

Fall Happenings at Gorham's Baxter Memorial Library

GORHAM, ME (September 30, 2022) – The following are events happening at Baxter Memorial Library.

Fall Book Sale Sponsored by the Friends of Baxter Memorial Library

Friday, October 14th 9am-6pm; Saturday, October 15th 9am-1pm at Shaw Gym (next door to the library in the Rec building).

We have thousands of books for all ages and interests. All proceeds benefit the activities of the Friends of Baxter Memorial Library. Members advocate the importance of library services to the community and provide financial support through membership dues and fundraising events.

Maine 3-Railers Train on Display

While you enjoy the book sale, make sure the check out the Maine 3-Railers train display! They will be happening together at Shaw Gym.

The Maine 3-Railers, an O-Gauge model railroad club from all over Maine, will bring trains of all kinds to the library. The Maine 3-Railers is Maine's premier O-gauge model railroad club. This group

is currently the largest and oldest club in the state dedicated exclusively to the enjoyment and advancement of the O-gauge, 3-rail model railroad hobby.

Membership in the club is open to adults and children alike. For more information about the club visit their website at www.maine3railers.org.

Baxter Digs Reading!

Tuesday, October 4th & 18th 3:30pm
Baxter the reading dog is back! Baxter is a Standard Poodle Therapy Dog who loves to be read to! He will be visiting the library the first and the third Tuesday of the month. Children can read to Baxter in the program room. Visit or call the library to sign up for your 15 minute slot to read to Baxter.

Sewing Club

Thursdays, starting October 20th 2:30-4:30pm

Learn to sew. A variety of textile techniques and projects will be explored. Children aged 7 & up are welcome to attend. Children under 8 years old must have a parent or other caregiver, over age 14, in

See **Baxter**, page 8



Baxter the Dog

Gorham Town Manager's Office Weekly Report

GORHAM, ME (September 29, 2022) – The following are notes from the Gorham Town Manager's Office

Public Works Announces 2022 Fall Brush Drop Off Dates

The Public Works facility (80 Huston Road) will be open October 8th and October 22nd from 8 am to 12 noon to accept brush from Gorham residents. The department asks for residents' help in not leaving stumps, commercial drop off, or bags behind. Leaves and grass clippings will also be accepted in their designated area throughout the season.

Apply Now for the 6th Annual Citizen's Police Academy

The Gorham Police Department is now accepting applications for its sixth annual Citizen's Police Academy. The class, once full, will be held at the Gorham Public Safety building (270 Main Street) across 10 dates, 2.5 hours each. Attendees will experience the following:

Exposure to everyday functions of the Maine Criminal Justice System;

Learn from/interact with the professionals of the department;

Learn how high-risk traffic stops are performed, and how officers make split-second life-changing decisions;

See behind the scenes of a 9-1-1 call;

Observe a K-9 unit in action and more.

Volunteers in Police Services

The Gorham Volunteers in Police Service (VIPS) is a group of citizens devoted to the Town of Gorham and dedicated to outstanding community service. The VIPS are a highly-trained and motivated group of citizens who want to give back to the community. They assist the departments of support services, patrol and detective divisions, as well as the Gorham Fire/Police when needed. Their countless donated hours make Gorham a safer and better place to live, work and play.

VIPS are not utilized to replace officers, or other paid positions, but rather to enhance the overall efficiency of the police department. Their efforts help reduce crime and increase the services that the police department can provide to the community.

See **Report**, page 11

Gorham Invited to Healthy Living for ME Free Workshops

MAINE (September 30, 2022) -- Healthy Living for ME welcomes referrals from healthcare providers. The network's evidence-based programming can help patients manage and prevent conditions before they become more serious or result in emergency situations.

"Our October workshops include a few being offered by two new partners in the network, Catholic Charities of Maine and Northern Light Sebasticook Valley Hospital. We're so pleased to be able to continue to expand our network and provide more access to free and low-cost resources that help Mainers improve their health and wellness," said Maija Dyke, Business Manager of Healthy Living for ME.

The workshops starting in October are:

A Matter of Balance - This workshop

emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

A Matter of Balance is being offered in-person in Presque Isle by Healthy Living for ME network partner, Aroostook Agency on Aging. The workshop begins on October 3, 2022 and will be held on Mondays and Wednesdays, 9:30am-11:30am through October 31, 2022.

Living Well for Better Health - This workshop helps participants deal with ongoing conditions such as diabetes, COPD, arthritis, and high blood pressure. Topics covered include: handling frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving

strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and evaluating new treatments.

There are two in-person sessions of Living Well for Better Health launching in October; one in Caribou and one in Fairfield. A third session will also be offered online.

Healthy Living for ME network partner, Cary Medical Center is offering Living Well for Better Health in person in Caribou. The workshop begins on October 3, 2022 and will be held on Mondays, 10:00am-12:30pm through November 14, 2022.

Healthy Living for ME network partner, Catholic Charities of Maine is offering Living Well for Better Health in

See **Healthy Living**, page 16

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Newsmakers, Names & Faces

St. John Paul II Catholic Parish to Celebrate Feast Day, Mission

SCARBOROUGH, ME (September 29, 2022) – Sisters Francesca Silver and Christianna Hamman will present “Turning to God with St. Francis and St. John Paul II” at 9:30am at St. Maximilian Kolbe Church Hall (150 Black Point Rd, Scarborough, ME 04074) on Saturday October 22. The public is welcome to attend.

An annual event, this year’s Fall Mission will be led by two local Sisters and presented on the heels of 40 consecutive hours of Eucharistic Adoration (beginning 4pm on Thursday the 20th). People are welcome to sign up

to attend Eucharistic Adoration at <https://tinyurl.com/40hours-adoration>.

The 40 Hours Devotion, which involves 40 consecutive hours of adoration of the sacramental Eucharist exposed in the monstrance, finds its origin in 1500’s Milan with St. Anthony Mary Zaccaria.

The Mission will also occur on the day after the St. John Paul II Parish community concludes a 9-day prayerful Novena to its patron saint, John Paul II.

All are then invited to gather with us on Saturday, October 22 as we

listen to a presentation on “Turning to God with St. Francis and St. John Paul II” by Sr. Francesca Silver and Sr. Christianna Hammon.

For most people, conversion is a process that lasts the whole of one’s life. This was true for St. Francis, whose life was marked by a continual turning toward God. The talk will explore his significant moments of conversion and apply them to our own lives with St. John Paul II as our guide.

The October 22nd Schedule is as follows:

8 am: 40 consecutive hours of Eucharistic Ado-

ration concludes

8 – 8:30 am: Mass followed by Coffee and Donuts

9:30 – 11:30 am: Presentation on “Turning to God with St. Francis and St. John Paul II” at St. Maximilian Kolbe Church Parish Hall by Sisters Francesca Silver and Christianna Hammon.

Sister Francesca Silver grew up in the mountains of East Tennessee. She earned her bachelor’s degree in Outdoor Education from Northland College and her master’s in Theology from Holy Apostles College and Seminary. Sister Francesca

has extensive experience as an outdoor educator and a classroom teacher, and professed perpetual vows with the Franciscan Sisters of the Eucharist in 2021. She works in campus ministry for the elementary school campus of St. Dominic Academy in Lewiston, and has enjoyed getting to know the people and places of Maine over the past year.

Born and raised in Michigan, Sister Christianna Hamman holds a bachelor’s degree in secondary education with majors in mathematics and Spanish from Western Michigan University and

a master’s degree in theology from Holy Apostles College and Seminary in Connecticut. After college, she moved to Connecticut where she felt the Lord inviting her to join the Franciscan Sisters of the Eucharist to whom she professed perpetual vows in 2018. Currently, she works in campus ministry and teaches Spanish at the middle and high school campus of St. Dominic Academy in Auburn. Sister Christianna enjoys hiking and reading books about saints. She is grateful to the people of Maine for their warm welcome and generosity.

Gray Republicans Open Headquarters

GRAY, ME (September 30, 2022) -- On Saturday morning, September 24, 2022, at 10:00 a.m., the Gray Town Republican Committee officially opened a temporary headquarters at 13 Main Street, #6, in the small shopping plaza across from Cumberland Farms. The office will be open until just after November 8, 2022, Election Day.

The Ribbon Cutting ceremony included four lo-

cal candidates: three from Gray: Amy Arata, running for reelection for House Seat #104, David Reed, running for House Seat #105, and Jennifer White, running for Senate Seat #25, and one from Raymond: Greg Foster, running for House Seat #86.

State Representative Sue Austin from former District 67 attended, as well as Marty Meaney, a member of the Gray Town Council. Members of the

Gray Republican Executive Committee and the Committee Chair, Peter Falkenberg Brown, joined the candidates in cutting the ribbon. Pastor Darwin Vail opened the ceremony with an invocation. After the ribbon cutting, all those in attendance congregated inside for a meet and greet with the candidates.

The office was opened to help spread the word about local and state Republican candidates and

to help get out the vote on November 8. Yard signs and literature are available for those who need them. The Gray Republican Committee also meets once a month.

The Chair, Peter Falkenberg Brown, said, “I want to thank the incredible volunteer efforts of our local committee members. They worked magic in a very short time.”

Brown also stated: “The 2022 midterm elections are a crisis point for America’s economic health, its security and safety, and its cultural well-being. All freedom-loving Ameri-



Photo of Gray Republican Ribbon Cutting (photo by Jack Wibby). L-R: David Reed, April Russell, Rep. Amy Arata, Jennifer White, Fran Monroe, Greg Foster, Peter Falkenberg Brown, Cliff Foster, Pastor Darwin Vail, Rep. Sue Austin, Councilor Marty Meaney

can citizens need to vote Republican on November 8—not because Republican candidates have all the

answers, but because Hard-Left elements in the Democrat Party have brought America closer to ruin in the last two years than anyone could have imagined. It’s time to stop the Left’s descent into poverty and tyranny.”

The office hours are Mon: closed. Tue and Thu: 4-8 p.m. Wed, Fri, Sat, Sun: 12-3 p.m.

Contact information is: (207) 619-0240, info@grayRepublicans.org, <https://grayRepublicans.org>.

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Newsmakers, Names & Faces

Gorham Football's Players of the Week



Thomas Curtis #2 – Upperclassmen Teammate of the Week

A Junior RB/LB Thomas is a consistent leader for the Rams and is always one of the upperclassmen to lend a hand to a young player or lead a look team!



Henry Holland #50 – Offensive Player of the Week

A Freshman OG/NT Henry has been durable and dependable while starting every game at OG for the Rams. Against Westbrook he graded out at 91% execution (a Team High) in his 38 plays.



Gabe Michaud #10 – Special Teams Player of the Week

Gabe returned a kickoff for the Rams' only TD against Westbrook. He fielded the ball at the 29 and went untouched for 71 Yards and a score!



Casey Skolfield #22 – Defensive Player of the Week

Casey had 7 tackles at OLB for the Rams and added a Tackle for Loss as well!



GORHAM FOOTBALL



Josh Cenate #21 – Underclassmen of the Week

Josh has been one of the Rams' mainstays on look teams and a key JV Player the last couple of weeks including today where the JV team picked up their first win of the season!

Kate McCarty of Cumberland County Nationally Honored

FALMOUTH, ME (September 26, 2022) — University of Maine Cooperative Extension food systems professionals Kate McCarty, Cumberland County, and Viña Lindley, Waldo County, were recently honored at the National Extension Association for Family and Consumer Sciences 88th annual session held Sept. 12-15 in Raleigh, North Carolina.

McCarty and Lindley received the first place Eastern Region NEAFCS Mary W. Wells Memorial Diversity Award. They were recognized for a home food preservation education program offered to incarcerated individuals at Maine State Prison with the goal of building personal sustainability through food safety and food preservation skills.

The Mary W. Wells



Memorial Diversity Award is presented in support of the Cooperative Extension System's emphasis on diversity and pluralism — a national program to

respond to the changing workforce, population and Extension audience. The award is named to honor the contributions to diversity for the association and profession by Mary Wells, NEAFCS past president. The commitment of McCarty and Lindley to meeting the needs of individuals,

families and communities was cited as exemplary.

For more information, contact Kate McCarty, 207.781.6099; kate.mccarty@maine.edu. More information about the program also is available on the UMaine Extension Maine Food Systems website.

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Seniors Not Acting Their Age

A Surf and Turf on the Penobscot River Trails

By Ron Chase

The Penobscot River Trails (PRT) in Grindstone consist of 25 kilometers of exceptional mountain bike and cross-country ski trails that parallel the East Branch of the Penobscot River. The superb multi-purpose recreational complex offers hiking, biking, cross-country skiing, snowshoeing, and paddling. There is a visitor center and two arguably palatial warming huts. A well-designed hand-carry canoe-kayak boat landing is located on the river.

Last winter when my wife, Nancy, and I were skiing and snowshoeing the PRT with our retired friends, Diane and John Stokinger, we resolved to return in the summer for a surf and turf adventure. Our plan was to paddle the river one day and bike the trails the next.

Recently, the four of us met at the Hay Brook Canoe-Kayak Facility at the southern end of the PRT network to begin the surf portion of our escape. Leaving a shuttle vehicle in the parking area, we transported four solo kayaks and gear north on Route 11 for about 15 miles to Stacyville. From

there we traveled west on the dirt Swift Brook Road for about 10 miles to Whetstone Falls on the East Branch where there is a small parking area on the left and a path to the lower end of the falls. Crossing the bridge over Whetstone Falls leads to the southeastern entrance of Katahdin Woods and Waters National Monument.

On this day, we were particularly fortunate because the river was flowing at 1,450 cubic feet per second, more than twice the mean volume. Whetstone Falls is rated Class III in difficulty; however, we launched at the foot of the rapid which consisted of perhaps 100 yards of easy Class I maneuvering. Everyone in our group had a trouble-free descent.

Shortly after, we met a couple tubing the river. They too were traveling to Hay Brook. Given their lack of paddles for propulsion, we commented it seemed likely they would have a long day. The unflappable inflatable voyageurs remarked that if problems developed they'd leave the river and walk the PRT.

Kayaking conditions were exceptional. We en-

joyed clear sunny skies, warm temperatures, and a light refreshing headwind. The high water propelled us along in what was primarily quick water with occasional ripples. While paddling, glimpses of the PRT were common.

After proceeding for several miles, we located a gravel beach on an island where we stopped for a lunch break. Continuing downriver, a large group of exuberant cyclists were seen riding south on the PRT. Shortly after, Hay Brook entered on the left. Around the bend, we disembarked at the very convenient Hay Brook Boat Landing completing an 8.25 mile cruise.

We arrived at the large PRT parking lot early the next morning for the turf segment of our outing. Hot humid weather was forecasted for later in the day, so our goal was to complete a ride before the temperatures rose to an uncomfortable level. After signing in at the Visitor Center, we rode north on the Tote Road for about two miles to Riverside Trail junction.

From the junction, the trails are one-way traveling north on River-



A paddler on the East Branch of the Penobscot

side and returning south on Tote Road. Our group separated to pursue varying riding agendas. The Riverside Trail is a stimulating hilly, twisting path with numerous bridges and frequent views of the river; while the inland Tote Road is a wider more level surface. Four Link Trails connect Riverside with Tote Road to facilitate shorter rides.

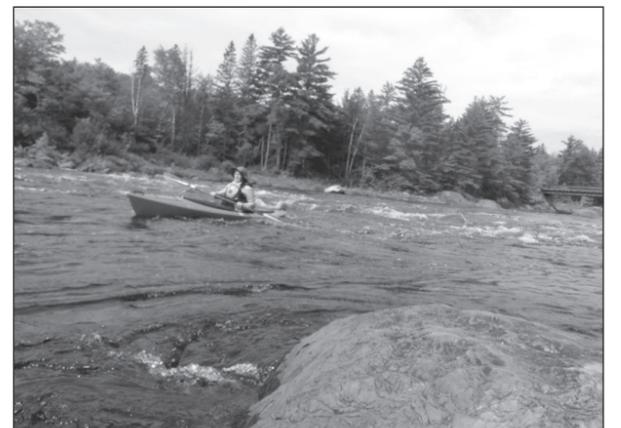
I rode Riverside Trail to Trails End. Just beyond, I passed the Long Meadow Warming Hut to a junction with Long Meadow Hill Trail; an optional spur that turns left. After a steady climb up Meadow Hill for about a kilometer, I enjoyed an exhilarating descent to Tote Road. The remainder of my ride on Tote Road was generally downhill. Based on the signage that trip approximates 17 miles.

Our two day excursion paddling and biking the PRT was a delight. The trails are simply remarkable. We'll return to ski again next winter.

Read about several



A cyclist crosses a bridge on the Riverside Trail



A kayaker maneuvers through the runout on Whetstone Falls

more exciting whitewater river and stream trips

in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*. Five bike trails are also featured along with three unique offshore island bike rides.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.com/maine-al-fresco 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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CRCofWM Telecasts Dempsey Center Educational Classes

NORWAY, ME (September 29, 2022) – Navigating a cancer diagnosis is difficult in and of itself but finding support and connecting with those who understand adds another layer of challenges, especially when living in a rural area.

To help ease the journey through a cancer diagnosis for those living in Maine, the Cancer Resource Center of Western Maine has partnered with the Dempsey Center to make their educational classes available to the Norway area. Using the Dempsey Connects virtual platform, clients of the Cancer Resource Center of Western Maine will be able to participate in select classes within their Norway Center or virtually from the comfort of their

own home. These telecasted classes will allow clients across the state access high-quality program and encourage connection between those who have been impacted by cancer.

Programs offered October – December 2022 will include:

Managing Cancer Treatment Side Effects with Cannabis/CBD (VIRTUAL) – *Friday, October 28th, 10:00 - 11:15 am*

From treating pain and nausea to helping to ease the symptoms of neuropathy, more and more studies are coming out that demonstrate positive benefits from the safe use of CBD and other cannabinoids. Join the Dempsey Center and experts Dr. Dustin Sulak and Shari Berman to discuss alternative and adjunctive ways

to manage the side effects of cancer and cancer treatments.

This program is open to the public.

The Next Chapter: Support After Cancer Treatment (VIRTUAL) – *Wednesdays, November 2nd thru December 9th, 5:00 – 6:30pm*

When cancer treatment ends the impact of cancer can often continue. Join us for this 5-week series to learn techniques for coping with the new physical and emotional reality of your post-treatment cancer journey. While connecting with other survivors, learn the importance of eating well-coupled with strategies to optimize your diet, identify how movement and fitness can care for your body and mind, and explore how complemen-

tary therapies can improve your well-being.

- Nov 2 – Connect with others in a similar place in their cancer journey

- Nov 9 - Emotional realities post-treatment

- Nov 16 – Movement + Fitness strategies post-treatment

- Nov 23 – No meeting

- Nov 30 - Optimizing nutrition

- Dec 7 - Improving well-being through complementary therapies

Facilitators: Maureen Higgins, MSW; Judy Donnelly, RDN; Tish Caldwell, Certified Oncology Fitness Instructor; Liz Como, LMT, Kailie Sullivan, LCSW. *This program is open to cancer patients at the end of treatment or post-treatment.*

No meeting November 23rd.

Soups On! (LIVE) – *Thursday, November 10th, 2:00 – 4:00pm*

Calling all soup lovers! Learn the art of making delicious soup and adjusting the flavor to meet your personal taste bud needs. Discover new recipes and tricks to freeze your favorites for later meals.

Led by Judy Donnelly, RDN, LD, Nutrition Program Coordinator - this program is open to the public.

What to Eat During Cancer Treatment (HYBRID – Zoom or Live in Norway) – *Wednesday, November 16th, 10:00 – 12:00pm*

Cancer treatment can affect what you are able

to eat and how your body handles food. Join us to learn basic information about maintaining good nutrition to help you feel your best during cancer treatment.

Led by Kelly Falone, RDN, LD – this program is open to all Dempsey Center & CRCofWM clients.

As with all Dempsey Center and Cancer Resource Center of Western Maine services, these telecasted programs will be provided at no cost. Cancer Resource Center of Western Maine clients can sign up for any of these classes by calling the Center at (207) 890-0329. This program is possible thanks to the support of Jane's Trust, a charitable foundation located in Boston, MA, and Hannaford Foundation.

Good Shepherd Food Bank Awarded Funds



Official Statement by Rhiannon C. Hampson, Maine State Director, USDA Rural Development, on National Strategy on Hunger, Nutrition, and Health

MAINE (September 29, 2022) -- USDA Rural Development Maine supports the Biden-Harris Administration's groundbreaking National Strategy on Hunger, Nutrition and Health. Today Maine Rural Development is excited to share that Good Shepherd Food Bank is receiving an award of \$99,999.00 to purchase a broccoli floret machine as part of a growing partnership with Maine food producers and processors. Harvesting Good, a wholly owned subsidiary of Good Shepherd Food Bank of Maine, is on a

mission is to improve access to nutritious food for all consumers and strengthen regional food systems by creating a mid-scale food processing venture. Maine Rural Development is helping them to do just that with this investment.

By investing in workers, food systems, small businesses, health care centers and schools, USDA RD Maine is helping to build the 5 Pillars to end hunger and address health disparities right here at home. Every REAP grant we award to a small country store to upgrade their storage systems and reduce their overhead costs allows them to continue serving their neighbors, and supports critical food access for rural Mainers. When our Community Facilities

program invests in libraries, schools and town offices where summer feeding programs are offered, Rural Development is addressing the food insecurity crisis faced by 1 in 4 children here in Maine, and in many instances helping to provide them with learning experiences centered on healthy foods. Our financial support of YMCA facilities creates safe places for exercise and movement, and our small business grants for outdoor recreation groups ensure that Mainers have the opportunity to improve their health and well-being while enjoying our beautiful state. At Maine USDA Rural Development we are supporting the most vulnerable of our neighbors, and uplifting all of us in doing so.

Free COVID-19 Tests Available for Mainers Through Project ACT

AUGUSTA, ME (September 27, 2022) —

The Maine Department of Health and Human Services (DHHS) announced today that Maine people may now order free COVID-19 tests once a month through Project Access COVID Tests (Project ACT). Households in Maine may place one order per month through the Project ACT website and receive one free kit of five rapid tests mailed to their home address.

Project ACT, a partnership between DHHS and The Rockefeller Foundation, has mailed 489,400 free, at-home COVID-19 test kits to Maine households since its launch in January 2022.

“Through the continued success of our partnership with Project ACT, Maine families can now receive free, convenient COVID-19 tests right at their door every month,” said Health and Human Services Commis-

sioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. “Testing, along with vaccination and other common-sense precautions, will help to keep our communities safe and healthy. Visit AccessCOVIDTests.org to ensure your family has tests on hand in case you get sick or come into contact with someone with COVID-19.”

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

from 6 to 12 months.

Maine was one of six states that participated in the pilot phase of Project ACT to increase access to testing in vulnerable communities. In February 2022, DHHS made the free tests available to all Maine households, regardless of ZIP code. Maine went on to become the first of the six pilot states to extend the program by providing additional tests and allowing reordering of up to three tests kits. Due to the success of Project ACT in Maine and other states, The Rockefeller Foundation extended the program nationwide in August.

DHHS is focused on ensuring access to convenient at-home home tests, also by continuing its partnership with Walgreens which administers BinaxNOW rapid tests at no cost to consumers. More information about accessing free, rapid, at-home tests can be found on the COVID-19 Testing in Maine website.



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Arts & Entertainment

Members Sought for Gorham Anti-Racism & Equity Committee

GORHAM, ME (September 30, 2022) -- The Gorham School Committee has an Anti-Racism & Equity ad-hoc com-

mittee that aims to advise and support the Gorham Schools as they implement the Anti-Racism Policy.

As the committee

gets started again this year, we are looking for parents and community members who may be interested in joining us. Meetings are

once a month in the evenings, with the possibility of some additional work in between. We're happy to provide more info if any-

one wants to know more.

If you are interested in joining the committee or have questions, reach out to Superintendent Perry

(heather.perry@gorham-schools.org).

Our first meeting is Oct. 19, 2022 at 6:30 p.m. (location TBD)

Youth, Adult Indoor Soccer Leagues Open Registration

GORHAM, ME (September 30, 2022) -- Registration is currently open for our Youth and Adult Indoor Soccer Leagues, starting October and November 2022. Our league offerings are meant to provide friendly, year-round recreation opportunities for teams from all areas of Maine.

We welcome all volunteers with a passion for the sport to consider

forming and entering a team for their age group/division. Volunteer coaches/captains will be responsible for submitting their team's payments and acquiring signatures on the below roster/waiver form and turn them in to GSC.

Teams are welcomed into the league on a first-come, first-serve basis. Spots fill up fast, so please sign up early! For more

info and to register, please visit: <https://gorhamsportscenter.com/leagues/>

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

Pumpkin Fest

at Gorham Masonic Hall

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Hilton Garden Inn
Black & White attire

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

DHHS Issuing \$11M to Adults with Disabilities

AUGUSTA, ME (September 20, 2022)— The Maine Department of Health and Human Services (DHHS) is issuing \$11 million this month to providers of home and community-based services (HCBS) in the latest round of support to help Maine people living with disabilities remain in their communities.

The funding, provided through two complementary payments under the federal American Rescue Plan Act (ARPA), is part of the Department's HCBS Improvement Plan to increase access to high-quality services.

"My Administration is committed to supporting the independence of Maine people living with disabilities and this additional round of funding will help to ensure they can continue to live in the homes and communities they love," said Governor Mills. "This funding will also support the direct care workers who dedicate themselves to providing around the clock, high quality care to people across the state. My Administration will continue to do all we can to support

our community providers and the people they serve."

"Maine designed and secured federal approval for this latest round of funding to accelerate the recovery of home and community-based service providers from the pandemic and to help advance the health, independence, and well-being of Maine people living with disabilities," said DHHS Commissioner Jeanne Lambrew. "This latest round of funding is also in recognition of the valuable work of direct support workers who provide compassionate and high-quality care that enriches lives in homes and communities throughout Maine."

"Our network of providers and direct support professionals continue to face severe staff shortages and increased costs due to both overtime pay and inflation," said Laura Cordes, Executive Director of the Maine Association for Community Service Providers (MACSP). "We are grateful for the support of both Governor Mills and state legislators for these funds that will help to maintain vital daily supports and community access for thousands

of Mainers with disabilities while making changes to service models and improvements in homes throughout the state."

On Wednesday, the Department issued \$4.75 million in grants to HCBS providers that have been working to comply with a federal rule that promotes greater inclusion in the community for individuals with disabilities. The funding helps providers make changes to their policies, procedures, and facilities by a federal deadline of March 2023 to better support individuals in engaging in community life, controlling their personal resources, and seeking employment. While most eligible providers registered for the payments, the Department has re-opened registration for an additional two weeks from September 12th to September 26, 2022 to ensure all eligible providers can access these funds. Eligible providers that have not yet registered may do so online using this web form.

These HCBS services include a broad range of community and work supports for older adults and people with in-

tellectual and physical disabilities, brain injury, and autism under MaineCare Benefits Manual Sections 18, 19, 20, 21, and 29.

Next Wednesday, September 28, the Department will make a one-time MaineCare payment of \$6 million to group homes and family-centered homes serving adults with intellectual and developmental disabilities under Section 21. The payment assists a subset of HCBS providers who are addressing continuing COVID-related staffing challenges in recognition of the significant toll of the pandemic on their residential operations. Registration is not necessary for this payment. Eligible providers have been identified through MaineCare claims and the payments are prorated based on those claims.

These two payments align with the Department's overarching HCBS improvement plan to bolster access to high-quality services for adults with disabilities. The funding supporting the improvement plan was made available to states through the American Rescue Plan specifically for home and

community-based activities. A cornerstone of the plan is approximately \$120 million in recruitment and retention payments the Department issued in February and March to HCBS agencies for bonuses to more than 20,000 direct support workers. The initiative included payments to workers providing aging, behavioral health, and intellectual disability services.

Developed in consultation with stakeholders, including providers and families, the ARPA HCBS improvement plan reflects the consensus that the most immediate challenge facing Maine's HCBS system is attracting and retaining direct support workers. As part of the plan, the Department is also supporting a direct support worker council in partnership with the Long Term Care Ombudsman Program, developing career advancement pathways, making worker certification portable across types of disability and settings of care, collaborating with the Maine Department of Labor and higher education institutions on direct care worker recruitment and training, and pursuing

other longer-term initiatives. The Administration summarized these and other workforce initiatives in a report (PDF) submitted earlier this year to the Legislature.

Above and beyond the ARPA HCBS improvement plan, DHHS is also making historic investments in the HCBS system to support MaineCare rate increases and to improve access to services through an expanded number of slots. The biennial and supplemental budgets for fiscal years 2022 and 2023 invest \$159 million to increase MaineCare rates for HCBS waiver services for older adults and people with disabilities and brain injury.

These investments follow increased funding that Governor Mills has provided each year since 2019 to provide greater access to these services. Despite the strain of the COVID-19 pandemic, over 10 percent more Maine residents were receiving services under the HCBS waivers and their state-funded equivalent (Section 63) in January of 2022 compared to January of 2019 (8,669 compared to 7,791).

MRS Launches Tax Portal Training for Professionals



AUGUSTA, ME (September 28, 2022) – Maine Revenue Services (MRS) has scheduled live online training for businesses and tax professionals on how to use the Maine Tax Portal, Maine's new online tax administration system coming Dec. 1, 2022 for a selected group of business taxes and programs. Businesses and tax professionals should visit Maine.gov/Revenue/Portal to sign up for a training session to learn how and when to use the Maine Tax Portal. Multiple sessions are available now through Dec. 15, 2022.

The Maine Tax Portal modernizes Maine's current tax administration systems to make it faster, easier, and more convenient for taxpayers to file, pay, and manage Maine taxes. The Maine Tax Por-

tal also replaces MRS's current online services (i-File, MEETRS, and EZ Pay) and expands online functionality.

"Since Maine first began offering online tax services, technology has advanced, and many other states and municipalities have modernized their tax systems," said Kirsten Figueroa, Commissioner of the Maine Department of Administrative and Financial Services (DAFS). "Previously, Maine's online tax services were limited to a select few tax types. With the Maine Tax Portal, filing, paying, and managing state taxes will be faster, easier, more convenient, and more accessible for all."

The dates when taxpayers and tax professionals can start using the Maine Tax Portal depend on the tax type or pro-

gram. Beginning December 1, 2022, the Maine Tax Portal will be rolled out to a second group of taxes and programs, including but not limited to business taxes, such as Sales, Use, Service Provider and Income Tax Withholding. The Maine Tax Portal will be rolled out for all Maine tax types and programs by the end of 2024. The roll-out schedule is available at Maine.gov/Revenue/Portal.

Resources, training videos, and other information about the Maine Tax Portal can be found online at Maine.gov/Revenue/Portal. Questions may be sent by emailing taxpayerassist@maine.gov with "MTP" in the subject line or by calling MRS at (207) 624-9784 between 9 a.m. and noon, Monday through Friday, state holidays excepted.

Sen. Collins Announces \$3.5M to Address Lead Hazards



WASHINGTON, D.C. (September 30, 2022)—U.S. Senator Susan Collins announced that the City of Biddeford has received a total of \$3,554,085 to help address lead hazards in nearly 100 homes, helping to make them safer for low-income families with children. As the Ranking Member of the Housing Appropriations Subcommittee, Senator Collins championed this funding.

"More than half of Maine's housing stock was built prior to 1978, the year that lead-based paint was banned, which has resulted in our state having one of the highest levels of lead paint contamination in the country," said Senator Collins. "For decades, childhood lead poisoning has negatively affected the lives of many in the Biddeford community. This funding will be transformational for Biddeford families and improve developmental outcomes for children by limiting exposure to lead. As the Ranking Member of the Housing Appropriations Subcom-

mittee, I will continue to push for funding for lead hazard abatement, increase the safety of housing for Maine families, and alleviate this public health threat."

"I want to thank Senator Collins, on behalf of the people of Biddeford, for being such a strong advocate for this funding. Senator Collins, repeatedly, over the many years, has been a supporter and friend of our residents," said Biddeford Mayor Alan Casavant. "Biddeford has many older buildings, and there has always been a challenge, for many, in affording to remove lead paint from their apartments and homes. This grant allows the City to continue its progress in assisting families in the removal of such a dangerous substance."

The City will be addressing lead hazards in 95 privately-owned housing units providing safer homes for low and very low-income families with children. It will be addressing additional housing-related health and safety hazards using its

Healthy Homes Supplemental funding. The City will be implementing its grant in partnership with several local medical and social service providers.

In 1999, during her first term in office, Senator Collins held a field hearing on lead poisoning in Lewiston. Since that time, she has strongly advocated for increased funding for programs to address lead abatement and has successfully secured robust investments through her role on the Housing Appropriations Subcommittee.

Lead poisoning can cause an increase in learning disabilities, lower rates of IQ, speech development deficiencies, attention deficit disorders, and aggressive behaviors. The funding for this grant to Biddeford was awarded through HUD's Lead-Based Paint Hazard Reduction Grant Program and Healthy Homes Supplemental Funding.

Last year, Senator Collins announced a \$3.4 million grant to address lead hazards in 110 housing units in Lewiston.

Baxter

Continued from page 1

attendance. This activity is a drop in event; come when you can and leave when you must.

Book Club!

Thursday, October 6th -- The Women's March by Jennifer Chiaverini

Thursday, October 20th -- The Island of Missing Trees by Elif Shafak

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

An Evening with Noor Sager

Wednesday, October 12th 6pm

Noor is a young author debuting a first novel, *A Destiny Borrowed*, at seventeen years old. Born in Iraq and raised in Maine, Noor bounced around a few towns before settling in Gorham. Expect to see more tales of self-discovery and families of choice in the near future.

Author Talk: Charlene D'Avanzo

Tuesday, October 25th 6pm

Marine ecologist and award-winning environmental educator Charlene D'Avanzo studied the New England coast for over thirty years. Her *Mara Tusconi Mystery Series* takes readers into the stunning beauty of marine waters and the grave threats facing them. An avid sea kayaker like her protagonist, D'Avanzo

lives in Yarmouth, Maine.

University of Southern Maine Presents Cybersecurity Ambassadors

Thursday, October 20th 2pm

This workshop is focused on phishing, social media safety, online identity protection, and home cyber safety, with tips, tricks, and information to help participants evade disruptions due to cybercriminal activity. Come away with practical advice on protecting your privacy, identity, and financial information.

Thursday, October 27th 6pm

Many Maine residents face the challenges of not knowing what steps they can take to avoid cyberattacks, and CAP students help them feel more empowered based on shared information. This special workshop about password managers allows the audience to understand what they are, why they are essential, and how they contribute to everyday cyber safety.

Cats V Dogs

Wednesday, October 26th 3:30-5pm

Join Baxter Memorial Librarians and South Portland Public Librarians on the BML lawn for an epic throw down. Who's the more popular animal? Dogs or Cats?

Activities will include button making, headband crafting, and pet rocks. We have 2 special guests: Mariel of Atlantic

Dance Arts and Darci of Animal Refuge League of Greater Portland. All ages welcome. This event is free and open to the public.

Vote for your favorite animal by placing a monetary donation in either the dog or cat jar.

If you would like to bring an item to donate a full list of items on the shelter's wish list is available on their website at www.arglp.org

As much as we LOVE animals, we ask that you please leave your fur

baby at home so everyone can have a safe and fun experience. Service animals are always welcome!

(Raindate will be 3:30-5:00 on Nov 2)

Nature Weaving

Wednesday, October 19th, 12:30-1:30pm

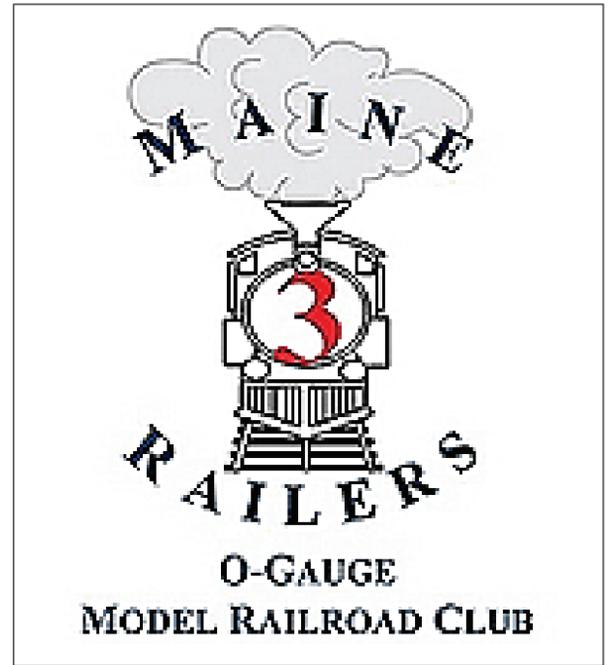
Join us on the library lawn as we collect natural objects like sticks, leaves, and flowers to incorporate into our weaving project. All supplies will be provided. (Ages 7-13). If inclement weather the program will be moved inside.



Charlene D'Avanzo



Noor Sager



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Gorham Invited to Skatepark's Ribbon Cutting Ceremony

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Thursday, October 6th at 4:00pm

The home of your Gorham Skatepark!!

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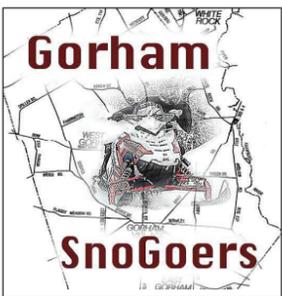
Thank you to the Town of Gorham and our corporate sponsors:

GORHAM, ME (September 23, 2022) -- The Gorham Skatepark Project with assistance from the Gorham (ME) Recreation Department will host the Gorham Skatepark's ribbon cutting ceremony on Octo-

ber 6th at 4PM when the skatepark will be formally opened to the public. All are welcome to attend and catch an AMAZING skating demonstration. The Gorham Skatepark is located at Chick Drive, Gorham. Attendees

are asked to please park in the parking lot at Naragansett School or the ice skating rink parking lot. To minimize damage to the grass, folks are asked to kindly use the walkways to and from the parking lot.

Gorham SnoGoers to Hold First Club Meeting of the Season



GORHAM, ME (September 22, 2022) – The first Gorham Snogoers Club Meeting will be held October 6, 2022 at 7:00 PM at 209 Mighty Street. Hope to see you there! Additional club meetings are scheduled for the first Thursday of

each month through April. Watch for updates on the Snogoer's Facebook page.

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

Eggs & Issues: 2022 Gubernatorial Debate

Join Us For An Informative Debate with Governor Mills & Former Governor LePage



Governor Janet Mills Former Governor Paul LePage

October 6th
7:00AM - 9:00AM
Holiday Inn By The Bay
88 Spring St, Portland, ME



Register at Portlandregion.com

SPILLER COUNTRY FARM HARVEST WALK

Friday October 7,8,9th opening weekend (all weekends in Oct. to follow) 6-8:30pm

Moe's Munchie's food truck will be here with their **AMAZING** food!

Bring the family to our second annual Harvest Walk! Come walk through our trail, lit up with hundreds of pumpkins. We have been working hard to add new, exciting, creepy things! The same trail as last year but we've added an optional spooky/scary trail if you dare!

Check out our Spiller Country Farm Facebook page for more information and more events!

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

GORHAM HIGH SCHOOL

Mini Golf Tournament



Sunday, October 23

95 Desert Road, Freeport ME

\$500 Cash Prize

- \$500 Cash Prize for lowest team score!
- Possible \$1,250 Mini Golf Scramble prize
 - o Sign ups day of only.
- Prizes for highest score too!
- Costume Contest Prizes!



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

MENG Reviews Sexual Assault Prevention & Response Program

AUGUSTA, ME (September 8, 2022) (readMedia) -- The Maine National Guard (MENG) today released a memorandum from the National Guard Bureau (NGB) reviewing the MENG's Sexual Assault Prevention and Response (SAPR) and related programs.

The memorandum, which outlines findings and recommendations from NGB, was requested by Adjutant General Douglas Farnham earlier this year to receive an independent review of SAPR programs, related programming, and regulatory adherence to "make sure we are truly doing all that we can for our men and women in uniform." The review came after the MENG submitted a legislative report on the SAPR program as required by LD 625, signed by Gov. Janet Mills in May 2021.

The review was conducted June 27 through June 30 by NGB officials and found that "all aspects of the programs were found in compliance with NGB policies and guidance." The review also noted "minor discrepancies" and offered recommendations that Maj. Gen. Farnham has said will be implemented as soon as possible.

The MENG is also participating in an Advisory Council on Military Sexual Assault, established through an Executive Order from Gov. Mills' earlier this year. The Advisory Council is charged with

making recommendations to the Governor by December 1, 2022 about how the MENG can improve its response to sexual assault and sexual harassment, with particular focus on coordinating state and local law enforcement, prosecutors, and National Guard personnel as they respond to individual cases.

"The safety and welfare of our service members is always our first focus, and this review is an important step forward in helping us identify how we can further strengthen and improve our programs to better serve the men and women of the Maine National Guard," said Maj. Gen. Farnham. "Sexual assault and harassment are not compatible with military service – period. They run completely counter to our core values and what it means to wear our nation's uniform. We will continue to work hard to prevent it, and to deliver accountability if it does occur. I thank the National Guard Bureau for its review of our program. We will begin implementing their recommendations immediately, and I look forward to our continued work and collaboration on the Governor's Advisory Council to discuss better coordinating state resources in support of existing federal programs."

Earlier this year, Gov. Mills also signed into law LD 2029, legislation to strengthen the MENG's response to sexual assault

and harassment. Taken together, LD 2029, the Advisory Council, and other actions being undertaken fulfil the five action steps identified in a recent report by the MENG to improve its ability to respond to sexual harassment and assault. More specifically, LD 2029:

- Streamlines military and civilian protection orders: The law amends the Maine Criminal Code to recognize legal authority of the orders of military commanders outside of duty times. Previously, commanders could issue orders for military members in their command to have no contact with other service members; however, those service members could only be held accountable when they are on military status or military property. While these are lawful orders, they were not recognized in state courts. Because of this gap, there may not have been consequences for harassment once military training is over and the service member is off the military installation – where service members spend most of their time.

- Requires the MENG to provide post-discharge travel funds for sexual assault or harassment proceedings: The law requires the MENG to make post-discharge travel funds available to eligible service members and former service members involved in sexual assault or sexual harassment proceedings.

Once a victim of sexual assault or sexual harassment has left the military, they can be put on a State Active Duty order to participate in investigations and board proceedings, prosecute sex offenders or complete other administrative matters. These orders require travel and its associated costs can be prohibitive. These costs should not be borne by survivors. The MENG will locate funding and make it available for their use.

- Provide the MENG a seat on the Maine Commission on Domestic and Sexual Abuse: The law provides a dedicated seat on the Maine Commission on Domestic and Sexual Abuse for a representative of the MENG with experience in sexual assault response, as designated by 19-A M.R.S. § 4013 (establishes the Maine Commission on Domestic and Sexual Abuse). Previously, the Commission did not formally include any members who represent the military community. While the MENG sent an attendee to these meetings whenever possible, formal and full membership on this Commission will provide the MENG an opportunity to represent and advocate for service members during policy making procedures.

- Attorney General Review of law enforcement response to MENG Sexual Assault and Harassment Allegations: Under national regulations, if the MENG receives an unrestricted re-

port of sexual assault the Guard reports it directly to civilian law enforcement to ensure an independent investigation. If civilian authorities decline to pursue criminal charges in the court system, or if survivors choose not to pursue that action, the Guard then refers cases to outside Federal investigators and uses their findings to pursue administrative action. LD 2029 directed a review by the Attorney General of the manner in which law enforcement agencies and prosecutors in Maine investigated and prosecuted allegations of sexual assault or harassment by National Guard members. The MENG has provided case information to the Attorney General's office, whose review is currently ongoing.

- Establishes Annual Report: The law requires an annual report from the MENG to the Legislature's Committee on Veterans' and Legal Affairs to provide an update on allegations of sexual assault or harassment in the MENG.

The MENG is also working to formalize a partnership with the Maine Coalition Against Sexual Assault to ensure that service members and their family members, whether survivors of sexual violence or not, will have the most robust prevention and response resources possible available to them.

To better support survivors as they interact with law enforcement or the

legal system, in 2017 the Maine National Guard created, and recently strengthened, an Office of the Provost Marshal to serve as a centralized liaison and conduit to the law enforcement and criminal justice community. The Provost Marshal also ensures that service members who are victims of any crime have MENG support as their cases move forward. The NGB review made note of this program in their report, indicating it may be a best practice for other states to adopt.

The MENG also recently hired its first-ever Victim Advocate Coordinator, which will enable the SAPR program to better recruit, train, and credential additional victim advocates, as well as provide additional 24/7 support to victims.

Additionally, with Federal funding now becoming available, Maine and other states are laying the groundwork for an Integrated Primary Prevention Program, as the National Guard looks to enhance existing programming by drawing holistic preventative efforts under a single umbrella. For Maine, this means an additional team of up to four personnel focused on increasing resilience and further reducing self-harm, substance abuse, any form of family or workplace abuse, and other issues that affect military populations and their families.

MCF Creates the State's First Comprehensive Cancer Blueprint

F A L L - MOUTH, Maine – Maine Cancer Foundation (MCF) has announced the creation of the first Maine Cancer Blueprint, a comprehensive, interactive, data-driven tool designed to increase knowledge and awareness of issues related to cancer, expand access to care, and support lifestyle changes to reduce cancer risk. With the goal of supporting efforts to reduce disparities in cancer prevention, treatment, and outcomes for all Maine residents, measures will be displayed by race and ethnicity, insurance type, and geographic regions.

"The goal of the Blueprint is to provide credible, detailed data points to in-

form grantmaking and programming efforts by MCF to support targeted interventions for all Mainers," commented John Benoit, a valued member of the MCF Advisory Group and MCF Board.

Initial data exploration shows that rates in Maine for lung and bronchus cancer are higher compared to the United States for most of the populations assessed for all-stage cancer incidence, mortality, and late-stage incidence. This is merely one of the data points that supports the primary focus area for Phase One of the Maine Cancer Blueprint being lung cancer, with actionable insights also developed for colon and rec-

tum cancer, female breast cancer, melanoma, and prostate cancer. Phase Two and subsequent development will focus on detailed analysis and reporting for additional selected cancer types.

The Human Services Research Institute (HSRI) is supporting MCF in the development of the Maine Cancer Blueprint by exploring inequities and variations in cancer rates by examining aspects that may influence cancer risk and analyzing how factors such as social determinants of health, race, ethnicity, insurance status, and socio-economic status impact health outcomes. HSRI will develop measures and report the vari-

ations in cancer incidence, mortality, cost, screening rates, and access to care across Maine in an interactive, cohesive, and user-friendly data visualization.

The Maine Health Data Organization (MHDO), the state agency charged with creating and maintaining a useful, objective, reliable, and comprehensive health information database that is used to improve the health of Maine citizens, is crucial to the success of the Maine Cancer Blueprint. While a variety of public data sources will be explored, MHDO's data will be a primary source, including the All-Payer Claims Database (APCD), Hospital

Encounter Data Sets, and data sets linked to MHDO data, such as the Maine Vital Statistics (birth and death) Records and the Maine Cancer Registry.

"We've been contemplating and planning for the Maine Cancer Blueprint for some time and it's very rewarding to see this comprehensive data-driven tool come to life, thanks to the efforts of the MCF staff in collaboration with MHDO and the dedication of HSRI," said Benoit.

Harvard Pilgrim Health Care, a Point32Health company, provided a matching grant this spring to launch the project.

"We are proud to support the Maine Cancer

Foundation's efforts to develop this data analytics tool to help us all better understand the current state of cancer in Maine and the impact it has on Maine residents," said Bill Whitmore, Maine Market VP for Harvard Pilgrim Health Care. "With this knowledge, this initiative will help make currently available interventions more consistent and equitable for everyone regardless of income or geography and help reduce cancer incidence across the board. We encourage other members of the business community to support the Maine Cancer Foundation in this effort to create better health outcomes for all our citizens."

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

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

Report

Continued from page 1

For volunteer opportunities or to learn more, please contact VIPS President Buffy Houpp at (207) 229-9050.

Portland Water District Trustee Opening

The Portland Water District is encouraging the write-in of candidates on the November local ballot for an open seat representing Gorham on the Board

of Trustees. There will be no candidates listed on the November 8 ballot for the seat which is up for election.

The Portland Water District is governed by a Board of 11 trustees representing the cities and towns it serves. The Board sets important policy and direction to actively protect our water resources and ensure safe and clean public water for over 200,000 people in

Greater Portland.

The Board generally meets twice monthly, which includes a workshop session and a regular business meeting. Trustees receive a stipend for meetings attended.

For more information or to apply, folks can contact the Town Clerk's Office at 222-1670 or the Portland Water District at 774-5961.

Requests for Proposals for Building Permit & Inspection Software

Requests for Proposals for Building Permit & Inspection Software

The Town is seeking proposals for the design, implementation, and maintenance of a technology solution that supports the Town of Gorham's plan review, permitting, and inspection processes.

Interested bidders can find the complete RFP on the Town website at <https://www.gorhamme.org/>

home/news/request-proposals-buildings-permit-inspection-software

Proposals are due by 4pm on October 28, 2022.

Baxter Memorial Library News

Upcoming Events:
October 11, 6pm: "Meet the Candidates" evening for Town Council and School Board candidates. The Library will host an evening with School Committee and

Town Council candidates at which they will introduce themselves and their platforms to the audience, which will be followed by an opportunity for conversation and questions with attendees.

Gorham Community Access Media (GoCAM) will live-stream the event through the Town's website, broadcast on GGETV Channel 3, and provide video to view later.

Gorham Invited to "Come Try Ice Hockey (for Free)"



COME TRY ICE HOCKEY (FOR FREE!)

5 FUN PRACTICES
OCTOBER 8, 15, 22, 29
NOVEMBER 5
5 PM TO 6 PM
AT FAMILY ICE IN FALMOUTH

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FALMOUTH, ME (September 20, 2022) -- Maine Girls Ice Hockey Association is sponsoring "Come Try Ice Hockey (for Free)" in October and early November. See ad for details. If you are a player just joining hockey for the first time this year or know of someone who might want to try it out, this is a great opportunity.

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

Lakes Region Senior Center to Hold Open House in Gorham

GORHAM, ME (September 30, 2022) -- Lakes Region Senior Center is holding an OPEN HOUSE on Wednesday, October 12, 2022 from 10-1 at 40 Acorn Street, Gorham, Maine. (This is actually in Little Falls, of Gorham.) We would like to acquaint you with our Senior Center and the many programs that we have to offer. Refreshments will be served. Please bring a friend.

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.

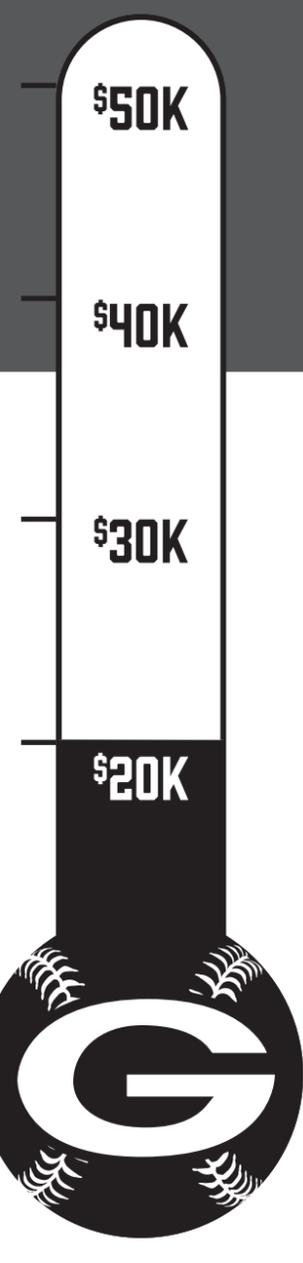


Fran's clients look to her for her thoroughness and detail-oriented work habits. Fran's belief is her customers always come first.

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



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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

\$385M to Support Maine Farmers, Loggers; Mitigate Climate Change

WASHINGTON, D.C. (September 14, 2022)—U.S. Senators Susan Collins and Angus King and Representatives Chellie Pingree and Jared Golden announced today that the U.S. Department of Agriculture is investing up to \$385 million in nine projects that will benefit Maine’s forest products and agriculture industries while helping to combat climate change.

The grants, which were awarded under the Partnerships for Climate-Smart Commodities funding opportunity, will be used to support pilot programs that will create market opportunities for American commodities produced using climate-smart production practices. These initial projects will expand markets for climate-smart commodities; leverage the greenhouse gas benefits of climate-smart commodity production; and provide direct, meaningful benefits to production agriculture, including for small and underserved producers.

“By supporting innovative and environmentally friendly logging and

farming practices as well as expanding market opportunities, this funding is a win-win for producers as well as our climate,” said Senators Collins and King and Representatives Pingree and Golden in a joint statement. “We are particularly pleased that USDA is investing in two projects that are being spearheaded in Maine. This funding will allow Wolfe’s Neck Farm to launch an initiative to help farmers implement climate-smart techniques and access the marketplace for climate-smart commodities. Moreover, this funding will benefit our forest products industry by supporting the New England Forestry Foundation’s effort to help landowners and loggers improve forest health and market locally-grown, healthy, low-carbon building materials. In addition to mitigating the impact of climate change, these projects will provide substantial economic benefits to our rural communities.”

Two of the projects with a direct impact on Maine include:

\$35,000,000 for Wolfe’s Neck Farm’s

initiative to promote climate-smart agriculture (CSA), particularly for beef, dairy, wheat, rice, and specialty crops. This project will develop the tools and approaches necessary to catalyze change by: equipping and training technical service providers for CSA implementation, creating transition finance incentives for producers, and developing a robust and self-sustaining marketplace for climate-smart commodities.

\$30,000,000 for the New England Forestry Foundation’s New England Climate-Smart Forest Partnership Project. This project will implement forest management practices with large commercial producers and smaller woodlot owners to store more carbon in the forest, quantify the resulting carbon gains, and build markets for climate-smart forest products to store carbon in wood products and substitute wood products for fossil fuel-based materials.

“We are grateful to the Maine Delegation for their support of our project,” said Alec Giffen with

the New England Forestry Foundation. “In our view, this is a transformational opportunity to pay landowners and loggers for practices that will both mitigate climate change and improve productivity of the land while benefiting wildlife.”

Funding for other projects that cover multiple states, including Maine, and will support Maine farmers include:

\$90,000,000 for a project that will leverage a network of 3,000 conservation districts throughout the nation to grow and advance grassroots efforts to ensure producers and local communities are prepared to meet the demand and have access to climate-smart commodity markets.

\$60,000,000 for a project that will build climate-smart markets and increase capital investments in tree planting that will increase the supply of agroforestry commodities utilizing a network of leaders in forestry. Working directly with manufacturers and retailers to connect potential buyers with producers.

\$55,000,000 for a project that will bring together 20 farming and agroforestry organizations, serving over 20,000 small to mid-scale and underserved farmers who are uniquely impacted by climate change. The project will include soil health and financial benchmark community science; peer-to-peer learning and support; expanded implementation of climate-smart practices; carbon benefits calculation and verification; and, income stream innovations that result in increased sales from farms and forest lands that use and promote climate-smart practices.

\$45,000,000 for a project that will help dairy farmers reduce methane emissions and sequester carbon while receiving credit for doing so. Through this project, Dairy Farmers of America (DFA) climate-smart pilots will directly connect the on-farm greenhouse gas reductions with the low-carbon dairy market opportunity. DFA will use its cooperative business model to ensure that the collective financial benefits are captured at the farm,

creating a compelling opportunity to establish a powerful self-sustaining circular economy model benefiting U.S. agriculture.

\$35,000,000 for a multi-year project that will pilot, test, and evaluate how the supply chain can be optimized for value and climate performance from farm and ranch to markets, starting with the greenhouse gas benefits of grazing systems.

\$25,000,000 for a project to expand climate-smart markets and help finance partnerships and incentivize farmers to advance the Organic Valley Carbon Insetting Program. The funding will support two strategies to reduce supply chain emissions: mitigate GHG emissions and maximize opportunities for carbon sequestration, focusing specifically on dairy and eggs as the climate-smart commodities.

\$10,000,000 for a project that will help to implement climate-smart methods in beef production, reducing GHG emissions and generating carbon credit revenue for producers.

Joseph W. Mayo ALS Scholarships Awarded

LEWISTON, ME (August 15, 2022) --

Over two decades ago, friends of our late Clerk of the House and former State Representative from Thomaston, Maine, asked our ALS affected friend, “what were his needs and objectives during his debilitating struggle with a disease still lacking a cure,” ALS, commonly known as Lou Gehrig’s disease. Joe Mayo’s wish was to assist Maine families experiencing ALS with helping their spouses, children, caregivers, and other offspring with furthering their education, so as to improve their lives and their families..

Upon his passing, these friends led by his successor as Clerk of the House, Millie McFarland; family friend and President of the Maine Bankers Association, Joe Pietroski; former State Representatives, including Rita Melendy, Jeff Mills, Carol Allen Martel, and Judy and Ross Paradis; lobbyist friends including Cheryl Timberlake and Mark Walker; Maine House legislative staff including Jane Figoli; former Speakers of the House including Dan Gwadosky, John Martin, Mike Saxl, Libby Mitchell, and Steve Rowe; and other long time friends and family members



Mayo ALS Scholarship Chairman Joe Pietroski visits and discusses the award and school progress with Madison Levesseur of Whitefield and her Dad, who has ALS, Real Levesseur.

formed the Joseph W. Mayo ALS Scholarship Fund, now part of the Maine Community Foundation Scholarship programs. This is another example of how people can work together to help others.

2022 is the 20th year of awarding up to \$5000 in scholarships to Maine men and woman attending traditional and nontraditional educational programs in memory of Joe.

As current and outgoing Chair of the Scholarship Committee, I am pleased to announce the four Maine high school or

GED graduates in 2022-23, who will be joining dozens of other scholarship recipients from throughout the state in receiving Joseph W. Mayo ALS scholarships.

First, Madison Levesseur of Whitefield, a graduate at Hall-Dale High, and now a junior at the University of Alabama will be receiving a third scholarship to assist her with reaching her educational goals. The daughter of Real Levesseur, Madison has assisted her dad through his struggles with ALS.

Second, Hannah

Roy of Auburn, a graduate of Edward Little High School, and now a junior in the nursing program at St. Joseph’s College in Windham, will also be receiving her third scholarship. Hannah grew up assisting her family with the care of her grandmother who had ALS.

Third, Emma Roy of Lewiston, a graduate of St. Dominic’s High School, and about to enter her freshman year at Dominican University in San Rafael, California. Emma and Hannah are cousins, who were very helpful with aiding their grandmother.

Our fourth scholarship recipient is Charla Burnett of Winterport. A social worker with a bachelor’s degree from the University of Maine, Charla spent many years caring for her mother during her time with ALS. Her Joseph W. Mayo Scholarship award will assist her with obtaining a nursing degree from Beal University in Bangor.

Additional information on the Joseph W. Mayo ALS Scholarship Program for the 2023-24 year may be obtained from the Maine Community Foundation at www.mainecef.org/scholarships.



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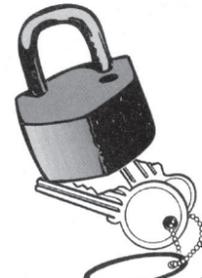
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Calendar

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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.

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 20 – December

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

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop role-playing 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 1 – October 31

LEWISTON -- TEEN MANGA CONTEST at LPL: Lewiston Public Library's Teen space is holding a manga drawing contest this fall. Submissions to the Teen Manga Contest can be made online via google form or in-person at the library's 2nd floor Reference Desk from October 1, 2022 through October 31, 2022. Art will be displayed in the LPL teen space and shared on library social media for voting from November 9, 2022 through November 23, 2022. Two winners will receive a pack of manga-making supplies as a prize. Contact the Adult & Teen Services Department at lpreference@lewistonmaine.gov or 513-3135 for more information; www.LPLonline.org

October 6; October

20; November 3; November 17

LEWISTON -- Maine's first & only Backgammon club is looking for new members! Meetings October 6, October 20, November 3, November 17; 6pm - 8pm at Obscura Cafe & Drinkery, 108 Lisbon St. Lewiston

October 8 – November 13

BOOTHBAY -- Boothbay Region Art Foundation's 15th annual juried exhibition, Art in Maine, will be held at the foundation gallery 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. The opening reception is Saturday, Oct. 8 from 5-7 p.m.; over \$1,000 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 Littlefield Gallery in Winterport.

October 12

GORHAM -- Lakes Region Senior Center is holding an OPEN HOUSE on Wednesday, October 12, 2022 from 10-1 at 40 Acorn Street, Gorham, Maine. (This is actually in Little Falls, of Gorham.) We would like to acquaint you with our Senior Center and the many programs that we have to offer. Refreshments will be served. Please bring a friend.

October 12

AUBURN -- The Androscoggin Retired Educators' Association will meet at 10:30 a.m. on Wednesday, October 12 at the Sixth Street Congregational Church at 109 Sixth Street in Auburn.

This meeting is our annual scholarship auction. Ruben Cornelius will be the auctioneer. Members are asked to bring in one or two items for the auction. Baked goods are always popular, gift baskets and gift certificates are well-received, as well as handmade goods and other small items. Bring your checkbook, your pocketbook, your penny bank, just come and be ready to support this worthwhile project.

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

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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 in public school or private school. You need not have worked in Androscoggin County or even in the State of Maine.

Officers this year are: President; Rosita Friel; Vice-President, Donna Whelan; Secretary, Deanna Marken; Treasurer, Gina Fuller.

Please send reservation and a check for dues and lunch to David Wing, 42 Hatch Hill Road, Greene, Maine 04236.

October 13
LEWISTON -- 12:00 PM – 1:00 PM, Callah-

an Hall, Lewiston Public Library, or virtual: GREAT FALLS FORUM: SOUL-SEARCHING PHILANTHROPY

This Great Falls Forum panel will discuss how shifts in the world of philanthropy are impacting policies and practices in Maine-based philanthropies and what this means for the ways philanthropic resources are convened locally. Panelists will provide perspectives on giving based upon the evolutions taking place within their own institutions and provide insights into practices that hold the most promise for tackling Lewiston's most pressing issues.

Free. In person or virtual. Bring your bag lunch. The Zoom link will be posted to the Library website and Facebook prior to the event.

513-3135; www.LPLonline.org



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Healthy Living
Continued from page 1

person in Fairfield. The workshop begins on October 6, 2022 and will be held on Thursdays, 9:00am-11:30am through November 10, 2022.

Healthy Living for ME network partner, Northern Light Sebasticook Valley Hospital is offering Living Well for Better Health online. The workshop begins on October 6, 2022 and will be held on Thursdays, 4:00pm-6:30pm through November 10, 2022.

Bingocize - This workshop combines a bingo-like game with exercise and health education with the goal of increasing older adults' functional fitness, health knowledge, and social engagement.

Bingocize is being offered online by Healthy Living for ME network partner, Aroostook Agency on Aging. The workshop begins October 3, 2022, and will be held on Mondays and Wednesdays, 2:00pm-3:00pm through December 12, 2022.

Better Health Now with Pain - This workshop is designed for those who experience long-term pain; their friends, family, and/or caregivers are also welcome to join. Participants in this workshop receive a toolkit in the mail and work with a leader either by themselves or in small

groups. Topics covered include pacing and planning, medication management, and the Moving Easy Program.

Better Health Now with Pain is being offered over the phone by Healthy Living for ME network partner, Spectrum Generations. The workshop begins October 6, 2022 and will be held on Thursdays, 1:00pm-2:00pm through November 10, 2022.

Living Well with Chronic Pain - This workshop is designed for people who are dealing with persistent pain such as back pain, post-surgical pain, headaches, and other on-going pain. Topics covered include: dealing with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength; communicating effectively with family, friends, and health professionals; nutrition; pacing activity and rest; and evaluating new treatments.

Living Well with Chronic Pain is being offered online by Healthy Living for ME network partner, Aroostook Agency on Aging. The workshop begins on October 11, 2022 and will be held on Tuesdays, 1:00pm-3:30pm through November 15, 2022.

Better Health Now - This workshop is designed

to help those living with chronic conditions, including heart disease, arthritis, diabetes, or other conditions. Participants in this workshop receive a toolkit in the mail and work with a leader either by themselves or in small groups. Topics covered during the workshop include: techniques to deal with frustration, fatigue, pain, and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications, communicating effectively with family, friends, and health professionals; nutrition; and how to evaluate new treatments.

Better Health Now is being offered by phone by Healthy Living for ME network partner, MaineGeneral's Peter Alford Prevention and Healthy Living Center. The workshop begins on October 12, 2022 and will be held on Wednesdays, 3:00pm-4:00pm through November 16, 2022.

Living Well with Diabetes - This workshop is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and

endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

Living Well with Diabetes is being offered in-person in Augusta by Healthy Living for ME network partner, MaineGeneral's Peter Alford Prevention and Healthy Living Center. The workshop begins October 17, 2022 and will be held on Mondays, 12:30pm-3:30pm through November 21, 2022.

Though the workshops are free for participants, registration is required. Family, friends, caregivers, and supports of participants are also welcome to register and participate. Please contact Healthy Living for ME at 1-800-620-6036 or info@healthylivingforme.org for more information and to register. You can also register via our website, www.healthylivingforme.org.

To learn more about these and other workshops offered by Healthy Living for ME, visit www.healthylivingforme.org.

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

Gorham's Troop 73 Awarded for Outstanding Performance



GORHAM, ME (September 30, 2022) -- Congratulations to Troop 73 Gorham Maine, the 2022 recipients of the Cobscok International Camporee Bob McVicar Award for outstanding performance and embracing the Scout Oath and Law.

MAINE NEEDS DONATION DRIVE ("CLEANING + TOILETRY" and "MINUTE FOR MOM" KITS)

WHO: Gorham High School Interact Club

WHAT: Bring a **DONATION LISTED BELOW** for **MAINE NEEDS** in exchange for **FREE ADMISSION**

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- face wash
- face mask
- face lotion
- loofa, washcloth, razor
- headband, hair ties
- tea and chocolate
- candle or essential oil

*make it your own, assemble as a gift. these are for moms and caregivers that get very little support for themselves.

CLEANING & TOILETRY KITS

- disinfectant spray
- toilet bowl cleaner
- dish soap
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- toothpaste

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