

SMAA Offers Course to Improve Balance, Reduce Risk of Falls



WINDHAM, ME (August 30, 2022) -- In the fall of 2022, Southern Maine Agency on Aging will lead two in-person classes – A Matter of Balance and Tai Chi for Health and Balance - designed to improve the quality of life of adults 60 and over by improving their balance and increasing their physical strength.

As our bodies change with age, we may find that as our balance and strength change and we are less confident or even fearful during everyday activities we once took for granted like shopping, cooking, driving, doing household chores, and even playing weekly pickleball games. The fear of falling can put a damper not only on what we like to do but also on our social connections, leading to a sense of loneliness and social isolation.

No matter if we are reasonably healthy or have limiting chronic conditions, there are community-based programs and resources that can help to improve our overall health and as a result, decrease our chances of falling. Southern Maine Agency of Aging leads two evidence-based programs specifically designed to help reduce falls: Tai Chi for Health and Balance and A Matter of Balance.

A Matter of Balance workshop is designed to help participants increase physical activity, make important home safety improvements, and even learn how to respond if a fall does happen. The workshop empowers participants to take charge of managing their health. Each meeting invites attendees to share their own experiences and concerns about falls and together they create strategies for flourishing and living independently. Trained volunteers lead gentle exercises to build strength and improve balance and range of motion. "I got my entire group of friends at our housing facility to continue with our exercises after we took A Matter of Balance two years ago! I'm taking it again for

See SMAA, page 16

Finishing Touches on Gorham's Skatepark and Basketball Courts

Update from Gorham Recreation Department

GORHAM, ME (September 1, 2022) -- Gorham Recreation Department wanted to give an update on the skatepark and basketball courts down on Chick Drive as of September 1, 2022!

Our talented team from Artisan Skateparks is busy putting the finishing touches on the park now. We are looking for the loamed area around the park to be hydroseeded late next week. A grand opening is being planned for early October!

What we need from all of you? Please keep off the loose loam areas all around the park until we have time to get it seeded and the grass to take hold. This will take up to 21 days minimum....so realistically think last week of September into October. We know that is a LONG time from now, but we really need you to help us help you....stay off the loose loam areas around the skatepark until we can get it up to standard.

And how about those new basketball backboards down on the pavement next to the skatepark? Right???

Please keep all bicycles, scooters, boards and blades off the pavement. The



surface needs to be protected until it gets painted and sealed. Thank You!

Please, Please, Please....do not "shoot" or throw basketballs at those backboards until we can get the perimeter fence installed. Our sealcoating and striping cannot happen prior to end of Septem-

ber and then we need to have a stretch of warm nights, not get below 40 degrees, in order to consider putting the paint down. Stay tuned for the weather reports on that!

Ultimately, the "multisport" courts there will have basketball, pickleball and shuffle board lines when we get finished!



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Newsmakers, Names & Faces

CRCofWM Annual Appeal in Full Swing

NORWAY, ME (September 2, 2022) -- The Cancer Resource Center of Western Maine (CRCofWM) launched its Annual Appeal Campaign in early June. Funds raised from this appeal are critical to the Center's mission to embrace anyone affected by cancer in a community that offers hope and caring through support, education and concepts in healthy living – because no one should face cancer alone.

Finding support and resources for those impacted by cancer outside of Maine's populated areas is often difficult – especially for cancer patients living in rural western Maine where oncology services are limited. The CRCofWM serves cancer patients and their families in Oxford County and surrounding towns with a focus on

non-medical needs. The Center provides a patient-centered approach, offering one to one support from a cancer resource navigator and an oncology social worker. This support includes: travel and food assistance, help with basic needs, support groups for men and women, educational programs, in-person and virtual wellness programs, help with accessing complementary therapy services through the Live Well Program, new wigs and a variety of comfort items for those going through active treatment. These services are all free to anyone impacted by cancer in Oxford County and the surrounding towns. The Center also collaborates with the Oncology offices at Stephens Memorial, Rumford, and Bridgton Hospitals, all of whom often refer Oxford



The Cancer Resource Center of Western Maine

county clients they think would benefit from one to one cancer resource navigation and support. In 2021, despite the restrictions imposed by COVID, the Center served 130 new cancer patients from 46 different towns in western Maine – a 50% increase from 2020.

According to Diane Madden, the Executive

Director of the Center, the Center has benefited from generous grant funding from the Maine Cancer Foundation, which goes directly to help patients with travel needs. The high cost of gasoline is a barrier for many cancer patients who need to travel to Lewiston or Portland for daily radiation treatments, often over the course of 5 – 7 weeks.

In addition, many patients must travel multiple times to Boston for more specific cancer evaluation and treatment. Even as the price of gas comes down, many patients find they need to spend upwards of \$350 for treatment related travel. "We see patients struggling with making a decision between getting to treatment, paying their bills or putting food on the table" Madden reports. While the Center is grateful for the grant funding they receive, the money only goes so far, especially when the need is so high. The Center tries to keep their overhead costs low, allowing them to put more dollars back into the communities they serve. "This is why this annual appeal is so important" Madden said.

"We are very grateful for the amazing donations

we have received thus far for our annual appeal," said Judy Stone, CRCofWM Board President, "and we are a little more than halfway to meeting our 2022 campaign goal. Every dollar donated makes an impact: A \$50 donation will cover gas costs for a patient to make four trips (out of thirty) for radiation treatments in Lewiston or Portland or provide a gift card to a grocery store; and a \$100 donation will provide a gift card to purchase non-covered medical supplies or personal hygiene/cleaning supplies not covered by food stamps."

The CRCofWM Annual Appeal Campaign continues through the end of December 2022. Donations can be made to the mailing address below, online at www.crcofwm.org, by visiting the Center or by calling (207) 890-0329.

VA Holds Woman Veterans Town Hall and Public Forum

MAINE, STATE-WIDE (August 30, 2022) -- VA Maine Healthcare System will hold a Veterans Town Hall and Public Forum online at <https://bit.ly/womenveterans->

townhall or call in (audio only) at 213-282-6316, Conference ID 912 041 752#

The town hall will be held Tuesday, September 13, 2022, from 6:00

p.m. – 7:00 p.m.

VA Maine provides comprehensive care to our women Veterans, which includes reproductive health. VA Maine's Women's Health Director Pau-

la Greenleaf, DO and VA Maine's Gynecological Surgeon, Dr. Mike Ting, DO will present the reproductive health options and care that is provided to our women Veterans.

Get to know the services VA offers in Reproductive Health, including specialized care from our Gynecological Surgeon.

VA Maine's highly qualified, committed, and compassionate Women's Health providers will be at the town hall. Anyone can attend the town hall, including advocates and community partners interested in the care VA Maine offers.

Please email your



questions in advance or during the Town Hall to VAMEEngagements@va.gov.

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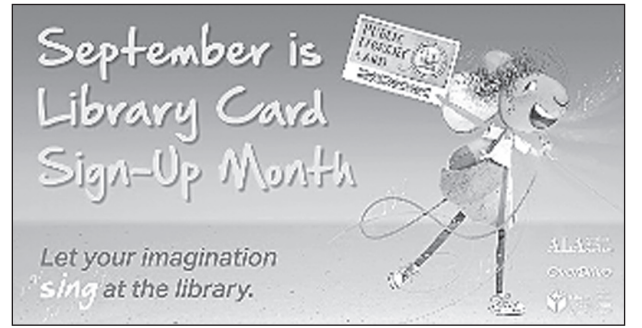
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Newsmakers, Names & Faces

Happenings at Gorham's Baxter Memorial Library



GORHAM, ME (September 3, 2022) – BML is hosting a variety of events for readers of all ages. Check them out!

Michael Connolly Author Visit

Tuesday, September 20th 6pm

Michael C. Connolly is a life-long resident of Portland's Munjoy Hill. His experiences growing up in what was one of the city's main ethnic, predominantly Irish and Italian, working-class neighborhoods greatly shaped his thinking and have had a continuing influence on his writing. He taught for 36

years in the Department of History and Political Science at Saint Joseph's College. His nonfiction books include *Their Change Their Sky: The Irish in Maine*; *John Ford in Focus: Essays on the Filmmaker's Life and Work*; and *Seated by the Sea: The Maritime History of Portland, Maine, and Its Irish Longshoremen*. In October of 2016, Mike was honored by receiving the Claddagh Award by the Maine Irish Heritage Center in recognition of his long-time promotion of Irish history and culture in Maine. He still resides on his beloved

Munjoy Hill along with his life partner and anam cara, Becky Hitchcock. *Murky Overhead* is his first novel.

Outdoor Story Adventures (Ages 3-5yrs)

Tuesdays at 10am
Join Ms. Heidi and Mr. Jeff on the library lawn for Year Round Outdoor Story Adventures. Early literacy has never been so fun! We will read, sing, and dance the morning away!

In the event of inclement weather, we will bring the program inside. Call the library at 222-1190 or visit Facebook for up-to-date information.

Baby Discovery Time (Ages birth-18months)

Wednesdays at 9:30am

Join Ms. Dani in the youth services program room as she leads families in a fun baby story time! Enjoy books, babies, rhymes and songs together

Toddler Discovery

Time (Ages 18months-3years)

Thursdays at 10am
Join us as we start our series of toddler story times on the lawn. We will read books, sing songs, and move our bodies! As the weather changes it will come indoors. In the event of inclement weather, we will bring the program inside. Call the library at 222-1190 or visit Facebook for up-to-date information.

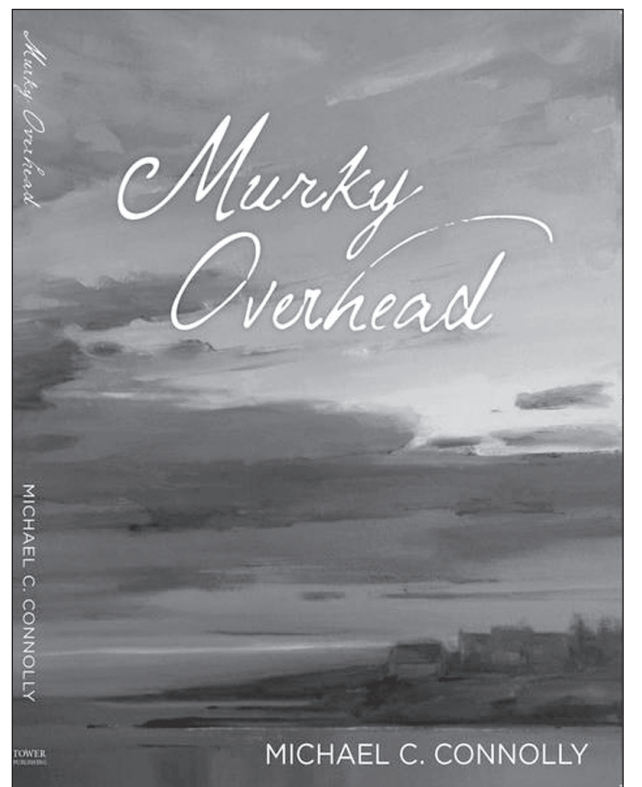
Banned Books Week September 18-24

Visit the library anytime during Banned Books Week (September 18-24) to test your knowledge of frequently challenged books. Guess the title of a challenged children's book using the provided clues.

Early Release Day Craft

Wednesday, September 21st 12:30-1:30pm

Make a Banned Books Week pin to wear to show your support for ev-



everybody's right to read

Book Club!

Thursday, September 8th: *Hamnet* by Maggie O'Farrell

Thursday, September 22nd: *Oh William!* by Eliz-

abeth Strout

We will meet in person at 10:00am in the Schneider Great Room – Masks optional. No registration necessary. All are welcome!

Fryeburg Ranked #4 of 7 Best Paddling Towns in the US



FRYEBURG, ME (August 30, 2022) -- Do you love kayaking, canoeing, and stand up paddleboarding (SUP)? Check out Fryeburg, Maine, which was picked by Gorp as the fourth best paddling town in the US. The area is home to a number of lakes and ponds and is found just outside the White Mountain National Forest.

But if you want paddling adventures, the Saco

River is where it's at. The slow river has a number of access points, too, so you can always stop and take a break to swim, eat, drink, and camp overnight. If you forgot your kayak, canoe, or other gear, don't worry – there are several touring groups in the area that will get you everything you need. Visitors can also opt for a relaxing tube ride. However, the river gets a little crowded on weekends,

so it is recommended that you visit mid-week. Reservations for parking are also highly recommended.

Adventurers to Fryeburg, after they've finished paddling, can also take a trip to the White Mountain National Forest for some hiking, visit some local farms for some delicious baked and canned goods, and taste a selection of craft beers.

For more information and to see the other national winners, check out the list at <https://gorp.com/7-best-paddling-towns-in-the-us/>

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



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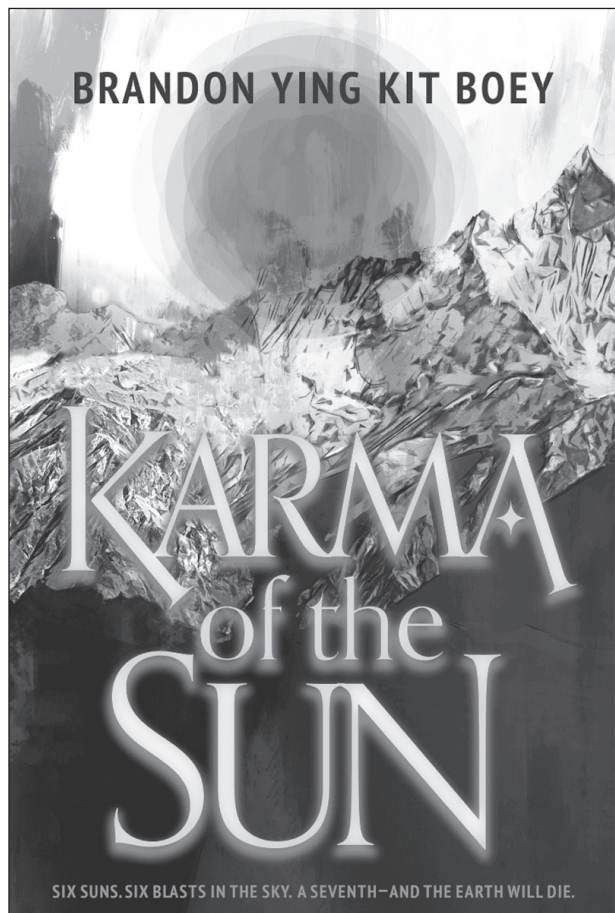
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Maine Author Reinvigorates The Hero's Journey with a Twist



MAINE (August 30, 2022) -- Debut author Brandon Ying Kit Boey decided to write *Karma of the Sun*, to be released from CamCat Books on January 17, 2023, because he had never seen a novel about the end of the world from an Asian perspective, despite a richness of Eastern cosmological and eschatological traditions.

"This book came about at a time when there was a sense of pessimism and darkness in the world," says Boey. "Many people I knew had an understandably fatalistic view of the future. As a parent of young children, I wanted to test that conclusion in an extreme setting, to try taking a belief held by much of the world, i.e., that the world is going to end, and ask: If the end was really around the corner and everyone knew it, could peo-

ple still have hope?"

Karma of the Sun follows a young Tibetan Sherpa, in an imagined future of the earth's last days, who hunts for his missing father in the ruined nuclear winterland of the Himalayas, racing against a final calamity that threatens to destroy all humanity.

Readers will enjoy the rich world that *Karma* discovers on his journey and will be rooting for him as he finally reaches his destination.

About BRANDON YING KIT BOEY was born in California, and spent his childhood moving throughout parts of Asia and the US. He graduated from New York University and Brigham Young University Law School, subsequently working in Asia, the UK, and across the US before settling in coastal Maine,



where he currently lives with his family. When not at work on his next novel, he can be found wandering the woods with his chil-

dren, practicing law at his day job, or writing poetry. Website: www.brandonyinkitboey.com | Twitter: @BrandonYKBoey

Start a Business & Manage Money with Tuition-Free Workshops

MAINE, STATE-WIDE (August 29, 2022)—New Ventures Maine has announced tuition-free online workshops and classes for September, including self-paced and interactive online workshops that are designed to help people in Maine gain the skills, knowledge, and confidence to start a business,

build a career, and manage money.

The full class schedule with offerings for September 2022 and beyond is accessible at bit.ly/NVMEClasses.

Self-paced classes include:

Grow Your Business Online: Gain the skills, knowledge, and confidence

to create a compelling web presence and website for your small business. Made possible by Empower by GoDaddy in partnership with New Ventures Maine. Enroll anytime. Work at your own pace. Complete by December 31.

My Next Career Move: Assess your skills, interests, and experiences

and relate them to career options. Identify high-growth job fields, explore education and training options. Strengthen your resume for a targeted job search. Enroll by November 18. Work at your own pace. Complete by December 31, 2022.

Additional online classes include single- and multi-session workshops:

Manage Your Money
My Money Works: Wednesdays, September 7 – October 5, 10:00 – 11:00 a.m. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability.

Managing Your Money: Tuesdays, August 30 – September 13, 6:30 – 7:30 p.m. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three work-

shops. August 30: Budgeting Basics; September 6: Let's Talk About Credit; September 13: Build Your Savings.

Build Your Career Building Confidence: Thursdays, September 22 – October 6, 10:00 – 11:30 a.m. Whether you are navigating recent changes, looking for a job, starting a business, or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong.

Job Search Workshops: Tuesdays, August 30 – September 13, 6:30 – 7:30 p.m. Ready for a new job or a career change? Join us for one, two, or all three of these workshops. August 30: Job Search Strategies; September 6: Resume Strategies; September 13: Interview Strategies.

Making Career Choices: Tuesday, September 6,

10:00 – 11:00 a.m. Ready for a career change but don't know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered Wednesday, September 7, 6:30 – 7:30 p.m.)

Building a Strong Future: Tuesdays, September 27 – October 11, 6:00 – 7:30 p.m. Take steps toward work that aligns with your values and skills while also meeting your needs, such as desired salary and benefits. In three, 90-minute class sessions, you will begin to build your plan for the strong future you envision. (Also offered October 19 – November 2, 6:00 – 7:30 p.m.)

Start a Business Business Success Series: Wednesdays, September 7 – October 19, 12:00 – 1:00 p.m. Business Success is a series of eight online dynamic workshops, created to help you understand and manage the many components of starting and growing your business successfully. Register for one or more workshops in the series.

Introduction to Self-Employment: Wednesday, September 7, 12:00 – 1:00 p.m. Is self-employment the right choice for you? The class covers the pros and cons of owning your own business, steps needed for start-up, major elements of a business plan, and resources to help you succeed.

To sign up for any of the above classes, visit bit.ly/NVMEClasses or call toll-free in Maine: 800-442-2092.

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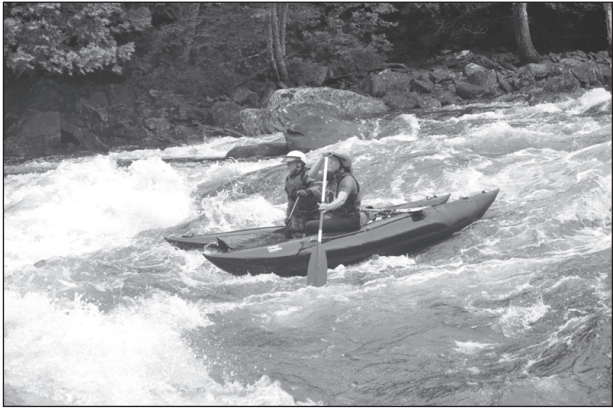
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Exciting Class III Whitewater on the Kennebec River



A shredder team navigates big waves on the Kennebec River



A shredder is loaded at Carry Brook



A group of paddlers move ahead of rafts on the Kennebec River

By Ron Chase

On the second day of the Penobscot Paddle & Chowder Society weekend of paddling near West Forks, the schedule was exclusively whitewater. While a handful of Chowderheads planned to navigate the Dead River, most chose outings on the Kennebec.

The Kennebec Gorge below Harris Dam was the starting point for two trips. Releases from the dam were the source for both exciting whitewater excursions. One group planned to arrive early and negotiate a low volume voyage popularly called the “fish flow.” The Class II/III fish flow begins at 350 cubic feet per second (CFS) and climbs incrementally until it reaches the rafting level at 10 A.M. A second team of whitewater boaters would test their skills on the Class IV 5000 CFS rafting release.

Nancy and I announced a Class II/III trip that starts about four miles downriver from Harris Dam at Carry Brook and continues for nine miles to West Forks. Our plan was to meet the fish flow crew and catch the rafting release bubble expected to arrive around 11:30.

We left a shuttle vehicle in West Forks and a kayaker joined Nancy and me for the drive to Carry

Brook. The Carry Brook excursion begins with a steep carry down a long twisting staircase to the river. On a typical summer weekend, the Kennebec River between Harris Dam and West Forks is a bustling place. Kayakers, canoeists, inflatable boaters, and rafters were climbing and descending the busy stairway when we toted our boats down. The rafting release had arrived by the time we reached the river and the fish flow contingent was anxiously waiting to paddle.

Gathered next to the shore was a mass of rafts loading supplies and exchanging passengers for the remainder of their journey. We would paddle amongst several rafting companies for our entire outing. The prospect of collisions with large rafts in difficult rapids was a concern. Smaller crafts are always the losers when such incidents occur. Our strategy was to ensure there was adequate space separating us prior to entering the more demanding rapids.

Our enthusiastic group paddled an assortment of boats. Ten Chowderheads navigated three solo kayaks, a solo canoe, a tandem canoe, a tandem inflatable kayak, and Nancy and I were in a shredder. Nancy’s shredder is a

two-person inflatable boat propelled by single blade paddles. Several years had elapsed since we last shared a shredder; so we expected to be challenged especially by the large waves in Big Black Brook Rapid.

Launching amidst two rafting companies, we immediately attempted to separate ourselves in preparation for the longest most difficult sector of whitewater of the day, extensive Big Black Brook Rapid. We slowed to let one company move ahead while continuing a pace sufficient to stay in front of the other.

Proceeding around a sweeping right turn, we could see large swells marking the beginning of Big Black. Just below, the powerful current careened against sheer rock walls on river right resulting in a long stretch of substantial exploding waves. Most of us rode the left side of the wave train while a few of the more daring paddlers caught eddies next to the wall and attempted to surf the surging waves.

Chowderheads skirted a large boat-flipping hole with the unpleasant moniker, Dory Eater, as Big Black continued. More excitement followed as the protracted rapid ended with a feisty



An inflatable kayak prepares to enter Big Black Brook Rapid

passage through breaking waves and gnarly looking pour-overs. Everyone in our group successfully navigated the complex network of obstacles.

From that point, the difficulty level gradually diminished and the paddling agenda could be aptly described as “different strokes for different folks.” Some surfed and played while others floated and socialized. Particularly noteworthy was the skilled father-daughter tandem canoe team of Ryan and Krea Galway who put on a wave surfing clinic.

The weather was superb, the water level excellent, and the company even better. It was a great way to end an exceptional weekend of paddling escapades.

Read about many more exciting whitewater exploits on Maine rivers and streams in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*. Upcoming book signings will be held at Sherman’s Maine Coast Book Shops in Portland on September 3rd between 1 and 3 and Damariscotta on September

10th between 1 and 3.

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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Raising awareness and funds to help individuals suffering with Substance Use Disorder.

Schedule for The Common Ground Country Fair Goes Live

UNITY, ME (August 30, 2022) — The wait is over: The Common Ground Country Fair schedule for 2022 is now available! With a comprehensive list of exhibitors, workshops, vendors, musicians, speakers, children's activities and more at this year's Common Ground Country Fair, it is not too early to start planning how you'll spend your time the weekend of September 23, 24 and 25 at the Maine Organic Farmers and Gardeners Association's (MOFGA) Common Ground Education Center in Unity, Maine.

This year the fair has 66 different areas where fairgoers can engage in educational talks, demonstrations and performances. Farmers and gardeners can find a wide range of talks including topics such as urban beekeeping, growing figs in Maine and seed saving. Families can enjoy a diversity of activities from the iconic sheep dog demonstration to haystack

jumping to the bike parade. There will be a dedicated space for holistic living, another for political advocacy, and yet another for do it yourself home hacks. Fairgoers are bound to find something to suit their interests and to walk away inspired.

"Thanks to our dedicated volunteers, staff and knowledgeable community members, we are thrilled to offer three full days of educational programming and fun. Consider joining us on Sunday, if you are looking for a vibrant Fair experience with smaller crowds," says April Boucher, the fair's director.

There is no wrong way to experience the Common Ground Country Fair!

Take in garden specimens of all kinds on display in the Exhibition Hall, including giant squash and vegetable oddities, home baked goods and children's apple pie competitions.

Support Maine makers in the exhibitor tents

and two farmers' markets, and go home with hand-crafted, one-of-a-kind art and delicious Maine-produced food.

Work a volunteer shift. The fair wouldn't happen without the support of thousands of volunteers helping to park cars, sorting through compost and recycling, working in the Country Store, and so much more.

And part of the fair experience is getting there! You can take the historic railcar from Thorndike or Unity or bike in like MOFGA board member Ellen Sabina who says, "I love arriving at the Fair by bike — it's a great way to cut down on car time and avoid traffic, and bikers receive an extra warm welcome at the gate. Just be sure to bring a good-sized backpack for all the goodies you'll find from local farmers and makers!"

Visit MOFGA's website for a complete schedule and all your other fair needs (mofga.org/)

the-fair). If you're having a hard time deciding how to spend a day at the fair or want a pro tip, you can view and download example itineraries. You can also sign up to volunteer at the event; review all of the available volunteer shifts on MOFGA's Vomo website (mofga.vomo.org/campaign/2022-common-ground-country-fair).

In exchange for a four-hour shift, volunteers receive free admission that day, a classic fair T-shirt and a meal in the volunteer-powered Common Kitchen.

Advance tickets for the event are on sale now through September 21, 2022, at MOFGA's website. Fairgoers will receive

their tickets via email and can download them to a smart phone or print them out to be scanned at the gate. Fairgoers who do not have access to the internet may purchase tickets at The Maine Organic Marketplace in Freeport, Maine. Starting on September 22, tickets are full price through the event.

Workshop for Small Business Owners Offered

MAINE, STATE-WIDE (September 1, 2022)—New Ventures Maine will offer an online, tuition-free website development class, Grow Your Business Online – Promote My Site, on Wednesday, September 14 from 6:00 – 7:30 p.m.

The Promote My Site class will cover three main topics:

Getting found through SEO: Familiarize and utilize search engine optimization (SEO)

Grow with email marketing: Use email marketing to gain, keep and engage subscribers

Mastering social media: Why, when, and how to leverage social media accounts

Free tools will be provided by Empower by GoDaddy in partnership with New Ventures Maine and are part of an in-depth course, Grow Your Business Online, designed to

provide small business owners the tools, skills and mentorship to build a successful digital presence.

Pre-registration is required and accessible online at bit.ly/GYBO-PromoteMySite-Sept14. For more information and to register, contact Karleen Andrews at (207) 557-1885 or karleen.andrews@maine.edu. There is no fee for the training.

New Ventures Maine is a statewide community economic development program of the University of Maine at Augusta, University of Maine System. New Ventures Maine creates an empowering environment for Maine people to define and achieve their career, financial, and small business goals. Through tuition-free classes and individual coaching, they help people find good jobs, start or return to college, launch small businesses, man-

age their money and build their assets. All interactive classes and workshops are currently online. Individual coaching is available by appointment. For more information on classes and other programs and services offered by New Ventures Maine, visit newventuresmaine.org.

Morning after Grace

by Carey Crim



A HILARIOUS AND HEARTFELT COMEDY for BABY BOOMERS about love, sex, aging parents and even medical marijuana munchies.

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31 Maple Street, Lewiston

SOURCES SOUGHT

Wreaths Across America is issuing this Sources Sought Notice to identify parties having an interest in providing approximately 2.8 – 3.0 million domestically-grown balsam wreaths for procurement to support Wreaths Across America's wreath project and the resources needed to support this requirement for wreaths beginning with the 2023 season. It should be noted that Wreaths Across America does not provide purchase orders for wreath procurement contracts.

THERE IS NO SOLICITATION AT THIS TIME. This is a request for capability information only and does not constitute a request for proposals. The submission of any information in response to this request is purely voluntary. Wreaths Across America assumes no financial responsibility for any costs incurred.

If your organization has the potential capacity to perform these services, please provide the following information: 1.) Organization name, address, email address, Web site address, telephone number, and size and type of ownership for the organization; and 2.) Tailored capability statements addressing the particulars of this effort, with appropriate documentation supporting claims of organizational and staff capability.

Telephone inquiries will not be accepted or acknowledged, and no feedback or evaluations will be provided to companies regarding their submissions.

Submission Instructions: Interested parties who consider themselves qualified to perform the above- listed services are invited to submit a response to this Sources Sought Notice within 28 business days of the first posting of this notice. All responses under this Sources Sought Notice must be emailed to domn@drydengroup.com.

If you have any questions concerning this opportunity, please send them to domn@drydengroup.com.

What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know! Email all submissions, including name, address and phone number, to the editor.

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Fall is for Apple Picking with Randall Orchards



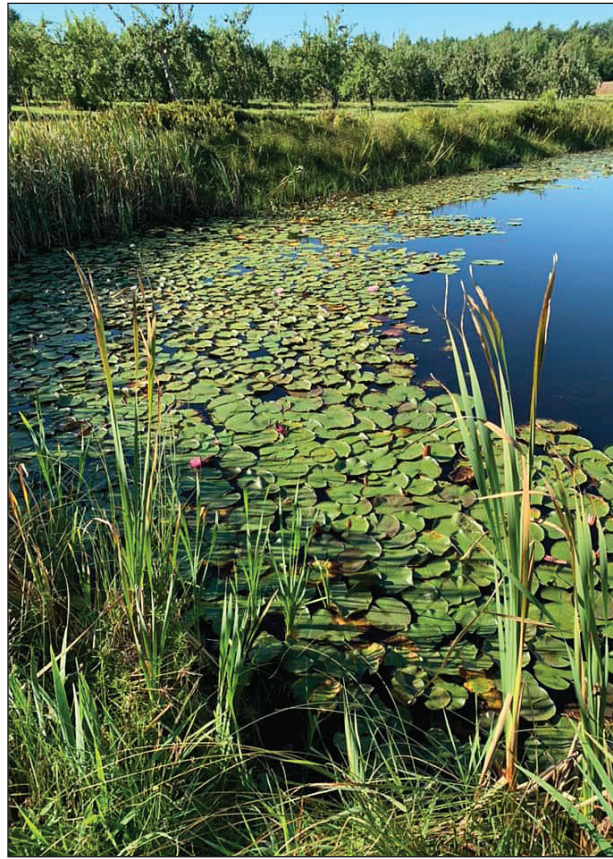
STANDISH, ME (September 3, 2022) -- Looking for something fun to do? It's a perfect fall day when you go apple picking! Take a walk through the orchard and don't forget to stop at the farm stand for your corn and goodies for the weekend cookouts too. 2022 season begins! U-PIC IS OPEN FROM 9-5 pm Daily We are NOT ready with CIDER yet but ex-

pect to get it going ... next week.. we will post it here when we begin! Donut shack Saturday & Sunday 9-5 pm. We have loads of pumpkins and gourds for decorating!

F A R M S T A N D HOURS

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* Annual Percentage Rate- a fixed rate 15 year loan for \$300,000 at 4.375% interest and 4.409% APR will have a monthly principal and interest payment of \$2,275.86. Payments do not include amounts for taxes and insurance premiums, if applicable, and so the actual payment obligation may be higher. This promotion includes a \$1,000 lender credit towards closing costs. Government and Manufactured loans excluded. Must be a Maine primary residence for purchase and refinance only that is approved and eligible to rate lock prior to October 1, 2022. Not everyone will qualify for the promotional rate. Loan subject to collateral and credit requirements. Offer subject to change without notice. Equal Housing Opportunity.

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USM Gorham Field Hockey, Men's Soccer Break in New Turf



Hannaford Field proudly displays the Husky logo. "I'm glad to have the Husky (logo) in the middle, represent our school a little bit more. It's great. It's beautiful," said Bre Atwood during a break between drills. "I'm glad that we have one of the most pristine fields in our conference."

GORHAM, ME (August 3, 2022) -- Home field advantage is going to be a lot more advantageous for the University of Southern Maine Huskies this year.

A renovation project at Hannaford Field in Gorham erased years of wear and tear by the five teams that use it the most. Those programs include Women's and Men's Soccer, Women's and Men's Lacrosse, and Field Hockey.

"You can see the new shade, new green, new color, the new life," said Tom Blanchard, Assistant Director of Capital Planning and Project Management. "And just the sheer excitement of seeing the branded logo, the Husky logo at center field. What more can you ask? That is so cool."

The old field had a generic layout without any additional decoration beyond the basic boundary lines. Fans accustomed to seeing only green turf will now be greeted by a giant blue and white symbol of school pride as they approach the field from the parking lot. The view doesn't get old for Blanchard who still smiles at the sight of the logo after weeks of overseeing the renovations.

Not only will players be able to see the difference, but they'll also be able to feel it. The upgrades include a new 15-millimeter layer of padding that the previous field lacked.

"Better on knees, hips, ankles, everything. Get knocked down, it's softer on the landing. It's awesome," said Seth Benjamin, Head Coach of the Women's Soccer Team.

A field's ability to absorb impact is measured using the GMAX system. The numeric value increases as a field ages and hardens. When the rating reaches 200, the field is no longer deemed playable according to industry standards. A recent test of the old field returned a GMAX rating of 175, indicating its lifespan was nearing its end.

The padding is made to last for at least 20 years

without hitting the GMAX limit. The top layer of artificial turf, however, isn't as durable. The constant pounding of cleats takes a toll, and so does the environment. Faded colors are a sign of ultraviolet damage. Then comes the Maine winter. The only way to keep the field clear of snow is to run a plow across the surface. Between all of those factors, the turf needs to be replaced about every ten years.

Hannaford Field opened in 2011. USM went back to the same company that provided the original turf to handle its replacement. FieldTurf manufactures and installs its products for clients around the world.

Installation at Hannaford Field began soon after Commencement in May. The summer break in athletic competition was the ideal time to get the work done with minimal disruptions. FieldTurf crews began by cutting up and rolling the old turf, exposing the bare ground beneath. Over the next few weeks, they laid down the padding and new turf across an area spanning 93,000 square feet.

The turf is made in segments which fit together like a puzzle. As the wide-open swaths of green space are locked down, the field assumes its basic shape. The color-coded boundary lines go in separately along a network of seams. Workers insert them by hand, crawling inch-by-inch across the length of the field with the sun beating down on their backs. Making the heat even more oppressive is the hot glue they use to bind the fabric.

Even fully assembled, the field still isn't playable until it's been treated with a mixture of ground tires and sand called infill. One truck spreads infill over the entire surface while a second truck uses a rotating bristle to massage the grains down to the base of the turf. The infill reinforces the artificial grass to prevent it from flattening over



Between July 18 and 21, Head Women's Soccer Coach Seth Benjamin led a youth camp to teach soccer skills to girls in grades 5-9. Those campers were some of the first players to compete on the new field.

time. The renovations also took the fans into account. The pathway around the field's perimeter was widened with a fresh layer of pavement to improve accessibility for people with mobility issues. Expanded safety netting stands 20-foot high and spans the full length of both endlines, making it safer to watch the action from behind the goals.

Major construction finished on June 23, well ahead of the projected end date in early July. The final cost of \$801,000 also improved on the \$900,000 estimate. Whether viewed from a budget line or the sideline, initial reactions to the new field have been positive.

"I'm probably biased, but I think it's the best-looking field in the state, especially in the fall," Benjamin said. "Leaves are changing color or at night. For a night game, you can't get much better than Hannaford Field at USM."

Benjamin credits that wow factor with helping to win over prospective recruits who snuck a peek of the field during summer visits to campus. Good word of mouth is also spreading among a younger generation of soccer hopefuls.

Between July 18 and 21, Benjamin led a youth camp to teach soccer skills to girls in grades 5-9. Those campers were some of the first players to compete on the new field. Official team activities for USM's athletic programs don't resume until mid-August. Some of the women's soccer players still found their way onto the pitch as camp instructors.

"I'm glad to have the Husky (logo) in the middle, represent our school a little bit more. It's great. It's beautiful," said Bre Atwood during a break between drills. "I'm glad that we have one of the most pristine fields in our conference."

Atwood is an Exercise Science major heading into her junior year. On the soccer team, her position is goalkeeper. She hadn't

yet put the new field to the ultimate test by diving for a save. As a forward, Ci-Ci Berthiaume doesn't take quite as many dives. Still, she's logged a lot of field time on her way toward a master's degree in Leadership Studies and noticed a welcome improvement.

"It's a lot more cushiony than before," Berthiaume said. "I think the field before was pretty worn down. I remember playing on it when I was in eighth grade, so it's been here a while. It's nice to get back on the field again and feel how soft it is under our feet."

Both Berthiaume and Atwood put the campers through their paces, knowing the kind of commitment it takes to reach the next level. Daily sessions lasted seven hours with a full roster of drills to improve footwork, passing, and shots on goal.

Instead of clipboards, the coaching staff carried water guns to cool off



Youth soccer camp players practice drills on the new field.



Preparations for the new field began after classes ended in May 2022.

any campers who showed signs of wilting in the 80-degree heat. Words of encouragement flowed just as freely and had the same revitalizing effect. More than just lip service, the positivity emanating from the Women's Soccer program was already running high even before the new turf arrived.

"We had a fantastic fall this past year and we've just added to that team," Benjamin said. "We're coming in very confident and very optimistic that this season is going to be very special for USM Women's Soc-

cer." The Women's Soccer team will play its inaugural game on the new field against the University of New England on September 10. Two other teams will get there first, however.

The Men's Soccer team hosted Curry College in a game on September 4. A few hours earlier on the same day, the Field Hockey team defended its home turf against Manhattanville College. Both the Men's and Women's Lacrosse teams won't hit the field until their seasons begin next spring.



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* Income-eligible homeowners qualify for rebates up to \$9,000. All other homeowners are eligible for up to \$5,000.

Sen. Collins: Honoring Veterans Through Resources & Recognition

By Sen. Susan Collins



(July 19, 2022) -- Recently, I attended a White House signing ceremony for three bills I championed to help ensure that America's veterans receive the benefits, resources, and recognition they earned through their service to our country. It was a pleasure to witness the President sign into law two important bills that will strengthen breast cancer detection and prevention services, and one to pay tribute to the courageous Army Ranger veterans of World War II.

Women are the fastest-growing part of our veteran population. The bipartisan MAMMO for Veterans Act I co-authored will expand veterans' access to high-quality breast cancer screening and life-saving cancer care. Specifically, the law will require the Department of Veterans Affairs to develop a strate-

gic plan to improve breast imaging services, create a telemammography pilot program for veterans in areas where VA does not offer in-house mammography, and expand veterans' access to clinical trials through partnerships with the National Cancer Institute.

As a companion to that bill, the President also signed the SERVICE Act of 2021. This legislation expands eligibility for VA mammography screenings to veterans who served in areas associated with burn pits and other toxic exposures.

The U.S. Army Rangers Veterans of WWII Congressional Gold Medal Act provides for the award of a Congressional Gold Medal to World War II

Army Rangers in recognition of their heroic service. Approximately 16 million Americans served in the U.S. military during that war. Among those soldiers, only 7,000 were Rangers. Of that elite group, there are now just a handful of living World War II Rangers left.

Those Rangers distinguished themselves in both the European and Pacific theaters. They are perhaps best known for their astonishing bravery and determination on D-Day, when they scaled the sheer 100-foot cliffs at Point du Hoc to eliminate the German threat to the amphibious landings at Omaha and Utah beaches below. Six months later in the Philippines, another Ranger battalion carried out a daring

operation behind enemy lines to rescue more than 500 Allied POWs from a Japanese prison camp. That legendary special-operations unit established a legacy that continues to inspire us eight decades later.

In addition, both chambers of Congress have overwhelmingly passed historic legislation to address toxic exposure among service members. The Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxics (PACT) Act of 2022 will ensure all generations of toxic-exposed veterans receive the health care and benefits which they have earned.

The bill is named after Sergeant First Class Heath Robinson, who deployed to Kosovo and Iraq with

the Ohio National Guard. Tragically, he died in 2020 from toxic exposure as a result of his military service. Among its many priorities, the PACT Act will expand VA health care eligibility to Post-9/11 combat veterans, which includes more than 3.5 million toxic-exposed veterans. It will add 23 burn pit and toxic exposure-related conditions to VA's list of service presumptions, and it will expand presumptions related to Agent Orange exposure to include Thailand, Cambodia, Laos, Guam, American Samoa, and Johnston Atoll. Additionally, it will strengthen federal research on toxic exposure, improve VA's resources for toxic-exposed veterans, and expand training for VA health care and benefits professionals.

The brave men and women who have served in our military put themselves in harm's way, and it

is our responsibility to provide them with the highest quality health care for any illnesses linked to their military service. For far too long, veterans exposed to toxic substances such as Agent Orange and burn pits during their deployments have not received the recognition or resources they needed. This comprehensive legislation puts us on the path to fulfilling the enormous debt we owe these veterans by expanding critical research on toxic exposure and providing relief to toxic-exposed veterans who may be experiencing serious illnesses and debilitating symptoms.

Our nation has a duty to honor the courage and sacrifices of those who serve, not just with words, but also with actions. As a Senator and the grateful daughter of a veteran, I am committed to ensuring that the government keeps that sacred obligation.

Applications Open for Study Abroad Program in Germany

High School students may apply now for the Congress-Bundestag Youth Exchange (CBYX) program to study abroad in Germany. ASSE is one of four well-established international exchange organizations that administer this prestigious program, which is jointly sponsored by the U.S. Department

of State and the German Bundestag (Parliament). ASSE has 50 scholarships available to American youth from the western and northwestern regions of the USA. ASSE is responsible for promoting the CBYX program, recruiting applicants, and selecting finalists. Students are encouraged to learn more and

apply at www.UsaGermanyScholarship.org. The deadline to apply is December 1, 2022.

The CBYX high school program is administered regionally by four well-renowned international exchange organizations. CBYX is committed to representing the vast diversity of the United States.

Therefore, we encourage applications from all U.S. citizens ages 15-18 to apply regardless of race, color, national origin, sex, age, religion, geographic location, socioeconomic status, disability, sexual orientation, or gender identity.

Funding provided by the United States Government.

New Efficiency Standards For Appliances Saves Mainers Money



Natural Resources Council of Maine
Protecting the Nature of Maine – join us!

AUGUSTA, ME (September 1, 2022) – New efficiency standards adopted today for certain residential and commercial appliances, plumbing, and lighting products will save Maine residents and businesses money, according to the Natural Resources Council of Maine.

The new efficiency standards cover a wide variety of products, from computer monitors and commercial food service heating units to faucets, shower heads, and other similar plumbing fixtures. It is estimated that Maine households and businesses could realize \$9 million in utility bill savings per year by 2025 and \$36 million annually by 2035 as a result of the new standards, according to the Appliance Standards Awareness Project.

“Making our homes and businesses more efficient will save us money, reduce harmful air pollution, and make sure we’re not wasting precious water and energy resources,” said Jack Shapiro, NRCM’s Climate & Clean Energy Director.

At its September 1st meeting, the Board of Environmental Protection gave final approval to new standards first established last year by the Maine Legislature (LD 940) that align Maine’s appliance and product performance requirements with nation-leading efficiency regulations already in use in California.

Maine’s new efficiency standards will apply only to new products. No one will be required to replace an existing, less efficient appliance.

NOTICE TO CREDITORS

RE: Rejane L. Gosselin, Deceased

TO: ALL PERSONS HAVING CLAIMS OR DEMANDS AGAINST THE ABOVE NAMED DECEDENT

The above-named Decedent, established a Living Trust, entitled **Gerald and Rejane Gosselin Living Trust Dated March 22, 1994 and Restated February 23, 2004.**

The name(s) and address(es) of the Trustee(s) is/are set forth below.

ALL INTERESTED PERSONS ARE NOTIFIED THAT:

All creditors of the decedent and other persons having claims or demands against decedent's

Trust (and/or estate) must file their claims with the Trustee listed below **WITHIN FOUR**

MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.

ALL CLAIMS AND DEMANDS NOT SO FILED WILL BE FOREVER BARRED.

The date of the first publication of this Notice is September 1, 2022.

Sandra Boland, Trustee
19749 Ellendale Dr. Land O Lakes, FL 34638
813-493-3281

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

Updates from the Town of Gorham

GORHAM, ME (August 19, 2022) -- Nomination Papers Now Available for November 2022 Municipal Election

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

Citizen Volunteers Needed

The Town Council Appointments Committee is seeking citizen volunteers for the Robie Park Master Plan Steering Committee.

If you are interested in applying to serve on this committee, or to learn more information, please visit the Town Clerk's Office to pick up an application (or check the Town's

website).

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, contact Laurie Nordfors at lnordfors@gorham.me.us or call 222-1671.

Absentee Ballots Now Available for Request for the November 8, 2022 Annual Municipal Election and the State Election

Absentee ballots are now available for request

for the November 8, 2022 Annual Municipal Election and State Election. You may request an absentee ballot by visiting <http://www.maine.gov/cgi-bin/online/AbsenteeBallot/index.pl>, or by calling the Town Clerk's office at 222-1670, and one will be sent to you when available.

Absentee ballots must be returned no later than 8pm on Election Day. You can return your ballots by mail (two stamps required) or drop them off in the Ballot Box at the Municipal Center.

You may also return your ballots in person to the Town Clerk's Office during regular business hours.

Important Dates:

August 8 – Absentee ballots may be requested **REQUEST ONLINE | PAPER APPLICATION**

We will mail your ballot to you once absentee ballots arrive (around October 8)

October 10– Absentee voting begins

If you requested your ballot, we will mail it to you. If you would like to vote absentee in person, you may do so at the Town City Clerk's office, starting Monday, October 10 and any time the Town Clerk's office is open: Monday-Wednesday, 8:00am-4:00pm, Thursday, 8:00-6:30 and Friday, 8:00-1:00.

October 18 – Last day for Registrar's office to receive mail-in voter cards

After this date, voter registration changes and enrollments must be done in person

Beginning October

24 thru November 3

You may vote absentee in the Council Chambers at the Municipal Center, October 24-October 28; Monday - Wednesday, 8:00am-4:00pm, Thursday, 8:00am-6:30pm, Friday, 8:00am-1:00p, and October 31-November 3; Monday-Wednesday, 8:00am-4:00pm, Thursday, 8:00am-7:00pm.

November 3– Last day an absentee ballot may be requested without special circumstances

November 8 - Election Day! All polling places will be open from 7:00am-8:00pm.

Absentee ballots must be returned to the Town Clerk's Office by 8:00pm. New voters may register to vote and vote at the polling place on Election Day.

Gorham: Check Out MDIFW's Fall Wildlife Walk Series

MAINE (August 28, 2022) -- Join MDIFW Education and Outreach Supervisor, and naturalist, Laura Craver-Rogers at various locations across Maine to learn more about Maine's wildlife and wild places. Open your senses and relax your mind as we meander through different MDIFW wildlife management areas and

land trust properties across the state. We will look at birds, plants, insects, and other wildlife as we walk through the woods, forests, fields, and shorelines. You'll also learn more about how these wild places are maintained, managed, and preserved to benefit a variety species and humans.

Each walk will be

about 2 hours depending on the trail. Please register for each walk separately.

Delano Wildlife Management Area

Sunday, September 11, 2022 - 8:30-10 am
Monson, Maine

Join us for a fun and educational walk in northern Monson at Delano Wildlife Management Area (WMA). This WMA

is managed with certain species in mind like ruffed grouse, woodcock, moose and a variety of songbirds, but with such a diverse habitat and a mix of wetlands we could see signs of many more species. The location is just off of route 6/15 (Greenville Rd), just south of Spectacle Ponds at the Appalachian Trail access point parking area.

The trail can have easy to moderate terrain, but mostly flat with some inclines.

Mostly a moderate walk about 1-2 mile round trip.

Bangor City Forest/Orono Bog Boardwalk

Tuesday, September 20, 2022 - 8:30-10:30 am
Bangor, Maine

Join us for a fun and relaxing walk through the

beautiful trails of the Bangor City Forest and a visit out on the Orono Bog Walk. This property is a mixture of different habitats which leads to a diversity of wildlife. There are many trails around this property, and we will explore a few during our visit. With hopes of seeing and hearing various birds

See MDIFW, page 14



GORHAM LITTLE LEAGUE

Field Funding Campaign



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

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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



DONATE TODAY!

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

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

Texas Campers Find Fun at Wiscasset Art Walk



During July's Wiscasset Art Walk, Rick Burns of Wiscasset makes cajóns while a group of Houston campers stops by to watch. (Wiscasset Art Walk photo)



Young campers from Houston took turns playing a cajón during July's Wiscasset Art Walk. (Wiscasset Art Walk photo)



Campers and their counselors from Houston's Camp Serendipity enjoyed the sidewalk activity during July's Wiscasset Art Walk. (Bob Bond photo)

WISCASSET, ME (August 12, 2022) – If serendipity is a happy accident, an unexpected but delightful adventure, then young visitors to July's Wiscasset Art Walk had many serendipitous moments!

During July's WAW evening, Jim Doble from Union and Rick Burns of Wiscasset were hand-making percussion instruments under tents on the sidewalk. Steve Almasi, a percussion player, was setting up his cajón, a Peruvian box drum, nearby. At that moment, a group of boys in brightly colored tie-dyed t-shirts came sauntering by, clearly watchful for something energetic to do. Steve invited the boys to play his cajón and after his

20 second demo, the boys stepped up, one by one, to give it a try. Bystanders were awed by these zestful kids as they encouraged and applauded each other's musical daring.

The 12 campers, aged 8 through high school, are from Houston and were on a summer camping trip to Wiscasset with Camp Serendipity. Their local base of operation was Winter's Gone Farm, the Wiscasset home of Jan Flowers, who, with the support of husband Larry and other colleagues, founded the Texas camp nearly 20 years ago.

Before retiring in 2019 and moving to Wiscasset, Jan had taught at a private school for children with learning differences. And during the summers,

she began taking them on trips. Jan explained that there were two essentials needed to prepare for success. It was very important to know the parents, she said, and have their trust. She would explain to parents that their children would be working hard, sleeping in tents, helping to cook, and keeping their spaces clean – no coddling. For the campers, she would set expectations from the beginning of the adventure by letting them know "this is how we act, and this is what we expect of you." She found from experience that if she provided the instruction they needed to be successful, they would rise to expectations. And the results,

consistently, were that the campers deepened friendships, gained confidence in their abilities, and had fun.

Another lovely aspect to this saga is that Jan's earliest helpers were her nieces and nephews who accompanied her on the camping trips. Now, they are adults and are carrying on the Serendipity trips from Houston with the Flowers' home in Wiscasset as one of their destinations.

When Jan thinks about the many camping trips she's planned and the many campers she's gotten to know, she says with pride that some of these young people "are going to make a difference

in the world because they think outside the box." Even if they have learning differences now, she says, they are able to look for unexpected solutions, and that, along with constant encouragement, will help them know their own strengths. Wiscasset Art Walk was a small but happy stop on their journey.

At the following Wiscasset Art Walk, held August 25, 2022, the cajon and other percussion instruments were on the Village sidewalks for visitors to play and make their own serendipitous moments!

Wiscasset Art Walk 2022 is made possible by the generosity of Lead Sponsors Donna and Frank Barnako and Ma-

ior Sponsors Ames True Value, Big Barn Coffee, BIRCH Home Furnishings & Gifts, Bradbury Art & Antiques, Carriage House Gardens, First National Bank, Fogg and Dalton Art Restoration, Industrial ME, J. Edward Knight Insurance, Newcastle Realty, Ozias, Peter Eaton at the Lilac Cottage, Red's Eats, Rock Paper Scissors, and Sherri Dunbar/Tim Dunham Realty. Additional sponsor support comes from Cod Cove Inn.

For more information about Wiscasset Art Walk, www.wiscassetartwalk.org or email to wiscassetartwalk@verizon.net. Wiscasset Art Walk is a program of Wiscasset Creative Alliance.

Cloutier Selected for Council of State Governments Fellowship

AUGUSTA, ME (July 11, 2022) – Rep. Kristen Cloutier, D-Lewiston, has been selected for the Council of State Government's 2022 Henry Toll Fellowship. She is one of just 48 chosen to participate in the fellowship, the nation's premier leadership development program for state officials.

"I am so incredibly humbled to have been selected as a member of the 2022 class of the Council of State Governments' Henry Toll Fellows," said Cloutier. "I am excited by the opportunity to examine and assess my own personal leadership style and assumptions, and to grow my skill set in ways that will help me best craft and shepherd successful legislation in consultation with affected stakeholders and my constituents in Lewiston."

Each year, the CSG Henry Toll Fellowship brings officials from all

three branches of state government to the organization's national headquarters in Lexington, Ky., for an intensive, five-day leadership boot camp. The program's sessions are designed to stimulate personal assessment and growth while providing networking and relationship-building opportunities.

"I congratulate Rep. Cloutier on being named a 2022 Toll Fellow," said Speaker Ryan Fecteau, D-Biddeford. "I know her genuine passion for our work and her deep respect for our constituents and the issues that impact them. I believe her participation in the Toll Fellowship Program will have ripple effects in the state of Maine; I envision a bright future for her in the Legislature and I was proud to nominate her for this important opportunity."

"I have had the privilege of witnessing Rep. Cloutier grow as a legis-

lator and a leader over the last four years," said House Majority Leader Michelle Dunphy, D-Old Town. "She is introspective, always willing to embrace new opportunities and holds a steadfast commitment to her community and our caucus. I am confident these qualities will aid in her success as a 2022 Toll Fellow, and I look forward to the leadership skills she will bring to our state legislature in the future."

"Rep. Cloutier will be an invaluable member of the 2022 Toll Fellowship program, and I know she will bring all she learns from this unique experience back to our work on behalf of the people of Maine," said Assistant House Majority Leader Rachel Talbot Ross, D-Portland. "Our state continues to be fortunate to benefit from the Council of State Government's research and programs, including this prestigious fellowship."

The CSG Henry Toll Fellowship encourages participants to evaluate and adapt the way they interact with each other and the world around them, providing an opportunity unlike any other in the nation. Providing a variety of exercises and sessions, the content of the program is different each year.

Since the program began in 1986, more than 1,300 officials have graduated from the Toll Fellowship, including ten current members of Congress and

five sitting governors.

"While the CSG Henry Toll Fellows come from every region of our nation, from both political parties and all three branches of state government, they share one thing in common — they are all people of purpose with a passion for public service," said CSG Executive Director and CEO David Adkins, a former Kansas state senator and 1993 Toll Fellowship alumnus. "Toll Fellows are selected based on their demonstrat-

ed commitment to solve problems, to work collaboratively to get things done, and their belief that state government can and must be a force for good."

Cloutier is serving her second term in the Maine House and represents part of the City of Lewiston. She is a member of the Appropriations and Financial Affairs Committee and serves as the House chair on the Commission to Develop a Paid Family and Medical Leave Benefits Program.



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Calendar

Send your submissions to the Editor. More online.

Tuesdays
 LEWISTON – Baby Storytime held on Tuesdays, starting September 6th at 10:15am. Enjoy an interactive storytime with your baby that includes early literacy fun with books, songs, rhymes and body movement. Recommended for children ages 0 – 24 months old and their caregivers. Play and social time immediately follow the program. Siblings are always welcome. Please stay home if you or your child are sick and not feeling well.

Free. 513-3133; www.LPLonline.org

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.

September 9-18
 BATH -- AllAboard! Next stop, River City! For the CCAC/Studio Theatre of Bath co-production of this 1957 Meredith Willson Broadway musical hit, THE MUSIC MAN.

This offbeat romantic comedy is a true classic of American musical theatre. A treasured gem for all ages. This is a non-traditional, stylized version in staged and cho-

reographed scenes.

The Music Man (Theatre); \$18 ADV | \$22 DOS; Show Run: September 9-18 Thursday, Friday, and Saturday: 7:30-9:30 pm; Sunday: 2-4 pm.

Tickets On Sale at <https://chocolate.na.ticketsearch.com/sales/sale-sevent/13788>

September 10
 GORHAM -- Indoor Yard Sale Fundraiser, 34 Wilson Road, 8 a.m. to 1 p.m. White Rock Friendship club is sponsoring an indoor yardsale. All money raised will go toward a scholarship for a Gorham High School senior! If you have any items you'd like to donate, please message us on Facebook. We will schedule a drop off at the Community Clubhouse Building. <https://www.facebook.com/events/744288096679010>

September 14
 AUBURN -- The Androscoggin Retired Educators' Association will meet at 10:30 a.m. on Wednesday, September 14 at the Sixth Street Congregational Church at 109 Sixth Street in Auburn.

The speaker for this

meeting will be Jamie Caouette from Lewiston High School's Store Next Door, a store which provides needed goods, both personal and educational for many homeless students who attend Lewiston High School. AREA members are asked to bring items for the Store Next Door including toothpaste, shampoo, deodorant, bar soap, etc.

The luncheon, to be prepared by members of the church, will cost \$12, and will be Chef's choice. This includes coffee or tea and dessert.

AREA meets five times per year: September, October, November, March and April. Dues are \$10 per year for members, \$6 for the non-teacher spouse or partner. Honorary members who are age 85 or older no longer need to pay dues.

All educators are welcome. This includes teachers, teacher assistants, guidance counselors, custodians, secretaries, administrators, anyone who has worked in education. You need not have worked in Androscoggin County or even in the State of Maine.

Please send reservation and a check for dues and lunch to Gina Fuller, 36 Elliott Avenue, Lewiston, ME 04240 by September 7.

September 20 – December
 LEWISTON -- 3rd Tuesdays from September-December 2022, 3-5pm at the Lewiston Public Library: MAINE-TRANSNET TEEN TABLETOP TUESDAYS

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop roleplaying sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

For more information, contact the Lewiston Public Library Adult & Teen Services Department at 513-3135 or LPLreference@lewistonmaine.gov. www.LPLonline.org

October 4
 LEWISTON -- Public Hearing is Scheduled to Amend FY2021 - 2022 HOME Budget to Include Additional Allocation in HOME-ARP Funding. <http://www.lewistonmaine.gov/CivicAlerts.aspx?AID=1567>

MDIFW

Continued from page 11

and insects, as September is a great time for listening to the sounds of nature. As the colors of fall begin to set in we will also look to venture out on the bog walk for a glance at the unique species that live and thrive there.

Mostly an easy walk – approximately 2 mile round trip.

Major Gregory Sanborn (Brownfield Bog) Wildlife Management Area

Sunday, October 9, 2022 - 8:30-10:30 am
 Fryeburg, Maine

This wildlife management area covers about 5,700 acres of floodplain wetlands and upland forest, including pitch pine – scrub oak habitat. The area supports a variety of species including deer, ruffed grouse, snowshoe hare, bobcats, foxes, raccoons and more. It also supports

a variety of common, rare, threatened, and endangered species such as rare butterflies and moths attracted to pitch-pine-scrub oak barrens. Join us as we explore a section of the pitch pine-scrub oak habitat and take a look at how different management methods, including carefully prescribed burns, leads to beneficial effects on this habitat that many species use, including rare butterflies and moths.

Easy - moderate walk as we will walk on a rough-cut terrain/ trail, which may include some debris, tree blow downs, or uneven areas.

Purinton Homestead Conservation Area

Tuesday, October 25, 2022 - 8:30-10:30 am
 Bowdoin, Maine

Join us for a fun walk through the forest and along the Gillespie Brook as we look for various au-

See *Wildlife*, page 16



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KAYAKS

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

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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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Wildlife

Continued from page 14

tumn bird species, which are typically our winter birds by this time of the year, and signs of other wildlife as they prepare for winter. We could see various signs of woodland mammals such as deer, raccoon, squirrels, and

more. This preserve includes a 40-acre field and 100-acre forest. This property is managed by the Androscoggin Land Trust and it was donated to them by the Purinton Family.

Mostly an easy - moderate walk - approximately 2.5 mile round trip**

Jamies Pond Wild-

life Management Area

Sunday, November 13, 2022 8:30-10:30 am

Farmingdale, Maine

Join us for a fun and educational walk along the trails of Jamies Pond Wildlife Management Area (WMA) as we look for signs of wildlife as some begin to tuck themselves away for winter. With

over 900 acres of habitat this WMA has mixed forest and wetlands, which is habitat for numerous species of waterfowl, wading birds, songbirds, and many species of mammals throughout the year.

Easy - moderate walk including some uneven terrain and may have some occasional trail obstruc-

tions we need to go around For questions please contact Laura Craver-Rogers at 207-592-0750 or laura.craver-rogers@maine.gov

Walk level ratings are subjective; please click the "register" button for more information about each trail at: <https://www.eventbrite.com/>

[cc/wildlife-walks-with-mdifw-469669](https://www.eventbrite.com/cc/wildlife-walks-with-mdifw-469669)

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

SMAA

Continued from page 1

a refresher," A Matter of Balance participant said.

A Matter of Balance is an 8-session workshop with 2-hour meetings. Like every group-based program, participants benefit the most when they attend all eight meetings.

The other evidence-based program that Southern Maine Agency on Aging offers to people who want to improve balance and wellbeing is Tai Chi for Health and Balance. It improves mobility, strength, breathing, and relaxation through a combination of movement, balance, joint-safe exercise, and mental focus. One of SMAA's Tai Chi practitioners and a volunteer instructor shared a story about trying to get from a trail at the Wells Reserve to the beach, which required walking across some rocks. "Because of my tai chi training, I could cross the rocks with no fear. Even when I lost my footing momentarily, I



was able to correct my balance."

Tai Chi for Health and Balance workshops meet for one hour twice a week for 10 weeks.

Both classes are offered in person in the fall of 2022. A Matter of Balance runs 9/21- 10/14 on Wednesdays and Fridays from 1:30-3:30 pm at the Windham Raymond Adult Education Center (406 Gray Road, Windham, ME 04062).

Tai Chi for Health & Balance runs 9/19 -11/28 on Mondays and Wednesdays from 1:00-2:00pm at the Windham Town Hall Gym (8 School Rd, Windham, ME 04062).

To register call 207 396-6578 or visit smaa.org/events

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Westbrook Community Center's next sessions of swim lessons for ages Infant thru 12 years old are now open for registration under the Aquatics catalog tab at www.WestbrookCommunityCenter.org. Spots fill up fast, so please don't wait! Tuesday, Thursday, and Saturday sessions, September-December 2022, have been posted.

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