunteer coaches inspire girls of all abilities to strengthen confidence and other important life skills through dynamic, interactive lessons and physical activity.

Grades 3-5

Girls on the Run inspires girls of all abilities to recognize their individu-

al strengths, while building a sense of connection in a team setting. Volunteer coaches facilitate lessons that blend physical activity with life skill development to enable girls to adapt to whatever comes their way. At the end of the season, the team completes a 5K together, which provides a tangible sense of accomplishment and sets a confident mindset into motion.

Grades 6-8

Our Heart & Sole middle school program meets the unique needs of girls of all abilities in 6th-8th grade. The program considers the whole person – body, brain, heart, spirit and social connection.

Heart & Sole offers an inclusive place of belonging, where girls feel supported and inspired to explore their emotions, cultivate empathy and strengthen their physical and emotional health. At the end of the season, all program participants complete a 5K.

Grades 3-5

Camp GOTR provides a one-of-a-kind opportunity for girls of all abilities to develop self-confidence and learn life skills in a fun, collaborative environment. Girls build friendships through interactive games, enjoy physical activities, and express creativity through arts and crafts and

storytelling. Led by caring and qualified Girls on the Run coaches, Camp GOTR combines the best of the Girls on the Run program with all the fun of camp.

Girls 16-18

Find community, become a leader, and make an impact as a Girls on the Run Junior Coach! High

school girls aged 16 to 18 are invited to apply to be a Junior Coach. Junior Coaches serve as powerful role models while gaining leadership skills and service credits, and benefit by being part of something meaningful while making a lasting difference in the lives of younger girls!

MDIFW Seeks Help Monitoring Wild Turkeys

MAINE, STATE-WIDE (August 5, 2022) -- Maine Department of Inland Fisheries and Wildlife (MDIFW) is asking citizen scientists from all over the state to flock together to help biologists monitor wild turkeys!

From August 1 to

August 31, if you see turkeys, we want to know! Sending your sightings to the Wild Turkey August Production Survey helps biologists monitor annual reproduction, and contributes to our management decisions.

When you see tur-

keys, make note of the number of turkey including how many young (poults), the date, and town. It only takes a moment to submit the info using the online form:

[https://www.maine.gov/ifw/fish-wildlife/wildlife/species-in-](https://www.maine.gov/ifw/fish-wildlife/wildlife/species-in-formation/birds/wild-turkey.html?fbclid=IwAR2kthNOx01p-fXkCtJWttNa4MA0ahT-VDio-g9Pby-1O_dGXB-ctE22vaJz4)

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This survey is conducted in most of the states in the US, using the same protocol. This allows cross comparisons between states, as each state work towards balancing



use of this important wildlife resource, maintaining a sustainable population and social tolerance.

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