

Visit Gorham's Shaw Park to See Beautiful Fall Foliage



Shaw Park (55 Partridge Ln, Gorham, ME 04038) is a beautiful park to visit in all seasons. The weather this week is warm and the fall foliage should be at its peak.

Gorham HS Awarded Funding to Support Education Innovation

AUGUSTA, ME (October 4, 2022)—The Maine Department of Education (DOE) today awarded \$1.6 million in Rethinking Responsive Education Ventures (RREV) funding to support education innovation in twelve school administrative units (SAUs) across Maine. These federal funds will be used to invest in strategies to engage students through outdoor learning, alternative education, online learning pathways, and more.

Awardees for this fourth round of RREV funding include RSU 35 Marshwood Great Works School, RSU 34 Old Town Middle/High School, RSU 73 Spruce Mountain Elementary School, Gorham High School, MSAD 61 Lake Region Middle School, MSAD 11 Gardiner High School, Limestone Community School, Maine Academy of Natural Sciences, Wayfinder Schools, RSU 13 Oceanside High School, MSAD 49 Lawrence High School, and MSAD 59 Madison Elementary School. The first round of RREV investments were made last fall, a second round in March, a third round in June, and total RREV investments now near \$8 million with 39 awardees.

“RREV investments help fuel the innovation and creativity of Maine educators so that all Maine students are engaged, prepared, and can thrive,” said Education Commissioner Pender Makin. “We’re excited to invest in these educator-led efforts to deepen student engagement through outdoor education initiatives that provide students with hands-on, project-based learning opportunities as well as initiatives that create multiple education pathways that fit the needs of all of Maine’s students.”

Schools will use this funding in a variety of innovative ways, including:

Spruce Mountain Elementary will create a greenhouse classroom for all students to use.

Gorham High School will create outdoor learning spaces, fund field trips for students, and offer students and teachers learning experiences to extend their capacity toward outdoor learning.

Lake Region Middle School will build both a large greenhouse and an outdoor learning pavilion to increase their capacity for outdoor education and ensure

See Innovation, page 11

FY 2022-2023 Tax Bills for Town of Gorham Now Available

GORHAM, ME (October 6, 2022) — Real estate and personal property tax bills for the fiscal year 2022-2023 will be mailed to property owners starting this week. Tax bills for the current tax year and past tax years are also available electronically on the Town website.

Please note that if a property owner was eligible for and received a Maine Homestead Property Tax exemption or any other exemption, this information will be reflected under one line titled “Exemptions” on your tax bill. If you have any questions regarding the amount(s) that were applied under your exemption(s), please contact the Town of Gorham Finance Office at (207) 222-1610 for assistance.

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Newsmakers, Names & Faces

Head Outdoors for National Wildlife Refuge Week

MAINE, STATE-WIDE (October 6, 2022) – Walk, run or stroll in nature during National Wildlife Refuge Week, October 9-15, 2022. Enjoy great outdoor recreation in the nation’s largest network of public lands dedicated to wildlife conservation, the National Wildlife Refuge System, managed by the U.S. Fish and Wildlife Service. Founded in 1903, national wildlife refuges offer access to a host of popular activities while providing vital habitat for thousands of wildlife species.

“Conserving wildlife habitat and improving recreation access to public lands are key goals of the Biden-Harris administration’s America the Beautiful initiative,” said Service Director Martha Williams. “National Wildlife Refuge

Week is a great time for Americans to take pride in our rich wildlife heritage and discover the recreation and scenic wonders awaiting them at national wildlife refuges.”

America the Beautiful is a decade-long challenge to pursue a locally led and voluntary, nationwide effort to conserve, connect, and restore the lands, waters and wildlife upon which we all depend.

National Wildlife Refuge Week occurs yearly during the second full week of October. The week of celebrations kicked off on Saturday, October 8, with Urban Wildlife Conservation Day. Admission was free on Sunday, October 9 at wildlife refuges that normally charge an entrance fee. Nearly 500 national wildlife refuges and wetland management

districts offer free admission year-round.

This year, the Refuge System is partnering with the Public Lands Alliance to celebrate our commitments to deepening human connections with nature. As part of Refuge Week, the Service is encouraging people to get out in nature for good health and to help wildlife thrive. Over 30, free, self-guided 5K “Walk for the Wild” events around the country will highlight national wildlife refuges.

The Refuge System offers many healthful outdoor activities including fishing, wildlife viewing and wildlife photography while providing vital habitat for thousands of wildlife species, including sandhill cranes, American alligators, bison, and sea turtles. This year’s Refuge Week

theme is: “Find refuge in nature. Join us on our mission to make sure wildlife and humans thrive.”

The Refuge System helps many species recover and thrive:

About 340 California condors fly free today, thanks to efforts by Hopper Mountain National Wildlife Refuge, Bitter Creek National Wildlife Refuge and many committed partners. In 1982, there were just 22 known condors in the wild.

Refuge-led tidal marsh restorations in San Francisco Bay and Willapa Bay in Washington are providing new feeding and rearing areas for salmon and migratory birds, while also protecting nearby communities.

The Refuge System is an unparalleled wildlife conservation network of

568 national wildlife refuges and 38 wetland management districts. There is a national wildlife refuge within an hour’s drive of most major metropolitan areas, almost all offering free admittance year-round. National wildlife refuges provide vital habitat for thousands of species and access to world-class recreation, from fishing, hunting and boating to nature watching, photography and environmental education.

National wildlife refuges contribute \$3.2 billion per year into local economies and support more than 41,000 jobs, according to the Service’s report Banking on Nature. Visits to refuges have doubled in the last 10 years, reaching nearly 65 million visits in 2021. National wildlife refuges also make life bet-

ter by conserving wildlife, protecting against erosion and flooding and purifying our air and water.

More than 101 million Americans – 40 percent of the U.S. population age 16 and older – pursue wildlife-related recreation, including hunting, fishing and wildlife watching.

Learn more about this year’s celebration, including virtual and in-person events by visiting: <https://fws.gov/events>.

The U.S. Fish and Wildlife Service works with others to conserve, protect and enhance fish, wildlife, plants and their habitats for the continuing benefit of the American people. For more information, visit www.fws.gov, or connect with us through any of these social media channels: Facebook, Twitter, YouTube and Flickr.

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Letter To The Editor

Voters 50+ are likely to tip the scales in the general election this year. That’s according to an AARP voter poll conducted before the primary. With voters 50+ comprising nearly 65% of the state’s likely electorate, it’s clear that candidates should listen to us!

I’m eager to hear what the candidates themselves have to say. Where do they stand on rising

utility costs, paid family medical leave and long-term care reform? What are their plans for access to affordable broadband for all Mainers? You can find out some of the answers to these questions in the October AARP Bulletin which includes a conversation with the gubernatorial candidates.

Our poll indicates that 88% of Maine voters 50+ are extremely motivated to

vote in November. That is nothing but good news. If you have questions about how, when and where to vote, just visit aarp.org/mevotes for straight-forward, non-partisan information.

Where do the candidates stand on the issues you and your family care about?

Carl Bucciantini
AARP Maine Volunteer State President
Greene

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Newsmakers, Names & Faces

Gorham Football's Players of the Week



Gabe Michaud #10 – Upperclassmen Teammate of the Week

A Junior WR/DB Gabe has been a consistent contributor in his first season playing football! An eager learner and always looking to get better at his roles!



Caden Smith #5 – Special Teams Player of the Week

Caden has been extremely consistent in this department! In week 6 he averaged 35 yards a punt with a long of 52.



Henry Holland #50 – Offensive Player of the Week

A Junior Running Back/Wide Receiver for the Rams he had 81 yards on 5 Carries and 4 Catches in Week 6 including averaging 9 yards per a touch.




Luke Burns #37/61 – Defensive Player of the Week

Luke was a constant force on the DL this week with a Forced Fumble, a Tackle for Loss and adding 3 tackles on the night!



Lucas Graham #52 – Underclassmen of the Week


Lucas is a hardworking Freshman O/D Lineman. He works hard all week whether as a starter on the Offensive line or playing look teams!




JOIN US
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October 19th, 6pm



Join us at the North Gorham Public Library for an evening with the candidates for town council and school committee.
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2022 Fall Brush Drop Off

Residents only, no commercial drop off. No stumps will be accepted.



Leaves & grass clippings accepted in the designated area throughout the season. Please do not leave bags behind.

When: Saturday, Oct. 8th and Saturday, Oct. 22nd
Time: 8 am to 12 noon
Location: 80 Huston Rd.

What do you think?

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

Agree with us or another columnist? Disagree? Write to us and let us know!

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

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Seniors Not Acting Their Age

Whitewater Exploits on the Magalloway River



Mason Galway runs a Class V rapid on the Magalloway River



A rafting team navigates a rapid on the Magalloway



Ryan Galway and his daughter Krea surf a wave on the Magalloway

Guest Column by Ron Chase

Twenty-six years ago, my late friend Bill Kaiser recruited me to represent the Appalachian Mountain Club in dam relicensing tests on the Rapid and Magalloway Rivers in western Maine. I was one of perhaps a dozen participants from several regional paddling organizations.

The purpose was to navigate the two rivers in canoes or kayaks for three consecutive days at different release levels and provide feedback on the best volumes for whitewater boating. The dam owner provided food, lodging, and transportation. The participants' responsibilities were to paddle the rivers and

evaluate the releases.

If this sounds like a sweetheart deal for an avid whitewater paddler, it was. There was a minor catch; although a veteran of many Rapid River excursions, I had never heard of the Magalloway River and had no idea what to expect. When I met with the other river testers, the scuttlebutt was the Magalloway was a very stimulating sector of whitewater that began with a difficult Class V.

After an entertaining low volume outing on the Rapid on the first morning, we were transported to the Magalloway for the highest of three levels to be tested, 1500 cubic feet per second (CFS). When our group arrived at the

parking area next to the river, only one participant elected to paddle the Class V section. Everyone else walked to the bottom where a Class III rapid began and watched intently as the solo kayaker completed his run. He had some difficulties tumbling through a couple of nasty holes, but remained in his boat. Several of us believed we saw a better route staying tight right and plummeting over a vertical ledge drop near the bottom. The remainder of the 2.1 mile trip was a succession of easier but exhilarating rapids.

On the following day, the Magalloway test level was 900 CFS. Again, only the one kayaker challenged the Class V. That release

received a high rating from everyone.

On the final day, the release was 1200 CFS. After a careful scout, several of us ran the difficult rapid. Negotiating down the right worked. We all had successful descents. The downriver rapids offered several exceptional surfing waves. The 1200 CFS level received glowing reviews from all of the testers. As a result of our group assessment, the 1200 and 900 CFS levels were selected as the primary releases.

Fast forward to Labor Day weekend 2022, my wife Nancy and I learned several young friends were camping near the Magalloway and paddling the river during a weekend of 1200 CFS releases. My email trolling for a Sunday invite for two senior citizens received a positive response.

We met a large enthusiastic group at the take out in Wilson Mills. The three paddling families were equipped with rafts, canoes, and kayaks. Nancy decided to paddle on a raft and I brought a kayak.

At the put-in, young Mason Galway chose to

attempt the Class V section while the remainder of the crew carried down the trail to the Class III launch. Age 16, seemingly overnight Mason has matured into a solid Class IV boater. He scored a perfect 10 nailing the line on the right.

While Mason played in the waves, the rest of us began embarking one boat at a time from the confined launch area. The first Class III is the most complex of the remaining rapids. The gradient is steep and congested with boulders, ledge drops, and sticky holes requiring precise maneuvering. Rolling is difficult in the shallow descent. One kayaker had flipped and swam the previous day and everyone was on high alert. We aced the tricky extended assortment of river impediments.

The excitement continued as we progressed downriver. The next couple of rapids were similar to the first but easier. Waves at the bottom provided excellent surfing opportunities.

Rounding a bend, we encountered a Class III rapid called Double Wide. Viewed from above,

there is no obvious route through a maze of pour overs and breaking waves. We plunged down a narrow slot on the right, rode the left side of a wave train past a boat flipping hole, and negotiated easier rapids and quick water to the takeout.

After lunch, we did it all over again. Our energetic friends completed yet a third run. We were right twenty-six year ago; 1200 CFS is the best.

Several more Maine whitewater adventures are narrated in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at 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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Efficiency Maine Offers \$100 Rebate for Home Weatherization

AUGUSTA, ME (October 5, 2022) – Today Efficiency Maine kicked off a special promotion to raise awareness about resources that will help Maine homeowners and tenants stay warm and manage their heating bills during the upcoming winter heating season.

Efficiency Maine announced it has launched a limited-time \$100 “DIY” Winter Prep Rebate, which will reimburse Maine homeowners and tenants up to \$100 toward the purchase of select weatherization and insulation products, including weather stripping, caulk, spray foam sealant, window insulation shrink kits, pipe and duct insulation, duct sealing, tank wrap, and foam board insulation. The promotion covers eligible purchases made from October 1, 2022, to December 31, 2022.

Complete promotion details, a list of eligible products, and a claim form can be found on the Efficiency Maine website at <https://www.efficiency-maine.com/at-home/100-diy-winter-prep-rebate/>.

“Small investments to tighten up your home for the winter months can make a big difference,” said Governor Janet Mills. “This new program from Efficiency Maine will help even more Maine people weatherize their homes this winter to save money and stay warm. I encourage homeowners and renters to take advantage of this incentive over the coming weeks and months.”

“With winter just around the corner, we want to remind Mainers that by weatherizing your house or apartment you can reduce your energy use, increase your comfort, and lower your bills,” said Michael



Stoddard, executive director of the Efficiency Maine Trust. “While it is typical to employ a professional contractor to perform major weatherization projects, this promotion recognizes that there are plenty of smaller, low-cost steps that we can install ourselves with the right materials from the local hardware store.”

The \$100 DIY Winter Prep Rebate is just one of many resources available to Maine people to help manage their energy costs, improve their home’s energy efficiency, and find

heating assistance programs if needed during the upcoming winter season. Other resources include:

Efficiency Maine has produced a downloadable flyer providing a summary of Winter Energy-Saving Tips. The flyer describes useful do-it-yourself heating and weatherization steps and best practices to help homeowners seal their homes against drafts and to use existing heating systems more efficiently. The flyer can be downloaded from the agency’s website here. Efficiency Maine’s Energy & Money Saving

Tips webpage features winter heating-focused tips and a new blog post has been published featuring the information. In addition to these new resources, consumers also can download a more extensive 25-page Energy Efficiency Tips booklet that provides suggestions for all seasons.

The Governor’s Energy Office (GEO) has issued its 2022-2023 winter heating guide, which contains resources for Maine people to help stay warm this winter and find heating assistance if needed. It can be downloaded from the GEO website here: <https://www.maine.gov/energy/winter-heating-resources>.

Homeowners and tenants can find information specific to Efficiency Maine’s weatherization incentives here: <https://www.efficiencymaine.com/home-insulation/>.

Information about

enhanced rebates from Efficiency Maine for low- to moderate-income households can be found here:

For insulation and air sealing supported by the \$25 million allotment of federal funds through the Maine Jobs & Recovery Plan: <https://www.efficiencymaine.com/low-income-energy-assessment-air-sealing-insulation/>

For heat pumps: <https://www.efficiency-maine.com/income-eligible-heat-pump/>

Maine Housing’s Weatherization Program provides grants to low-income homeowners and renters to reduce energy costs by improving home energy efficiency. More information is at <https://www.mainehousing.org/programs-services/Home-Improvement/homeimprovementdetail/weatherization>.

Healthy Living for ME & Catholic Charities Maine Partner

MAINE, STATE-WIDE (October 6, 2022) – Healthy Living for ME is pleased to welcome Catholic Charities Maine as a new partner within the statewide community integrated health network. As a partner in the network, Catholic Charities Maine will be a community provider offering evidence-based workshops to help Mainers manage health conditions and improve their overall wellness. Initially, Catholic Charities Maine will be offering Living Well for Better Health, a workshop designed to help participants deal with chronic conditions.

“Catholic Charities Maine helps people in so many ways, and we are so pleased to have them join the Healthy Living for ME network. Their involve-

ment will help us further increase our reach throughout the state, bringing more free and low-cost workshops to Mainers that help address health concerns and improve people’s ability to live independently in the community,” said Jennifer Fortin, Training & Fidelity Manager of Healthy Living for ME.

“Joining the Healthy Living for ME network increases our ability to provide health- and wellness-related programs in the community. We look forward to launching the workshops through Catholic Charities Maine and helping more Mainers improve their wellness and quality of life,” said Genny Evans, Clinical Supervisor of Catholic Charities Maine.

To learn more about Healthy Living for ME, our

role as the network lead entity for the statewide community integrated health network, and our resources and programs, visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org.

If your organization is interested in collaborating with Healthy Living for ME, or if you are an individual interested in volunteering with Healthy Living for ME, contact info@healthylivingforme.org.

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

Registration is Open for Totally Trades!

MAINE, STATE-WIDE (October 4, 2022)—Registration is now open for Totally Trades! career sessions offered by New Ventures Maine (NVME) online this fall. Seventeen sessions are offered at no cost and are designed to encourage students in grades 8-12 to consider careers in which women are traditionally underrepresented. The 15-minute video sessions focus on high-wage, high-demand nontraditional careers in trade and technical fields and are available for viewing from October 17 to December 23, 2022. New sessions added this spring include Civil Engineering and Truck Driving sessions, among others.

Automotive, Criminal Justice, Carpentry, So-

lar Installation, Firefighting, Software Engineering, and other trade careers are highlighted in the series as well as an ‘Earn While You Learn’ session on internships, apprenticeships and on-the-job training.

“Maine companies are looking for skilled tradeswomen and we want young women to have access to information that can lead them to well-paying and secure jobs in the future,” said Suzanne Senechal-Jandreau, NVME Workforce Development Manager and Totally Trades! organizer.

After sharing videos with students in the spring of this year, one school staff person indicated, “What I enjoyed the most was the accessibility of the videos; they helped to

motivate the kids, and the videos were easy to follow and understand.”

The sessions are free and open to students in grades 8 through 12 who are exploring or considering employment in the featured career sectors. For more information visit the Totally Trades! website at totallytradesmaine.org or contact Suzanne Senechal-Jandreau at 207-768-9635 or senechal@maine.edu.

Funding for Totally Trades! is provided by Maine Career and Technical Education/Maine-DOE (utilizing federal Carl D. Perkins funds) and the Maine Department of Transportation. Additional support and in-kind contributions are provided by businesses and community partners.



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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.

Don't Forget!

Pumpkin fest is right around the corner, with so many fun things you don't want to miss this!

- Face & Pumpkin Painting
- Bouncy House
- Autumn Card Workshop
- Game, Snacks, Prizes & More!

It will be October 15th 1-4pm,
Raindate 10/16

Please join us at the Gorham Masonic Hall, 33 Cressey Rd, Gorham ME

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An Angel's Wing's 5th Annual Gala

October 22 at 5:00 p.m.
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The Nation's Most Frequent Disaster: Home Fires

PORTLAND, ME (October 6, 2022) — This Fire Prevention Week (October 9-15), the Red Cross Northern New England Region urges everyone to practice their two-minute home fire escape plan and test their smoke alarms to stay safe from the nation's most frequent disaster.

Two minutes is the amount of time that fire experts say you may have to safely escape a home fire before it's too late. These crises account for most of the 60,000-plus disasters that the Red Cross responds to each year across the U.S. — where home fire

responses are 30% higher during cold months than warmer times of year. In the Red Cross Northern New England Region — encompassing New Hampshire, Vermont and Maine — home fire responses are 37% higher during cold months.

“As the threat of home fires increases with colder temperatures, Fire Prevention Week serves as an important reminder to prepare now,” said John Montes, Regional Disaster Program Officer for the Red Cross Northern New England Region. “Practice your two-minute home fire escape drill and test your

smoke alarms monthly to help keep your family safe.”

HOW TO PRACTICE YOUR TWO-MINUTE DRILL

Practice your plan with everyone in your household; also teach children what a smoke alarm sounds like and what to do in an emergency. Visit redcross.org/fire for more information, including a printable escape plan and safety tips for cooking and home heating — the leading causes of home fires, according to the National Fire Protection Association, which is sponsoring

Fire Prevention Week with the theme, “Fire Won't Wait. Plan Your Escape.”

Include at least two ways to exit every room in your home in your escape plan.

Select a meeting spot at a safe distance away from your home, such as your neighbor's home or landmark like a specific tree in your front yard, where everyone knows to meet.

Place smoke alarms on each level of your home, including inside and outside bedrooms and sleeping areas. Test alarms monthly and change the batteries at

least once a year, if your model requires it.

Check the manufacturer's date of your smoke alarms. If they're 10 years or older, they likely need to be replaced because components such as batteries can become less reliable. Follow your alarm's manufacturer instructions.

Tailor your escape plan to everyone's needs in your household. If you or a loved one is deaf or hard of hearing, install strobe light and bed-shaker alarms to help alert you to a fire.

IF YOU NEED HELP
If you cannot afford to purchase smoke alarms

or are physically unable to install one, the Red Cross may be able to help. Contact your local Red Cross for help.

HOME FIRE CAMPAIGN SAVE LIVES

Since October 2014, the Red Cross Home Fire Campaign with community partners has saved at least 1,393 lives. Locally in Maine, Red Cross volunteers and partners have installed 719 alarms and helped make 253 households safer. To learn more about the campaign and how you can get involved, visit redcross.org/home-fires

Lawlor Among '40 Under 40,' Top Young Dentists in the U.S.

PORTLAND, ME — Incisal Edge dental magazine recognizes Dr. Benjamin Lawlor among the 2022 “40 Under 40” top young dentists in the U.S. For a 12th consecutive year, the nation's premier dental publication celebrates brilliant young achievers in dentistry, ages 40 and under, with its signature award.

Among the 2022 Incisal Edge “40 Under 40” recipients, are 40 women and 40 men from 24 states, Dr. Benjamin Lawlor. Fewer than 700 of America's best young dentists have earned this prestigious designation, including the 2022 inductees. View the complete list at: IncisalEdgeMagazine.com.

The magazine, published by Benco Dental since 1997, will celebrate award recipients through a series of profiles in its fall “40 Under 40” editorial coverage. As the centerpiece of the print and digital editions: a photography portfolio created at a cele-

bratory event in Manhattan this spring.

Quote From Maine Dentistry:

“Dr. Lawlor was raised in Maine and fell in love with dentistry at a young age with inspiration from his local dentist, who often provided he and his six siblings with free dental work along with other great support such as mentorship and odd jobs. His family struggled throughout his childhood, which led Dr. Lawlor to join the military after high school. Through his time in the U.S. Air Force, he was able to obtain the funding needed for college and then went on to dental school to pursue his childhood dream. After graduation, Dr. Lawlor completed over 1,200 hours of continuing education in less than five years, all while practicing dentistry full time, serving with the National Guard, and sitting on various community boards. He has always believed in providing a different dental experience to patients, and during



For a 12th consecutive year, Incisal Edge dental magazine recognizes top young dentists in the U.S., with its signature “40 Under 40” award.

this time developed a clear vision for Maine Dentistry. Receiving this recognition from Incisal Edge is an honor for both Dr. Lawlor and the organization as a whole, reinforcing his vision and dedication to excellence within the dental community.

Following the expansion into Portland and Au-

burn, Maine Dentistry now provides the most comprehensive dental treatment available across Maine and is a leading Invisalign provider. The treatment philosophy, ‘We Do Dental Differently’ can be seen in all aspects of practice, and the ‘No Judgement’ attitude speaks for itself. Each office is structured around

team collaboration and allows for easy dialogue between the doctors and team members to constantly improve the treatment process for patients.

Even through COVID, Maine Dentistry has continued to grow and outpaced all expectations. Dr. Lawlor could not be prouder of his team and of the hard work everyone has done to provide the most advanced and comprehensive dental care in Maine. Looking to the future, he has recently formed a consulting company to assist other dental offices and improve their overall patient care and outcomes. This will allow him to have a positive impact on patient care even outside of Maine Dentistry's offices.”

The “40 Under 40” list includes innovative and passionate young professionals in dentistry across the United States. Hundreds are nominated by industry experts and vetted by an independent panel of judges who select the final honorees. In 2019,

the volume of nominations resulted in an expansion of the awards to two categories, General Dentists and Dental Specialists.

“Reviving the magazine's in-person 40 Under 40 photo session after two years allows us to celebrate the top dentists in the U.S. with an event that matches their dynamic talent, vision and overall excellence,” said Terry J. Barrett, chief marketing officer for the magazine's publisher, Benco Dental. “We're thrilled to host the future of dentistry at a live event that captures the vibrant energy, glamour and style of New York City.”

For additional information, visit: www.incisaledgemagazine.com and view a database of Incisal Edge 40 Under 40 honorees here. Entries for the 2023 Incisal Edge 40 Under 40 competition will be accepted through February 20, 2023. For details, visit: <https://www.incisaledgemagazine.com/contests/>

SeniorsPlus Announces New Members to Board of Directors

LEWISTON, ME (August 2, 2022) -- SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, announces the new officers and the election of three new members to its Board of Directors.

Dennis Gray, the former Vice Chair of the Board of Directors, assumed the role of Chair from outgoing Chair Patricia Vampatella, who will remain in the board. Gray, retired, is the former Executive Director of United Way of Oxford County and has been a member of the Board of Directors of SeniorsPlus since 2016. In addition, Robert Kirchherr of Norway was elected Vice Chair, Annette Na-



Pat Vampatella, outgoing Chair of the Board of Directors of SeniorsPlus, passes the gavel to the new Chair of the Board, Dennis Gray.

deau of Sabattus was elected Treasurer, and Don Berry of Sumner was elected Secretary.

The three new board members are Lee Berry, Cheryl-Ann “CJ” Jerry, and Holly Zielinski. Berry is a retired registered nurse

and resides in Sumner. Jerry lives in Jay and is a reflexologist. A resident of Poland with a healthcare and social services background, Zielinski, now retired, is the former Chief Operating Officer of SeniorsPlus.

Lewiston Announces Director of Marketing and Communications

LEWISTON, ME (September 30, 2022) — The City of Lewiston announced today Angelynne S. Amores as the City's new Director of Marketing and Communications. Amores brings an extensive background in marketing and communications that includes local, state and federal governments, along with private sector and non-profit work.

“Whether you live, work or visit, Lewiston has an abundance of opportunities, and Angelynne has vast experience that will help to showcase all that Lewiston has to offer,” said Mayor Carl Sheline. “I look forward to Angelynne working with City staff to further place Lewiston at the forefront of opportuni-

ties and innovation.”

In her role, Amores will create, implement, and manage marketing initiatives, strategic branding, and oversee website and social media for the City of Lewiston. She will also serve as the primary resource for internal and external city communications.

Her work in government includes the communications offices for the Mayor of Chicago, State of Illinois and Indiana, Indiana Attorney Generals Offices and the U.S. Department of Health and Human Services. Her private sector experience includes national and local Internet providers. She received her Master of Science in Communication from



Northwestern University in Evanston, IL and a bachelor's degree in Journalism from St. Mary-of-the-Woods in Terre Haute, IN.

She, her husband, and dog enjoy spending time with their family, including a new granddaughter, taking in the natural beauty that defines Maine.

\$25 Spay/Neuter Services Offered for Gorham, Area Cats at ARLGP

WESTBROOK, ME (September 30, 2022) -- Thanks to a generous grant from ASPCA and Subaru of America, Inc., Animal Refuge League of Greater Portland will be offering \$25 spay/neuter services for cats at the ARLGP on Monday, October 17th. If you have a cat that needs spay/neuter, click over to our website to learn about qualifications and to request an appointment: arlgp.org/resources/animal-health-and-wellness/



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4:00pm The Moody's Sprint Cup
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Sen. Collins Visits Standish, Addresses Nursing Shortage



STANDISH, ME (October 4, 2022)—U.S. Senator Susan Collins visited Saint Joseph’s College to speak with administrators, faculty, and students about the college’s efforts to alleviate the shortfall of medical professionals in Maine. She also saw first-hand the plans that are underway to continue Saint Joseph’s exceptional instruction of current and future generations of nurses.

President Jim Dlugos and Undergraduate Nursing Program Director Terry Girouard-Jordan led Senator Collins on a tour of the third floor of Mercy Hall, which is currently undergoing construction to become a nursing simulation floor. The new facility will consist of a nursing station, four hospital rooms—two ICU, one pediatric, and one maternity—that will have the ability to prepare nursing students for a variety of health care scenarios, including heart attacks, strokes, and births. The labs will use high-tech, life-like manikins, the latest medical equipment, and simulated medica-

tions. The SIM floor also includes a simulated home care “apartment” to train students and caregivers in community health. Afterwards, Senator Collins received a tour of the second floor of Mercy Hall, which Saint Joseph’s plans to upgrade to facilitate collaborative education and community partnerships with three smart classrooms as well as space where students can study, obtain test help, take tests, and interact with faculty. Senator Collins has championed funding for both of these projects.

“Maine has the highest median age of any state in the nation, which presents unique challenges to the state’s health workforce for meeting the needs of its aging population. In addition, many of Maine’s residents reside in rural areas where there is often a lack of access to home health care,” said Senator Collins. “Saint Joseph’s College has been a leader in the effort to train a sufficient number of medical professionals to keep Mainers healthy. By constructing state-of-

the-art simulation labs, and increased academic space, and flexible spaces to allow other community groups such as local EMT’s to provide training, this investment will help Saint Joseph’s build on its superb health care workforce training programs and grow the number of nurses and other health care workers in Maine. As a senior member of the Appropriations Committee, I will continue to champion this funding as the appropriations process moves forward.”

Commenting on the Senator’s visit, President Jim Dlugos said, “Saint Joseph’s College is deeply grateful to Senator Collins for her wonderful advocacy and support for our project to complete the Center for Nursing Innovation. These facilities will not only excellently serve our students, but assist us in our mission to engage the community around us so that together we can provide a larger, stronger health care workforce for Maine.”

Saint Joseph’s College is a Catholic, liberal

arts college with an average annual enrollment of about 2,000 students on campus and online. Among other programs of study, it offers an on-campus Bachelors of Science in Nursing, an online Registered Nurse to BSN program, RN to Masters of Science in Nursing Fast Track program, as well as online graduate programs and advanced certifications for Family Nurse Practitioners, nursing administration, nursing education, a Certificate of Advanced Graduate Study, and MSN/MBA and MSN/MHA dual degrees. Nursing is the college’s largest program.

Senator Collins secured \$810,000 for Saint Joseph’s to build the simulation lab in the Fiscal Year 2022 Appropriations package that was signed into law in March. Senator Collins is also working to secure an additional \$1.2 million in the Fiscal Year 2023 Appropriations package to expand space for academic programs for BSN students and for training the home care workforce for the State of Maine.



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Winners of Brunswick's Outdoor Art Festival Announced



Best in Show winner, Linda Mahoney.



BRUNSWICK, ME – The Brunswick Downtown Association (BDA) is pleased to announce the winners from the 16th Annual Brunswick Outdoor Arts Festival

held on Saturday, August 20th in downtown Brunswick. Judging the exhibiting artists this year were Matt Barter, Painter and owner of Barter Art House

Gallery in Brunswick, Mark Little; local Artist, and Lauren Agne; a Graphic Artist based in Atlanta. Best in Show: Linda Mahoney Woodblock Prints, Imahoneyprints.

com
 1st Place Painting: Nikki Pilgrim Art, nikkipilgrim.com
 2nd Place Painting: Holly Brooks, <https://www.hollybrooksart.com/statement>
 1st Place Mixed Media: Lonie Laffely Ellis, <https://www.lonieellis.com>
 2nd Place Mixed Media: Kathy Angel Lee, <https://kathyangellee.com>
 1st Place Photography: Michael James Murray, <https://www.murray-michaeljames.com>
 2nd Place Photography: Richard J. Snow, <https://rjsnowphoto.com>
 1st Place Fine Craft: Stephanie Crossman, www.stephaniecrossman.com
 2nd Place Fine Craft: Lucienne Timblin, 12,000 Volts, <https://im-amazing.com>

1st Place Graphic/Drawing: Kathleen Buchanan, Grey Seal Press, <http://www.greysealpress.com/>
 2nd Place Graphic/Drawing: Angelia Murray Whimsical Watercolors, <https://www.angeliapaints.com>
 1st Place Jewelry: Cullen Goodyear, Cullen Jewelry Design, <https://www.cullenjewelrydesign.me>
 2nd Place Jewelry: Heather Atwood, H Monique Designs, hmoniquedesigns.com
 Congratulations to all the 2022 Brunswick Outdoor Arts Festival Award Recipients!
 “We have so many wonderful sponsors this year and we are so appreciative for their support and what they do for our community!” said Deb King, BDA Executive Director.

Presenting Sponsors: Bowdoin College, Martin’s Point Health Care & Renewal by Andersen. Supporting Sponsors: Ray Labbe & Sons, Inc., Mechanics Savings, JHR Development llc, Ray’s Electric, Five County Credit Union and Media Sponsor: The Times Record!
 For more information on the Brunswick Outdoor Arts Festival, call (207) 729-4439 or visit www.brunswickdowntown.org for a complete list of artists, entertainers, stage schedules, interactive arts activities and more.

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

APL Receives PLA Digital Literacy Grant

AUBURN, ME (September 15, 2022) — The Auburn Public Library is among over 160 public libraries nationwide awarded funding by the Public Library Association (PLA) to conduct digital literacy workshops using Digitallearn.org resources. The PLA Digital Literacy Workshop Incentive, supported by AT&T, provides support to libraries of all sizes to conduct digital literacy training in their communities and help close the digital divide. The Auburn Public Library’s mission is simple and direct – to bring “people, resources and ideas together to engage, enlighten and enrich the community.” Within that mission, two goals speak directly to the need for knowledge of technology – the goal of helping customers of all generations to grow and to learn, and the goal of promoting workforce development.

Knowledge of technology continues to be a very important – and necessary – skill for members of any community. Whether applying for resources, seeking a new job, or simply communicating, more and more businesses and organizations are requiring that people complete courses or training, job applications, and/or formal documents online. On a given day at the APL Reference Desk, staff spend a significant amount of time providing some form of technology help, whether on library computers or with a customer’s personal laptop or other device. Customers often ask about whether the library offers formal classes in digital literacy. The receipt of this grant will allow the library to teach the necessary skills for our community members to succeed in a digital environment. Through the grant funding, to better facili-

tate these workshops, APL will be purchasing a large television monitor in the Computer Lab. This will allow the instructor to better facilitate the workshops and those participating to more clearly see the screen. In addition, the library also plans to purchase tablets for program participants for use with the training. On receiving this grant, Auburn Public Library Director Mamie Ney said, “We are grateful to have this grant, which allows us to continue our digital and media literacy efforts. We began with an American Library Association grant a few years ago, and we realize now more than ever our work is not done here.” “The mission of libraries has always been about equitable access to information, literacy, learning, and culture. In the age of COVID-19, this mission has only become vital as libraries have played a crit-

ical role in keeping communities connected and online,” said PLA President Maria McCauley. “A 2020 PLA survey found that about 88% of public libraries provide some form of digital literacy support, but only 42% offer formal classes. Staffing and funding were the top barriers to providing technology training. AT&T’s investment with PLA and public libraries nationwide will boost access to digital literacy skills for the most vulnerable in our communities.” PLA’s free training site, Digitallearn.org, helps community members build skills and confidence using technology. The Auburn Public Library will help patrons utilize these resources in upcoming workshops that will be conducted in person at the Library – 49 Spring Street, Auburn, Maine – in the 2nd floor Computer Lab. The first workshop is scheduled for Wednesday, September 21,

from 4-5 p.m. and will cover Computer Basics; skills will include navigating the desktop, organizing files and folders, managing the windows of an application, and working within files. About the Public Library Association The Public Library Association (PLA) is the largest association dedicated to supporting the unique and evolving needs of public library professionals. Founded in 1944, PLA serves nearly 9,000 members in public libraries large and small in communities across the United States and Canada, with a growing presence around the world. PLA strives to help its members shape the essential institution of public libraries by serving as an indispensable ally for public library leaders. For more information about PLA, contact the PLA office at 1 (800) 545-2433, ext. 5PLA, or pla@ala.org. About Philanthropy &

Social Innovation at AT&T
 We’re committed to advancing education, creating opportunities, strengthening communities, and improving lives. As part of our company wide \$2 billion commitment from 2021–2023 to address the digital divide, we launched AT&T Connected Learning to invest in connectivity and technology, digital literacy, and education solutions. We aim to help today’s learners succeed inside and outside of the classroom. Since 2008, we’ve committed more than \$600 million to programs that help millions of students across all 50 states and around the world, particularly those in underserved communities. For a listing of all of the planned digital literacy workshops associated with this grant, visit the website (www.auburnpubliclibrary.org) or call Donna at the Reference Desk at 207-333-6640, ext. 4.

Innovation

Continued from page 1

that these spaces are ADA accessible.

Gardiner Area High School will ensure that every freshman spends 75 percent of their Earth Science class outdoors to provide a real-world context for their learning.

Oceanside High School will bring together cohorts of eight to ten high school students, with a specific focus on students who are at risk of dropping out, to meet weekly to work on both social emotional learning and supplementing their academic requirements and standards with hands-on

outdoor training and projects.

Lawrence High School is developing an intensive alternative education program for some of their most struggling students called the Lawrence Education Alternative Program (L.E.A.P).

Madison Elementary School will make their current trail ADA accessible and install a dock system onto their wetlands to be used as an outdoor classroom space.

Old Town Middle/High School will create a remote/hybrid program called Coyote Online Opportunity (Co-Op) as a

pathway for students to receive a quality education in a setting that best works for them.

Limestone Community School will pilot an outdoor education program that is accessible to all middle level students as part of their regular school day.

Wayfinder Schools is focused on their Passages Responsive Education Project (PREP) pilot to meet the needs Maine youth who have struggled in traditional school settings and are off-track to graduate.

The Maine Academy of Natural Sciences will construct a Makerspace Barn to engage students in experiential outdoor projects while providing the resources and space to offer a blacksmithing course on campus to all interested students.

Marshwood Great Works School's Great Works Ventures Outdoors will expand outdoor learning opportunities as a way to provide essential growth opportunities for every student.

The Maine DOE was awarded \$16.9 million from the U.S. Department of Education's Rethink K-12 Education Models Funding. As one of 11 States to receive funding, Maine created RREV to support the work of visionary educators to develop innovative pilot programs around remote and outside

of the classroom learning, including professional development and pilot design classes. Courses in innovative design process are available through several of Maine's public and private universities at no cost to Maine educators who wish to participate. In addition to the innovative pilot development classes, the Department is also offering asynchronous, innovative principles webinars which are available to all educators in self-paced, independent modules.

For more information on how to get involved in RREV and to learn more about the pilots, visit <https://www.maine.gov/doe/rrev>.

Key Accreditation Gives Boost to USM Work for Maine Innovators

MAINE (October 7, 2022) -- A University of Southern Maine organization that helps life sciences innovation in Maine and nationwide has earned a stamp of approval from prestigious international accreditors, the only such distinction for an academic institution in Northern New England.

The Washington D.C.-based Association for the Accreditation of Human Research Protection Programs accredited

the Institutional Review Boards at USM. These collaborative IRBs at the university review research projects that request the use of human subjects. Such ethical reviews are a necessary step in research and innovation. These services are part of the university's Office of Research Integrity and Outreach, and they are open to any Maine researcher in need of an IRB. Through its collaborative review boards,

See USM, page 16



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



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

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Rinck Advertising Hires Maya Johnston, Promotes Lisa Ardia



Maya Johnston

LEWISTON, ME (September 20, 2022) – Rinck Advertising Hires Maya Johnston as Graphic Designer

Maya Johnston has joined the Creators Department at Rinck Advertising as a Graphic Designer, bringing her vast array of talents to the full-service agency. Maya has several years of experience as an in-house animator, specializing in 2D vector animation and motion design, including animating over 20 logos for various brands and organizations.

Johnston will provide a variety of design solutions including video, animation, photography, typography, and color theory, for print and digital mediums for both in-house and client projects. Having Maya's broad experience and expertise with various types of animation in-house is particularly beneficial for Rinck clients, given the increasing need

for animation services.

"Maya is a very gifted designer, particularly with animation and motion design. With her skillset we've expanded our team's capabilities in some important areas," said Chad Vander Lugt, Executive Creative Director. "Maya's ability to create engaging and creative content, particularly with animation will be a great addition to our clients' social media presence. And, her ability to contribute on our more traditional advertising and design work will help elevate what we can offer our clients. But, perhaps more importantly, she was the right fit for our culture. We felt like she was 'Rinck' from our first meeting with her. In her short time with us, she has already proven that to be the case."

"I am excited to join Rinck and contribute to some fun, impactful work," Johnston stated. "I was attracted to the agen-

cy's in-house team of creatives, not to mention some big-league clients. I'm excited about the potential to learn from such a dynamic creative team and receive mentorship in art direction."

Johnston joins the Creators team at Rinck, a team which is the result of a new and innovative approach to creation and integration across several areas. The Creators at Rinck are an integrated group of professionals spanning several departments within the agency including graphic designers, art directors, content creators, digital developers, and others who collaborate to develop dynamic campaigns on behalf of clients.

Johnston's clients will include Pet Naturals pet supplements and the Intermodal Association of North America, among others. A remote employee, she lives in Baltimore, Maryland, and earned her bachelor's degree in Studio Art with a concentration in graphic design from the University of Maryland in 2019.

Lisa Ardia Promoted to Associate Director of Media at Rinck Advertising

Lisa Ardia has been promoted to Associate Director of Media at Rinck Advertising in recognition of her continued efforts to expand Rinck's media capabilities and bring exceptional innovative solutions

to clients.

Ardia first joined Rinck in 2012 as a member of the Digital Development department and then made the transition to the media team where she has become the resident expert on all things search marketing. In her role, Ardia creates, analyzes, tracks, and optimizes paid search marketing campaigns for the agency's clients including the Maine CDC, the Vermont Department of Health, Food Science, and MaineGeneral Health, among others.

Ardia holds certifications for Google Ads Search, Display, Video, Measurement, and Creative and is responsible for managing Rinck's Google Partnership, which requires her to complete annual testing to demonstrate proficiency with Google's products. This expertise as a Google Business Partner has very real benefits for Rinck clients who rely on a strategic approach to utilizing Google and its many tools.

This expertise as a Google Business Partner has real benefits for Rinck and its clients. By achieving this Partner status, Ardia has access to early beta testing opportunities and early peeks at new tools prior to release. Achieving and maintaining this partnership status allows Rinck to be at the forefront of algorithmic changes, keeping the agency and clients at the cutting edge

of the ever-evolving media space. In addition, her groundbreaking work on innovative and unique usage of the Google Ads platform has resulted in Rinck client campaigns being featured in several Google case studies. Through her work on campaigns for the Maine CDC, Lisa has tested and developed programs that have gone on to become best-practice for national CDC counter-marketing executions.

"Lisa's knowledge and expertise in all things search marketing are unmatched," said Peter Rinck, CEO. "She is a strategic and straight-forward thinker, always getting to the root of our clients' needs and developing solutions that will achieve their goals. She is unbiased in her approach. She makes us better, makes our client's budgets work smarter and harder, and is such a valued member of our team. We are delighted to recognize her with this promotion."

Additionally, in her new role, Ardia will be managing two of Rinck's media team members, while continuing to offer services directly to clients. One particular kudos Laura Rinck, President, shared in support of this promotion was in regard to Lisa's ambition to not only be a lifelong learner herself, but also to be a mentor and share what she has learned with others. For example,



Lisa Ardia

recently Ardia shared some of her expertise at the National Conference on Tobacco or Health, alongside Nikki Jarvais, SVP, Group Account Director. There they shared insights and strategies for distributing educational and support service messaging via targeted media to at-risk communities. The pair highlighted their approach to finding success in tobacco counter-marketing in Maine and Vermont with audiences from around the nation doing similar work in their own communities.

"I think it's important to always be learning, keeping on top of what's next in our industry and the world around us, and to share what I've learned along the way," said Ardia. "I'm excited to do even more of that in this new role."

Ardia lives with her husband and three dogs in Minot and in her spare time enjoys thrifting, golfing, and supporting local small businesses.

Passing Legislation that Works for Maine People

Guest Column by Sen. Nate Libby

(August 19, 2022)

-- As I reflect on my final session as your state senator and the work the Legislature was able to accomplish this year, I'm confident that we focused on passing laws that help address the challenges faced by everyday Mainers. From longstanding challenges like access to affordable health care to new

issues like the high cost of heating and electricity, my colleagues and I passed laws that will make a positive impact on the lives of people here in Lewiston and across the state. In Maine, the majority of laws take effect 90 days after the Legislature adjourns, making Aug. 8 the day that many new laws went into effect this year. I'd like to share some information with you about the laws

we passed to make life easier for Mainers this year.

When the price of energy and heating oil spiked in January, many Mainers were left wondering how they would be able to keep the lights on and their homes warm. While these cost increases are mostly due to global factors, the Legislature did as much as we could to ease the burden on Maine people. For shorter-term

solutions, we passed a law to streamline access to existing heating assistance programs and created a tiered credit worth up to \$3,000 to help small businesses like grocery stores and convenience stores that have high energy burdens. We also looked at longer-term solutions by making structural changes, ensuring greater accountability and consumer input during the electric rate-setting process and holding utility companies accountable for failing to prioritize customers. As we near the end of summer and head into autumn, I encourage you to apply as soon as possible for any heating and electricity assistance that you may be eligible for. You can learn more by visiting mainehousing.org/programs-services/energy.

During my eight years as your state senator, one concern I've heard from you time and again is the high cost of health care and prescription drugs. This year, the Legislature continued building on the progress we made these past few years to help Mainers access quality, affordable care. We passed a law to prohibit a shady dou-

ble-billing practice many insurance companies apply to policyholders who receive assistance paying for their prescriptions. We also passed a law to ensure that patients can access an emergency supply of their prescription medications by allowing pharmacists to dispense small amounts of chronic maintenance drugs as long as the patient has a history of receiving that medication. This can be a literal lifesaver for people like the bill's sponsor, Rep. Amy Roeder, who relies on an inhaler to treat her asthma. We also expanded insurance coverage for state-regulated insurance plans by requiring them to cover fertility treatments, contraceptives and postpartum care. It's critical that Mainers are able to decide if and when to start a family, and that parents and babies are given the care and attention they need to get off to a healthy start.

Also going into effect this month is my law to extend the Historic Property Rehabilitation Tax Credit, an important program that encourages downtown revitalization efforts while

creating affordable housing. With the housing shortage impacting so many communities all across Maine, it's important we use all tools at our disposal to meet this need while preserving the character of our downtowns. Among the other laws going into effect this month are laws that expand property tax relief for totally and permanently disabled veterans; ensure continued funding for Meals on Wheels; improve access to justice for sexual assault and domestic violence survivors; and so much more. I'm incredibly proud of the good work we were able to accomplish this year, and very grateful that you put your trust in me to do it.

As always, please reach out to me if I can help connect you or someone you know with resources, solve an issue with a state agency or otherwise address a challenge you're facing. You can send me an email any time at Nathan.Libby@legislature.maine.gov or call my office at (207) 287-1515. You can also sign up to receive my regular e-newsletters by visiting mainesenate.org.



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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

Calendar

Send your submissions to the Editor. More online.

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 roleplaying sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

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

October 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 lplreference@lewistonmaine.gov or 513-3135 for more information; www.LPLonline.org

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



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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 13

LEWISTON -- 12:00 PM – 1:00 PM, Callahan 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 prom-

ise 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

October 13

LEWISTON -- Southern Maine Squadron SAFB will be getting together for lunch at noontime October 13 at the Governors Restaurant in Lewiston. The Squadron was formed by a group of veterans that went to Sampson AFB, on the shores of Seneca Lake near Geneva New York for basic training. Sampson was a Naval Training Station 1942-1945 and an Air Force Base 1950-1956. Veterans of all branches and their guests are welcome to join.

FMI call 207-657-4909 Bob Sawyer or email wwmkwr1933@gmail.com




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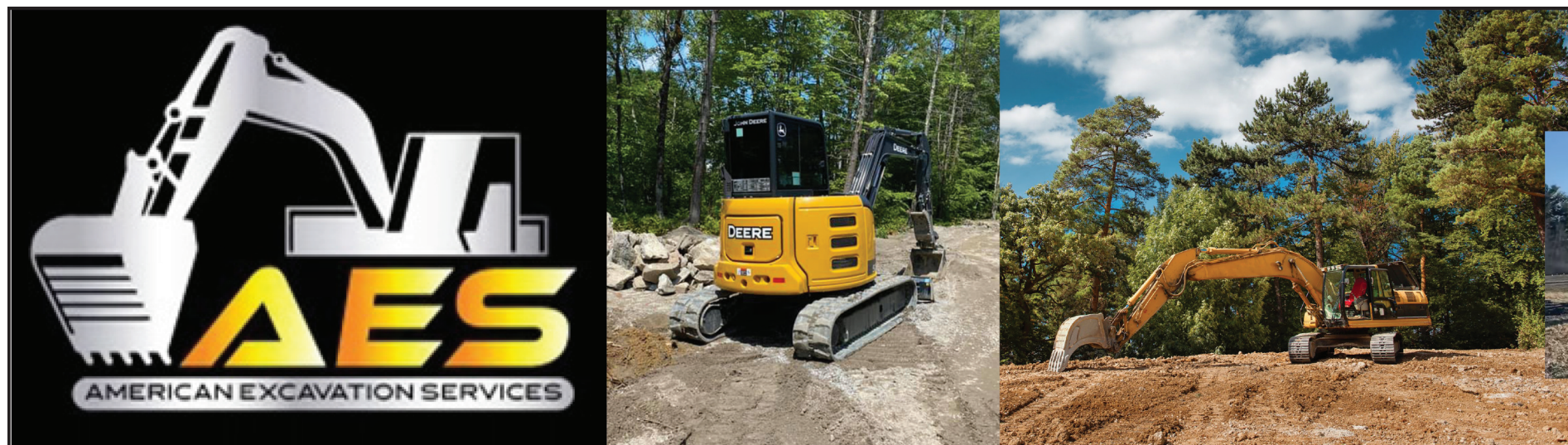
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KAYAKS

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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, visit to the ALAMO, boat 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 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.

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USM
Continued from page 11
USM serves over 30 entities including: health care providers, state agencies, colleges and universities in Maine and beyond which

are engaging in research. "An accreditation like this is part of building the infrastructure needed to grow the life sciences in this state," said Ross Hickey, Assistant Provost

for Research Integrity at USM. The only other such accreditation in Maine is held by MaineHealth, a frequent USM partner. The accreditation for USM and four oth-

er institutions worldwide was announced Sept. 23rd AAHRPP President and CEO Elyse I. Summers. "Despite the disruptions of the pandemic, these five organizations made it a priority to pursue accreditation and commit to AAHRPP's high standards," Summers said in a release. "With that decision, they signaled their

dedication to quality research and, above all, to protecting the participants who make scientific advances possible." AAHRPP has accredited research entities across the U.S. and in Australia, Belgium, Brazil, Canada, China, India, Japan, Jordan, Mexico, Republic of Korea, Saudi Arabia, Singapore, Taiwan and Thai-

land. All major U.S. independent Institutional Review Boards have earned AAHRPP accreditation. In addition, more than 85% of the top U.S. National Institutes of Health-funded academic medical centers and 70% of U.S. medical colleges are AAHRPP accredited or have begun the accreditation process.

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