



Dempsey Challenge at a Glance

SOUTHERN MAINE (September 10, 2022) -- For one weekend every September, thousands of people break out their inner athletes to help make life better for people impacted by cancer by raising funds for the Dempsey Center through the Dempsey Challenge. 100% of funds raised by Challenge participants helps provide personalized, holistic services AT NO COST to cancer patients, their loved ones, and care partners.

WHAT IS THE DEMPSEY CHALLENGE?

The Dempsey Challenge presented by Amgen Oncology is an annual run/walk/ ride experience to benefit the Dempsey Center. With two physical Centers in Lewiston and South Portland, Maine, and our third, virtual Center—Dempsey Connects, which launched in 2020—our specially-trained team of experts provides curated, holistic care to people impacted by cancer in Maine and beyond. Founded by actor Patrick Dempsey in 2009, this flagship fundraising event has raised over \$17 million for the Dempsey Center since its inception, with 100% of all funds raised going directly to client care.

> **QUICK FACTS** About The Dempsey Challenge

The Dempsey Challenge is a run/ walk/cycle event and is the flagship fundraiser for the Dempsey Center, founded by actor Patrick Dempsey. Patrick grew up in Maine, and wanted to help provide wrap-around support and care for people in Maine impacted by cancer after experiencing his own cancer impact when his mom Amanda was diagnosed in 1997.

The event takes place in Lewiston, Maine every fall.

In 2020, the Dempsey Challenge

went global and introduced a complete virtual event. Today, the Dempsey Challenge is a hybrid event where participants can choose to participate in person or virtually - there are no barriers to get involved!

The next Dempsey Challenge is September 24 + 25, 2022. This will be the 14th consecutive Dempsey Challenge. Generous corporate sponsors cover the cost of the event, so every dollar raised by participants goes directly to the Dempsey Center.

Who can participate in the Challenge?

No matter who you are, there's a place for you in the Dempsey Challenge! Participants are all ages, have varying abilities, and hail from around the world. Volunteers and ambassadors love their roles and come back year after year. Dempsey *See* Challenge, *page 9*

Vote for Gorham to Get Kids Outside and Active



GORHAM, ME (September 10, 2022) -- 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 Winter-Kids Downhill 24 Outdoor Fund, we will be granting \$25,000 to 4 organizations to help get kids outside and active more often. Winning organizations will be determined by community vote.

APPLICATIONS OPEN: 8/1/22 - 8/15/22

COMMUNITY VOTE: 9/1/22 – 9/30/22

WINNERS ANNOUNCED: Tuesday, October 11, 2022

Each voter may cast their ballot ONCE between 9/1/22 - 9/30/22.

The ballot divides our nominees into three categories: Schools, Parks & Rec, and Nonprofits. You may vote for one organization in each category.

To vote, go to https://winterkids.org/ downhill-24/winterkids-downhill-24-outdoor-fund/

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

Gorham Westbrook Windham TRIAD Invites Community to Join



GORHAM, ME (September 10, 2022) -- Gorham Westbrook Windham TRIAD held its most recent meeting Friday, September 9 at the Gorham Police Dept. All were welcome. The guest speakers were Mary Hadlock and Paul Hofelich who represent Southern Maine Area Agency on Aging. They discussed services available to elders in our area.

What is TRIAD?

TRIAD is a cooperative partnership between law enforcement agencies, elder service providers, and seniors in our community. The primary mission of TRIAD is to reduce the criminal victimization of older citizens, enhance the delivery of law enforcement services, and improve the quality of life for seniors.

TRIAD Strives to:

Educate – sponsor programs for crime prevention, fraud, home security, elder abuse, etc.

Communicate – provide a forum to

discuss the concerns of seniors, develop and implement community-wide solutions.

TRIAD Meetings

You are encouraged to visit a TRI-AD meeting to learn more about us. We meet at 9:00 am on the 2nd Friday of each month at the Gorham Police Department.

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Newsmakers, Names & Faces

Out and About Queen Elizabeth II

By Rachel Morin When the news of Queen Elizabeth II's passing was announced worldwide, Arthur Turner, a member of Schooner Estates Retirement Community, Auburn, was instantly filled with memories of his years of gathering memories, photos, newspaper clippings, gifts, and his memorable five visits to England over the past several years.

Art didn't have to look far. His apartment is aptly decorated with The Royal Family photos, English cathedral photos and books on England. Truly, his apartment is like a small museum to all things England with a special emphasis on the Queen and the Royal Family.

Of course, TVs were turned on and we sat transfixed to see, hear and learn all the news specials on every channel broadcasting the latest announcements on what was going on across the world. We saw the whole world was mourning Queen Elizabeth II's passing and greatly respected her 70 years of reign.

Art had an affinity for England ever since his school days in Boston. He lived in Boston 40 years and Trinity Church was his first parish where he was a Docent. He took classes and learned about English history and learned the English ways and customs.

Art travelled to England five times, two on group tours and three tours on his own. On these tours, they would visit one cathedral a day, have a tour and learn its history. "There was something about the English ways and their customs" Art told me, "I was just drawn to it."

A visit to Salisbury, England, brought Art to the Salisbury Cathedral where they had a tour and history of the building. This is where Art heard the Evensong Service ending the day.

Evensong, often referred to as "the jewel in the Anglican crown" Evensong is a church service traditionally held near sunset focused on singing psalms and other biblical canticles.

Art is well known and popular at Schooner by his friends and neighbors at Schooner What makes him so well- known and popular is his love and appreciation for England and Queen Elizabeth II and the Royal Family and her people. But mostly, his appreciation and love is for anything about England.

The real secret is Art's unfailing kindness and courtesy to everyone with a friendly smile and greeting. Another not kept secret is his collection of 25 tee shirts with photos of the Queen, Prince Philip, anything British! He wears a different tee daily, well, every few days or so. This week he wore one every day. I'm thinking he will have a special one for the late Queen Elizabeth II Funeral Service.

I have included some photos I took of Art wearing the different tee shirts around Schooner for your enjoyment!



Anglophile One who is fond of or greatly admires England or Britain



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Prince Philip



The Royal Standard



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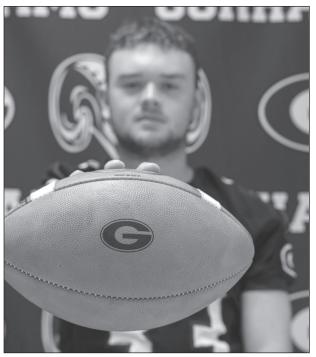
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Newsmakers, Names & Faces Gorham Football Announces Players of the Week



Cody Sellick #33 - Upperclassmen Teammate of the Week

A Senior RB/LB has worked hard this season and this past week was a good leader for the young Rams.



Caden Smith #5 - Special Teams Player of the Week



Hayden Battaglia #55 - Offensive Player of the Week

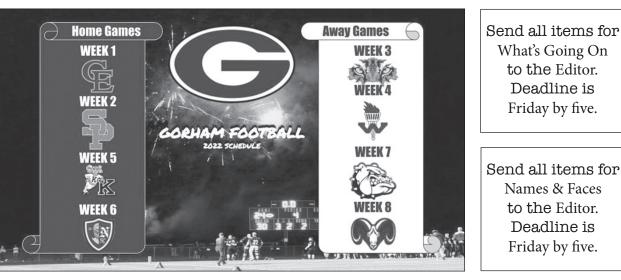
A Senior OL/DL who consistently helps get things going for the Rams. Called upon to lead block often he graded out at 94% assignment execution.



A constant threat as a return guy Caden racked up 125 yards in the return game, pinned SP inside the 20 with a punt and was 1 for 1 on PATs.

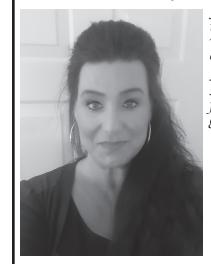
Patrick Downey #16 - Defensive Player of the Week

Sophomore RB/LB racked up 4 tackles as he stepped in at LB for most of the 2nd half on Saturday afternoon.



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

Fran comes to us with over 24 years of knowledge & experience in the insurance industry. Her primary focus is commercial lines, but she also has personal lines experience.



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, Caíden.



Andre Dube #56 - Underclassmen Teammate of the Week

Andre a sophomore OL/DL is a tireless worker and handled a position change last week with ease to help get the Rams ready!

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Proofs

Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

Seniors Not Acting Their Age **A Gusty Surprise Traversing Moxie Pond**



Paddlers pass some islands on Moxie Pond

By Ron Chase

Each July, the Penobscot Paddle & Chowder Society celebrates summer with a weekend of paddling adventures collectively called the Summer Picnic. For many years, the event has been held at West Forks in western Maine.

The base camp for club activities is Webb's Campground located on the Dead River at West Forks just before it merges with the Kennebec River. Both rivers provide whitewater paddling opportunities that vary from Class I to Class IV. Again this year, the most popular scheduled trip on the first day was a Class III excursion on the Dead, while a few members paddled the Class IV Kennebec Gorge.

My wife, Nancy, and I decided to offer club members a flatwater option; a traverse of nearby Moxie Pond. Although Nancy had kayaked a portion of it, neither of us had paddled the entire length. Since we had hiked Moxie Bald and Mosquito Mountains, which border the pond on the east and west, we knew it was a very scenic body of water. Viewed from the mountain summits, my

impression was that it had the character of an inland fjord. That's how I promoted the trip.

Three additional Chowderheads signed on for the excursion. We were a diverse paddling group. Gail and Devon Carter navigated a tandem canoe and Jonathan Ludlow a solo canoe. Nancy and I paddled solo flatwater kayaks.

The direction of narrow Moxie Pond is northsouth. Moxie Pond Road follows along the west shore. We needed to decide which way to travel. The forecast called for winds from the southwest for the entire day so our choice was south to north. Unsure of where we could launch on the southern end, Nancy and I explored the Moxie Pond Road in advance of meeting the group. We found a suitable location where vehicles could be parked next to the shore near the southern-most navigable sector of the pond.

The group met at Moxie Pond Boat Landing adjacent to the outlet dam near the northern terminus. From the dam, Moxie Stream flows west for about five miles before entering the Kennebec River. Just before joining the Kennebec, spectacular Moxie Falls, one of the highest waterfalls in Maine, tumbles vertically for almost 100 feet.

begin a traverse of Moxie Pond

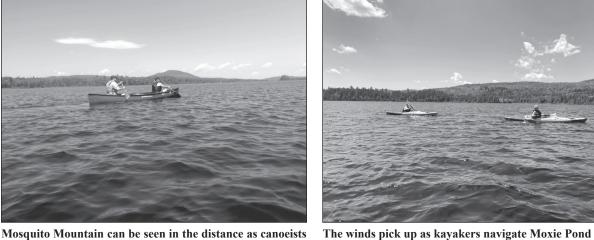
The weather was beautiful with sunny skies. As predicted, there was a gentle southwest breeze. Participants transported their boats south after leaving two vehicles at the landing to facilitate a posttrip shuttle.

Paddling was superb as we began our eight mile journey north. Proceeding through a narrow channel on the right, we entered a wider body of water where Moxie Bald Mountain was visible in the east and Mosquito Mountain west. That's when I realized my observation that the pond resembled an inland fjord was an unintentional embellishment. However, if you let your imagination soar, navigating through the pond between Mosquito and Moxie Bald Mountains looks something like an inland fjord.

Everything went effortlessly while enjoying a gentle tailwind and sunny weather until we started looking for a location to stop for lunch. After exploring several possibilities

Running has generously North Yarmouth Bluegrass nonprofit organization, is donated \$100 gift certifi- Jam Group will play music cates for the top male and under the tent to add to the North Yarmouth and www. festivities.

located at 95 The Lane, skylinefarm.org



The winds pick up as kayakers navigate Moxie Pond



Paddlers enjoy an island lunch spot

that were unacceptable, we found a small uninhabited island where landing was doable but challenging. A team effort was required to ascend the steep embankment before partaking of our delayed luncheon.

Easy paddling continued as we entered the northern sector of the pond that was cluttered with small islands and ragged peninsulas. In an open area about a mile from the landing, the wind gods betrayed us. Nasty broadsides rocked our boats until we gained shelter in lee of a lofty peninsula. Turning the bend towards the landing, we were confronted with a powerful headwind that persisted until we reached the western shore. By the time we arrived at the takeout, everyone had experienced an invigorating aerobic workout.

Only day one of our exciting weekend of adventures; more exhilarating exploits were anticipated. Nancy and I were scheduled to lead a Class III whitewater trip on the Kennebec from Carry Brook to West Forks the following morning. The day ended with a short club business meeting and a delicious potluck picnic dinner at Webb's Campground.

Read about more Maine lake and pond expeditions and exciting whitewater trips on the Dead and Kennebec Rivers in my book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine.

Skyline Farm Trail Run/Walk in North Yarmouth, Oct. 1

NORTH day, Oct. 1, Skyline Farm will hold its 8th Annual Benefit 5K Trail Run/Walk

line Farm and Yarmouth

YAR- at 9:30 a.m. The off-road \$20 at www.running4free. MOUTH, ME (Septem- course consists of one loop com. Race Day registration ber 15, 2022) – On Satur- through the trails of Sky- fee is \$25 at Skyline Farm. The first 50 registrants will receive a free T-shirt. Fleet Feet Maine

Water District.

Pre-registration fee is

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female finishers. Local

sweet and savory pies will be awarded to the top male will begin at 9:00 a.m. with and female finishers in eight age categories.

The Happy Kitchen will serve breakfast (\$7) for the public, spectators, walkers, and runners. The

prizes at the finish line. For more details, contact Jennifer at (207) 415-6830 or info@skylinefarm.

A fun Kids' 1K Run

Skyline Farm, a



org.





Downtown Bangor ARTober Sidewalk Festival Seeking Vendors



BANGOR, ME -- The Downtown Ban-(September 12, 2022) gor Partnership (DBP), in partnership with the City of Bangor's Commission on Cultural Development, seeks artists for a fall edition of the Sidewalk Art Festival designed to coincide with City of Bangor's ARTober month-long celebration of the arts.

As the premier arts and culture destination in Northern and Central Maine, the Downtown Bangor Partnership seeks to provide an outlet for artists to sell their original work and interact with the community. The Festival will take place on Harlow Street between Franklin and Central Streets.

The Downtown Bangor Partnership is currently seeking applications from vendors wishing to sell their art and from sponsors seeking to underwrite the costs of the festival.

Interested vendors can download forms on the Downtown Bangor Partnership website or submit digitally

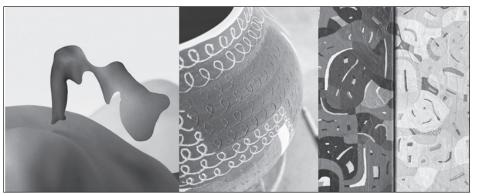
https://downtownbangor.com/event/arto-



 ber-sidewalk-art-festival-2022/ Questions can be directed to Betsy Lundy.

See Shapeshifter at Monkitree

GARDINER, ME (September 5, 2022) --Shapeshifter highlights work by Chelsea Ellis, Whitney Gill, and Allison McKeen and their exploration of shapes through photography, ceramics, and painting. In each artist's work one can see recognizable shapes transformed- from circles to the human form. In Whitney Gill's ceramic forms, broad brushstroke circles may reveal a hidden rectangle. In Allison McKeen's paintings one may find bisected circles and multicolored arches. Chelsea Ellis's photographs morph the human form in unexpected



The work of Chelsea Ellis, Whitney Gill, and Allison McKeen.

ways.

Working off a common theme, each artist developed their own interpretation:

Chelsea Ellis

"I follow two curiosities: the deconstruction of the female body into an apparitional experience and the creation of windows through which viewers can see an almost human dimension inhabited by these humanoid forms and fragments."

Whitney Gill

"I wondered how one's personal transformation can be felt in the form they have created. In so many ways, we have all been forced to transform and adapt to our current circumstances. These forms reflect my own transitional state in an ever-changing environment."

Allison McKeen

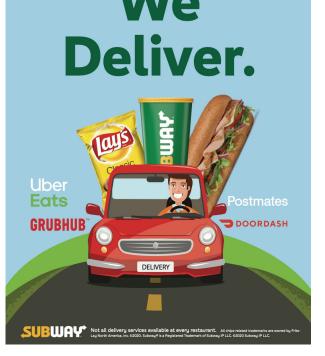
"When I'm painting, my only plan is to leave the piece unplanned with as much room for play and spontaneity as possible. The image shifts as each new addition builds off of the last. I make hundreds of small decisions, over and over. The process builds trust with my own intuition as it builds the composition."

The show can be seen at Monkitree-263 Water Street, Gardiner, ME September 9-October 29th during regular shop hours-T/F 10-5, Sat 10-4.



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Absentee Ballots Available in Gorham for Nov. 8 Elections

GORHAM, ME (September 16, 2022) --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 hours. 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 you ballots in person to the Town Clerk's Office during regular business How Do I Register to

Vote? В

У mail: Click here to complete an application and then print it out and mail it to the Town Clerk's office. Mailed applications must be received by Oct. 18 to vote in the general election.

In person: Pick up а registration application or return a completed one to the Town Clerk's Office You can also pick up an application from any Bureau of Motor Vehicles branch office or in most state and federal social services offices. But if you try to register through another government agency within 30 days of an election, you'll be warned that your registration might not make it to the registrar in time and that you should instead register in person. You can also register to vote at the polls on Elec-

Important Dates: August 8 – Absentee ballots may be requested

We will mail your ballot to you once absentee ballots arrive (around Oc-

October 11-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 Tuesday, October 11 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

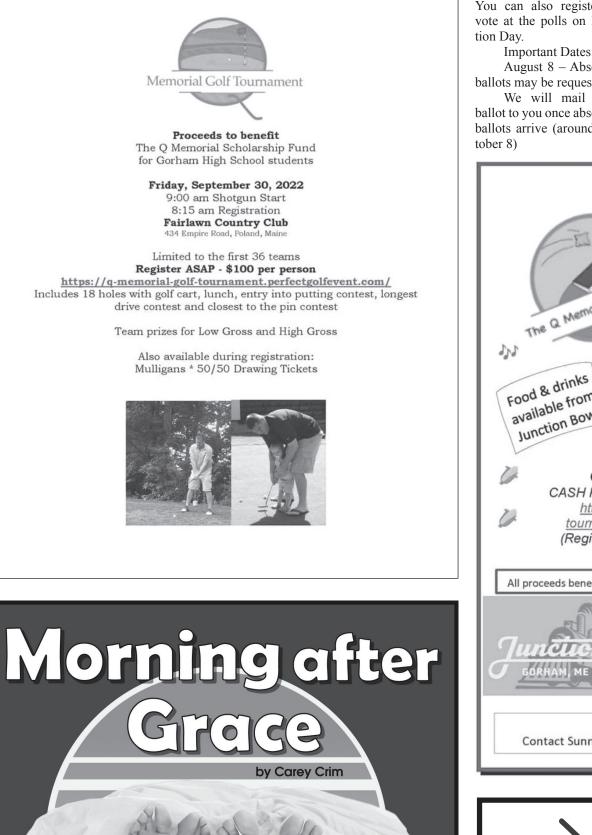
After this date, voter registration changes and enrollments must be done in person

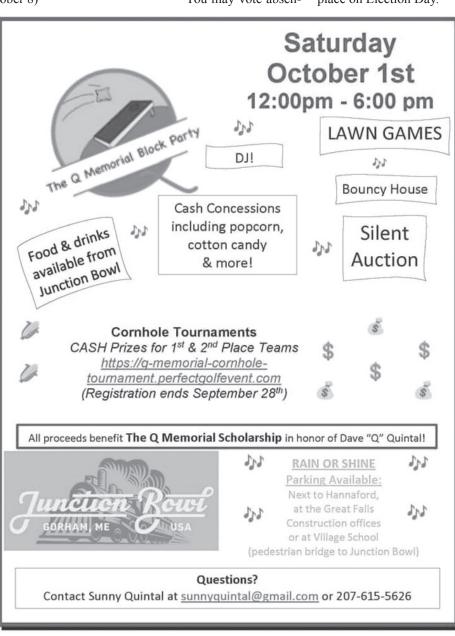
Beginning October 24 thru November 3 You may vote absentee in the Council Chambers at the Municipal Center, October 24-October 28; Monday - Wednesday, 8:00am-4:00pm, Thursday, 8:00am-6:30pm, Friday, 8:00am-1:00p, and October 31-November Monday-Wednesday, 3. 8:00am-4:00pm, Thursday, 8:00am-7:00pm.

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 on Election Day. New voters may register to vote and vote at the polling place on Election Day.





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Final

Weekend



DEMPSEY

CHALLENGE Presented By Oncology

More info and photos pages 7-9

Dempsey Center Offers Courses in Lewiston and **South Portland**

Lewiston and South Portland, Maine include classes, workshops, integrative therapies, and one-on-one support.

Whether you are a patient, survivor, care partner, family member, or friend, the Dempsey Center is here to help you navigate your unique cancer impact. Find all our classes, workshops, and support groups happening at our Lewiston location by visiting dempseycenter.org Advanced sign-up is

required for all classes unless otherwise noted.

Having trouble? Please give us a call at

In-Person Services in 877-336-7287 or email us at registration@dempseycenter.org. We will be happy to help you!

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HONOR • CELEBRATE • RALLY

September 24 & 25, 2022

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











24th at 11:00AM!

Visit us at the Oxford Street Hydration Station during Dempsey Challenge weekend to sign up your child. The event will take place on Oxford Street, right by the starting line.

All participants will receive an official Kids Fun Run Bib.

Check out the entire schedule for Dempsey Challenge weekend by visiting the Dempsey Challenge Website.

Kids Fun Run is Back for 2022 Dempsey Challenge

Did you hear?! The Kids Fun Run is BACK for the 2022 Dempsey Challenge presented by Amgen Oncology!

their own version of the Dempsey Challenge by taking on the Kids Fun Run presented by Spectrum Healthcare Partners Kids can take on on Saturday, September





325 Lisbon St, Lisbon 353-4144 802 Sabattus St, Lewiston 333-3214



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DEMPSEY

CHALLENGE

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CONGRATULATIONS to all the **Participants** of the 2022 **DEMPSEY CHALLENGE!**





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Challenge

Continued from page 1 Challengers are: riders, walkers, runners, volunteers, donors, fundraisers, kids, adults, and families - a community. People who want to make life better for people dealing with cancer.

How it works

Participants can be part of a team or join as an individual. Participants can choose either the in-person Local Challenge, or can participate virtually as a Global Challenger. Participants receive support for training and fundraising from Dempsey Center staff. In 2021, Dempsey Challenge participants from all over the world raised over \$1.5 million dollars!

How to get involved Sign up today to participate, fundraise, or volunteer! If you're in the Lewiston/Auburn area on event weekend cheer for walkers and runners as they hit the pavement on Saturday, or create a cheer station along one of the many bike routes throughout Maine!

KEY DATES September 22, 2022

12:00pm ET Fundraising Awards deadline

Fundraiser Тор Awards to be recognized in the park

Deadline to raise \$3,000+ to receive invitation to the Champions for Hope Celebration

College Cup + High School Challenge fundraising deadline

4:00pm-7:00pm ET

Baxter Brewing, 130 Mill Street, Lewiston

New for 2022: Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at Baxter Brewing. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 7:00am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else

pick up your bib and packet for you. September 23, 2022

10:00am-7:00pm ET Packet Pickup at Baxter Brewing, 130 Mill Street, Lewiston

New for 2022: Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at Baxter Brewing. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 7:00am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick up your bib and packet for you.

September 26, 2022 4:00pm EST

fundraising Final deadline for all other incentives

Challengers Local will pick up incentives in the park on Challenge weekend

Challeng-Global ers will have incentives shipped post-event

Deadline for Global Challengers to submit activity to receive official Global Challenger Finisher patch

Patches will be shipped in October

October 31, 2022 11:59pm EST

Final deadline to accept donations

September 22, 2022

Packet Pickup at

HONOR•CELEBRATE•RALLY DEMPSEY CHALLENGE G Presented By Oncology More info and photos pages 7-9 September 24 & 25, 2022

The Dempsey Challenge: Rally Together

Register as a Local Challenger or Global Challenger (participate anytime, anywhere) or as a Volunteer. There are no barriers to join in and no limits to what's possible when we - as a global community - RALLY TO-GETHER to support people managing the impact of cancer.

LOCAL CHAL-LENGE

In-person event located in Lewiston, Maine featuring 5K/10K run walk on September 24 and ride events on September 25.

Local Challenge Registration Includes:

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.

Participant t-shirt Fundraising Incen-

Fundraising Tool Kit to help you achieve your fundraising goals!

Challenger Tool Kit including virtual training plans, nutrition tips and more!

tives

Mimosa, Bloody Mary + Yogurt parfait bar with run/walk registration Craft beer + lobster roll with ride registration GLOBAL CHAL-LENGE

Virtual event you complete anywhere and in any way you choose. Join our global community as

we support people impacted by cancer.

Global Challenge **Registration Includes:** Participant t-shirt shipped to you

Fundraising Incentives shipped to you

Fundraising Kit to help you achieve including virtual training plans, nutrition tips and more!

Global Challengers who complete and submit their activity will receive an official Global Challenge Finisher patch

Congratulations to the participants of the Dempsey Challenge!

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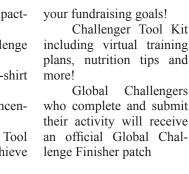
EATS

for Maine Senate

"I appreciate the many Dempsey Challenge participants who honor those whose lives have been touched by cancer. Many of my friends have benefited from the help and support of the wonderful people and services at the Dempsey Center. Thank you to all who walk, run, or bike to raise funds for this great event!"

BETTYANN





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Join Us for the 2022 Dempsey **Challenge This Weekend**

www.abcpool.com

hear more about the work

done by the Dempsey Cen-

is this weekend! If you are joining us in-person for your Challenge event, we invite you to Honor Together with us on Friday at the Night of

ESTABLISHED 1962

Challenge Weekend Love and Light presented by Concentra.

Beginning at 6:30pm, will Honor those imwe pacted by cancer with our Survivor Walk—a beloved

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ter. We will end the evening part of Challenge weekend. We will then Honor the with a Celebration of all our winner of the 2022 Aman-Challengers, sharing the da Dempsey Award and names of all our Champions-those who have raised \$3,000 or more.

See the full weekend schedule by visiting the Dempsey Center's website at https://dempseycenter.org

The Survivor Walk and Award Ceremony is open to the public. We will begin the Survivor Walk through Simard-Payne Park promptly at 6:30pm.

Following the public ceremony, there will be a private Champions for Hope Celebration for all those who raised \$3,000 or Amgenin the 2022 Dempsey Challenge presented by Amgen Oncology and a guest. Join us in the Luminary Tent following the Night of Love and Light programming for a celebration of your hard work and commitment to making life better for people impacted by cancer.



We can't wait to see

everyone for the in-person

Dempsey Challenge pre-

sented by Amgen Oncol-

ogy this weekend ... And

Global Challengers-have

you completed your event

yet?! After finishing what-

ever event you choose,

don't forget to complete

the Global Finisher Form

and share your pictures

ers, don't forget-this year,

Packet Pick-Up is happen-

ing PRIOR to Challenge

Challenge team on Mill

Street in Lewiston on

Thursday, September 22nd

from 4:00 - 7:00pm or on

Weekend and off-site!

In-Person Challeng-

Visit the Dempsey

with us!

It's Challenge Week!

Friday, September 23rd from 10:00am - 7:00pm.

Our partners at Baxter Brewing have generously provided a discount to The Pub, so grab a drink and some grub after getting your packet for the weekend!

Donations and registrations will also be accepted at packet pick-up. More details can be found at DempseyChallenge.org

*If you cannot get to Baxter on Thursday or Friday, a friend or family member can pick your packet up for you. There will be very limited ability to pick up your bib, shirt, and packet on Saturday or Sunday.



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Gorham Invited to Declutter with Bin There Dump That

PORTLAND, ME (Grassroots Newswire) (September 15, 2022) -- For local entrepreneur Bill George, owner of Bin There Dump That of Portland, the ongoing interest in decluttering is a good thing. The residential-sized dumpsters that are Bin There Dump That's specialty offer a convenient way for property owners to dispose of unwanted bulky items. But while most clutter is an annoving and sometimes embarrassing accumulation of excess consumer goods, Bill warns that there can be a dangerous side to clutter as well.

The week of October 9-15 is the 100th Anniversary of Fire Prevention WeekTM, an awareness event sponsored by the National Fire Protection Association (NFPA) to

educate the public on how to minimize fire risks in the home and, equally as important, how to respond when a fire breaks out. This year's theme, "Fire won't wait. Plan your escape™" emphasizes having an escape plan if a fire does break out. "While it's true that clutter can pose a hazard as the source of a fire," said Bill, "another dangerous side of clutter is that it might block a critical escape route."

The NFPA warns that you may have as little as two minutes to safely escape a home fire from the time the smoke alarm sounds. This means that your ability to get out of a burning home depends on early warning from smoke alarms and advance escape route planning. The NFPA offers tips and resources for planning



Residential Friendly Dumpsters[®]

at https://www.nfpa.org/ Events/Events/Fire-Prevention-Week/About, but they emphasize that it's not enough to simply plan. "It's also important to practice using your escape routes, and that includes ensuring that they are not blocked," says Bill. "That makes Fire Prevention Week a perfect time to begin your decluttering campaign, clearing out bins of toys and clothing,

www.efficiencymaine.com/

electric-vehicle-rebates/

unneeded furniture, stacks of books and magazines, and other miscellaneous "stuff" that could impede access to your fire escape routes."

Keep in mind, adds Bill, that if you do need to escape from a fire, you may be dealing with the constant blaring of alarms, dense smoke, searing heat, and darkness. The more you practice your escape plan, and the easier it is to

reach your escape point, the greater your chances of survival. Bin There Dump That offers some eye-opening statistics on clutter, along with some tips for getting it under control, at https://bintheredumpthatusa.com/decluttering-tips-for-your-home.

Bin There Dump That specializes in residential-friendly, dumpsters with double-door access that are designed for jobs ranging from simple yard clean-up chores to full remodeling construction projects. To learn more about renting a dumpster, or to discuss a project with a Bin There Dump That Dumpster Consultant, please contact Bin There Dump That of Portland at (207) 224-0337 or portlandme@bintheredumpthat.com. For more dumpster planning tips,

or to learn more about Bin There Dump That, please visit bintheredumpthatusa. com

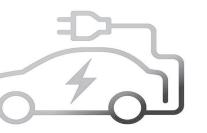
About Bin There Dump That

Bin There Dump That is North America's leading residential friendly dumpster company, founded in 2002 by Mark Crossett. Mark teamed up with That Franchise Group in 2004 to begin franchising in North America. The franchise has since grown to over 200 territories across the United States and Canada. Known for its appealing bright green bins and residential friendly service, it is unrivaled in the industry. For more information about Bin There Dump That and our business opportunities, please visit www.bintheredumpthatfranchise.com or call 905-582-1234.

Town of Gorham Adds 3rd Charge **Point for Electric Vehicles**

GORHAM, ME (September 7, 2022) -- A third Charge Point for electric vehicles (EV) is now available in Gorham. EV owners can charge up in front of Robie Gym at 42 South Street.

Looking to purchase an EV? Efficiency Maine offers instant and mail-in rebates for qualifying battery following link FMI: https:// electric vehicles and plugin hybrid EVs. Visit the



Craft & Vendor Fair Held November 5 in Gorham

GORHAM, ME (September 17, 2022) -KLA Engraving is hosting our second annual craft/ vendor fair at the Shaw Gym in Gorham from 9am - 3pm.

Interested vendors please fill out the form on our Facebook page to reserve your space.



GORHAM LITTLE LEAGUE \$50K Field Funding Campaign \$40K The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules: \$30K - Develop 2 fields at White Rock

- Purchase seasonal fence for Shaw Park



- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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



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

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

Lewiston Public Library Seeks Teen Library Ambassadors

LEWISTON, ME (September 17, 2022) --The Lewiston Public Library is seeking youth and young adults between the ages of 13-19 to become Teen Library Ambassadors. Teen Library Ambassadors attend meetings once per month and assist with self-chosen and directed projects as informal volunteers under the supervision of the teen librarian. Teen Library Ambassadors advise the teen librarian on youth trends and interests in the community, helping to develop programs and events that are needs-based and better reflect local teen needs. Teen Library Ambassadors have opportunities both in-person and

Page 12

virtually to work on: • Writing reviews of books, movies, comics, manga, and video games

• Taking pictures and making graphics for library social media

Making TikTok or Reelz style videos for library social media

Moderating discussions & running events on our LPL Teen Discord server

Suggesting materials to purchase for the teen library collections

Planning virtual and in-person events, programs, competitions, tournaments, and more

Helping in the Children's Room with storytimes, summer reading, crafts, and other programs Teen Library Ambassadors are expected to keep in communication with the teen librarian via email, social media, or Discord in order to be considered active members. Any Teen Library Ambassadors who wish to be featured identifiably in library social media promotion must first fill out a Photo Release form.

Meetings will take place on the 4th Monday of the month from 4:00-5:00pm. The first meeting will be held on Monday, September 26th from 4-5pm in the 2nd floor Teen Lounge.

Teens can fill out the Google form at tinyurl. com/TLAapp or pick up an



application at the 2nd floor Reference desk to join.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. For more information, email teen librarian Harp-

er at hchance@lewistonmaine.gov or call the Adult & Teen Services department at 207-513-3135.

Businesses Combine to Offer Shredding Throughout Maine

SCARBOROUGH. ME (September 13, 2022) — ShredSafe, LLC d/b/a Shredding On Site, a Bangor-based provider of secure document shredding and destruction services, has announced the acquisition of Scarborough-based Without A Trace Mobile Shredding. The acquisition provides Shredding On Site, along with its operating company Records Management Center, expanded access to the Greater Portland, Maine market with experienced staff and new shredding equipment. Customers of the combined businesses can ex-

pect to continue to work with trusted, trained, and professional shred truck drivers for on-site shredding services in Maine and Northern New England.

"We are excited and proud to uphold the excellent relationships Without A Trace developed over the years with businesses, organizations, and people throughout southern Maine and New Hampshire," said Ryan Lynch, Vice President of Shredding On Site & Records Management Center. "Our integrated teams will provide responsive and efficient



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.

confidential destruction services, while improving security and compliance measures, streamlining service scheduling, and reducing costs through expanded records and data management solutions."

The acquisition was prompted by the impending retirement of Without A Trace owner Brad Manter, who started the business 18 years ago, and has since grown to offer mobile shredding services to businesses throughout southern Maine and beyond. Post-acquisition, Shredding On Site will retain all current Without A Trace employees, shredding equipment, and service scheduling for Without A Trace customers. Mr. Manter will act in an advisory role during the transition. "I am very pleased that this change has come together," said Brad Manter. "I sought to ensure my customers would be well taken care of and Shredding On Site is just the kind of Maine-based company to do this."

Center have provided secure, dependable, and customer-focused records and information management services to businesses and organizations in northern New England for nearly 30 years. Shredding On Site's secure destruction services meet and exceed the strict security standards set by the National Association of Information Destruction's AAA Certification program.

In addition to certified document and hard drive shredding services through Shredding On

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**.

Shredding On Site & Records Management

Site, Records Management Center is Maine's leading local provider of customized high-speed document scanning and off-site records and data storage solutions.

Records Management Center & Shredding On Site help organizations mitigate privacy risks, improve access to records and data, and reduce overhead costs. For more information about Shredding On Site and the acquisition of Without A Trace visit www. rmcmaine.com/withouta-trace/

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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.

513-3133; Free. 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 20 – December

LEWISTON -- 3rd Tuesdays from September-December 2022, 3-5pm at the Lewiston Public Library: MAINETRANS-NET 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



Send your submissions to the Editor. More online.

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

September 22

AUBURN -- The second offering from Senior College in the Community, will feature Jean Potuchek, presenting" Aging, Health, and Happiness. This program, a collaboration between Auburn Public Library and LA Senior College will be held on September 22,2022 at 2pm at the Auburn Public Library. This program will cover research that consistently shows that elders are more likely to report being happy than those in any other age group. This presentation will look at some of that research, consider why this finding is considered surprising, and explore sources of happiness as we age.

A retired sociologist, Jean spent most of her teaching career at Gettysburg College where she was honored with an award for distinguished teaching.

She blogs about retirement and aging at Stepping Into the Future. We hope to see you on Thursday September 22,2022 at 2pm at the Auburn Public Library for this presentation!

September 22

LEWISTON SPECULATIVE FICTION BOOK CLUB - FANTA-SY (5:30 pm at the Lewiston Public Library)

In this limited three session adult speculative fiction book club, LPL librarians will host interactive discussions on select genre novels. The fantasv read will be Nettle & Bone by T. Kingfisher. Open to genre fans and those who are new to genre novels alike

Free. Registration required. Bottled water and small snacks available. Contact info. 513-3135; www.LPLonline.org

September 23

LEWISTON -- AU-THOR SALOMA MILL-FURLONG ER TO SPEAK AT LPL (2pm at the Lewiston Public Library)

Saloma Miller Furlong will speak about her latest book, Liberating Lomie: Memoir of an Amish Childhood. Contact info. 513-3135; www.LPLonline.org

September 23

BOOTHBAY -- Call for artists for the Boothbay Region Art Foundation's 15th annual juried exhibition, Art in Maine, to be held at the foundation gallerv Oct. 8 through Nov. 13. Art in Maine's exhibit presents a fresh and selective look at the fine art being created by Maine artists today, showcasing originality in the media of painting, drawing and sculpture. Submission deadline is Sept. 23, and the opening reception is Saturday, Oct. 8 from 5-7 p.m.; over \$1,00 dollars in prizes will be awarded.

The prospectus and other details can be found on the gallery's website: www.boothbayartists.org. Works will be juried

by artist Kathleen Galligan who is represented by Portland Maine's Greenhut Gallery and Liitlefield Gallery in Winterport.

September 23

GREENE -- New Relm performs country and blues music on Friday, September 23rd at the Sawyer Memorial. 371 Sawyer Rd., Greene. FMI 946-5311. Free Admission!

September 24

GRAY -- First Congregational Church of Gray's Saturday Night Bean Supper at 5:00 PM at the Parish House, 5 Brown Street, Handicapped Accessible. Reservations Required, Accepting Only 50 Reservations. Contact Car-



ol at 650-9093 and let her know your name, phone number, and how many in your party. Cut Off For Reservations is Wednesday, September, 21, 2022 at 2:00 PM.

Meals are Single sized and are \$10.00 each. Please Pay At the Door.

The Menu includes Baked Pea Beans, Red Hot Dogs, Variety of Casseroles, Salads, and Bread, Assortment of Desserts, Cold Drinks and Hot Coffee

September 24

BUXTON -- Haddock Supper Buffet - Saturday, September, 24 2022 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

September 26

LEWISTON -- TEEN LIBRARY AMBASSA-DORS MEETING at the Lewiston Public Library:

Become a Teen Library Ambassador and make change at your library. Teen Library Ambassadors have opportunities both in-person and virtually to help out at the library. Meetings will take place on the 4th Monday of the month from 4:00-5:00pm. The first meeting will be held on Monday, September 26th from 4-5pm in the 2nd floor Teen Lounge.

Teens can fill out the Google form at tinyurl. com/TLAapp or pick up an application at the 2nd floor Reference desk to join. For more information, email teen librarian Harper at hchance@lewistonmaine. gov or call the Adult & Teen Services department at 207-513-3135.



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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

SENIORS

LEWISTON SENIOR **CITIZENS TRIPS** FOR 2022 White Mountain Hotel & Resort - December 4 - 5, 2022

Trip includes 1 night lodging and 3 meals, including the Grand Sunday Brunch, 2 different entertainment shows, Austrian Sleigh ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch on Sunday at Polly's Pancake Parlor. A \$100 deposit per person is due upon signing. Price is \$369 pp double occupancy.

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose,

ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy -October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base visit to the ALAMO, boat Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569. 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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Westbrook, Sanford Engineers Come Out on Top in Competition

BANGOR, ME (September 13, 2022) (readMedia) -- Every year as the leaves start to turn, Maine Army National Guard units send their top teams to compete against one another for the coveted title of "Best Squad." This year was no exception and soldiers from across the state gathered at the 240th **Regional Training Institute** for the event, held during the September 9-11 training period.

"The squad is the most influential level of the United States Army," said Sgt. 1st Class Nathaniel McCray, the noncommissioned officer in charge of the Best Squad Competition. "Individuals look to each other, left and right, and look to their squad leaders. The squad is our most versatile echelon in the formation. It always brings a very diverse group of individuals - with varying backgrounds and skills - together to successfully problem solve and accomplish a mission."

Competition events

included a stress shoot, modified Army Combat Fitness Test, day and night land navigation, vehicle maintenance, casualty evacuation, various squad tactics obstacles, and a water crossing.

"Ten squads were projected to compete, and all ten showed up ready for the challenge," said State Command Sgt. Maj. Brian Dill, Maine's senior enlisted soldier. "Late nights, early mornings, and long hot days magnified the need for every individual to dig a little deeper and give just a little more."

The scoring was close but in the end, the 262nd Engineer Company took home the bragging rights with a close win, edging out teams from the 136th Engineer Company (Lewiston and Skowhegan) and the 251st Engineer Company (Norway) who finished second and third, respectively.

"I am extremely proud of the 262's squad," said Capt. Danielle Somma, commander of the



The 262nd Engineer Company squad, shown with Command Sgt. Maj. Ed Graves and Lt. Col. Lisa Sessions, commander and command sergeant major for the 133rd Engineer Battalio

262nd Engineer Company. "Their skills, determination and teamwork are impressive, and knowing they ended up on top given the talented units that participated is also impressive."

"There were some times that were stressful, but I found that the squad as a whole pushed through and found motivation to accomplish the mission," said Staff Sgt. James Leland, squad leader for the 262nd Engineer Company. "We have some of the best soldiers in the nation - just when you think you have pushed them to their limits, they always find a way to give just a little bit more," Dill added. "My sincere appreciation goes out to all the competitors for their determined attitudes, impeccable motivation, and their competitive spirit. And thank you to all the command teams out there for their continued support for these competitions. Without your support, these events would not be as successful as they are."

The members of the 262nd Best Squad are: Staff Sgt. James Leland (South China), Sgt. Tyler Golightly (Bangor), Sgt. Tony Cuares (Fairfield), Sgt. Brett Baker (Sanford/ Springvale), Sgt. David Filatov (Scarborough), Spc. Christopher Piper (Harrison), Pfc. Adam Mcleod (Sanford/Springvale)









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