

Gorham Recreation Dept. Prepares for Tree Lighting



GORHAM, ME (November 18, 2022) -- It's beginning to look a lot like a big tree lighting! A special thank you to Paul and

Felicia Baresel of Buxton for the donation of this tree. Thank you to Gorham Department of Public Works for helping to move the tree

& set it up in Gorham at Robie Park.

The Rec. Dept is looking forward to seeing you on the 27th at the tree lighting!



Businesses, Households Participate in Gorham's Tree Festival

GORHAM, ME (November 18, 2022) -- All were invited to participate in Gorham's Tree Festival. This season, Holiday Trees can be placed outside of your business or home and decorated for the season by November 27th at 4pm. Trees can be traditional or themed.

*Our goal is to have all trees lit on the evening of the Light Parade November 27th at 4pm and throughout the season. A group will view each tree and choose the winning trees of the festival. Winners will be announced on or by New Year's Eve! Grand winner will be presented with a traveling plaque to hold onto and have on display for the year!

*Participants needed to sign up by November 23 in order to be judged, but all are invited view the trees and enjoy a festive Gorham.

Citizen Volunteers Needed on Gorham's Planning Board

GORHAM, ME (November 17, 2022) -- The Town Council Appointments Committee is seeking citizen volunteers to fill an opening on the Planning Board.

If you are interested in applying to serve on the Planning Board, or for more information, please visit the Town Clerk's office or go to the town website at www.gorham-me.org and under Boards & Committees, click on committee volunteer application. Fill out the application and submit. You may also contact the Town Clerk at 222-1670 or e-mail her at lnordfors@gorham.me.us

APPLICATIONS WILL BE ACCEPTED THROUGH 11-25-22

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

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Newsmakers, Names & Faces

Kick off the Holiday Season at Brunswick's Tree Lighting



BRUNSWICK, ME (November 17, 2022) – The Brunswick Downtown Association (BDA) is pleased to present its Annual Tree Lighting Ceremony on the Brunswick Town Mall on Saturday, November 26th.

BDA's Annual Tree Lighting Ceremony is a heart-warming way to kick-off the holiday season in downtown Brunswick. The event will feature per-

formances by the Brunswick High School Chorus and the Una Voce Chamber Choir, free cookies and cocoa, an ice carving demonstration, time with Frosty and Mrs. Claus, and a magical visit from Santa when he arrives on a Firetruck! At 5:00 Santa will flip the ceremonial switch and light up Brunswick's Christmas Tree.

Adults and children of all ages are invited to

celebrate the season at this festive community event.

2 to 5 PM: Free hot cocoa and cookies (provided by Sunnybrook Retirement Community), ice carving, and rides in BDA's Polar Express Bus!

2:30 PM: Santa will arrive on a Brunswick Fire Truck. Children are welcome to visit with Santa in the Gazebo until 5 p.m.

3 PM: Una Voce Chamber Choir perfor-

mance

4 PM: Brunswick High School Chorus performance of carols and holiday songs

5 PM: The countdown to the tree lighting begins - Santa will flip the ceremonial switch and light up the Tree!

Event Sponsors: Presenting: Northeast Bank & The Davis Fund; Supporting: Mechanics Savings; Food Sponsor: Sunny-

brook Retirement Community; Christmas Tree Sponsor: Dead River Company.

November 26th is also Small Business Saturday – a day to celebrate and support small businesses and all they do for our community. Let's go #ShopSmall this November 26th and all season long!

More than half of Americans either own or

work for a small business, and small businesses create about two-thirds of new jobs in the U.S. each year. Visit Downtown Brunswick on the BIG day to Shop Small!

The BDA is a 501(c)3, non-profit organization. For more information about the Brunswick Downtown Association, please visit www.brunswickdowntown.org or call 729-4439.

Safe Voices Awarded \$20K To Build Housing for Survivors' Pets

FARMINGTON & LEWISTON, MAINE (November 16, 2022) – Safe Voices has received a \$20,000 Safe Housing grant from national animal welfare nonprofit RedRover to ensure the agency's newest domestic abuse emergency shelter will be pet-friendly. The new shelter, which will begin accepting residents in early 2023, is located in Farmington. It is the only domestic abuse shelter serving this rural and underserved area, and having it equipped to welcome pets makes it much more accessible to survivors.

"Safe Voices knows the power of animals to help people heal, and it's so important to us to ensure that survivors entering our shelter are able

to do so with the pet they know, love, and will bring them comfort," said Safe Voices Director of Shelter & Housing Noelle Coyne. "These animals have often been subject to the abuser's mistreatment, so having a pet friendly shelter is not just good for survivors – it's also safest for pets – and we're so grateful to work with RedRover, because they understand all of that."

Pets and Domestic Violence:

- As many as 71% of pet-owning women entering domestic abuse shelters report their abuser injured, killed, or threatened family pets.

- Up to 48% of domestic abuse victims reported delaying leaving their abusers for fear of



Safe Voices' new domestic abuse emergency shelter in Franklin County will be pet friendly, thanks in part to a \$20,000 grant from RedRover. Credit: Grace Kendall/Safe Voices

what would happen if they had to leave their pets behind.

- Currently, only 15% of domestic abuse shelters nationwide can house pets.

Safe Voices' Androscoggin County shelter became the first pet-friendly domestic abuse shelter in the state of Maine in 2019, thanks in part to another RedRover grant. With this newest \$20,000 grant,

Safe Voices' new location in Franklin County will create four pet-friendly rooms equipped with special pet furnishings, which will have direct access to an outdoor fenced area for playtime and pet relief. The shelter will be able to shelter cats, dogs, fish, small mammals, and "pocket pets" (hamsters, mice, and rats).

RedRover President

and CEO Nicole Forsyth said, "Pets are family and a source of great comfort at a time of crisis. We're thrilled our grant can help Safe Voices provide spaces for survivors and their beloved pets so that they can begin their healing process together."

Since its inception in 2012, RedRover has awarded more than \$3 million in Safe Housing grants across the country.

Safe Voices is a domestic abuse and sex trafficking resource center serving survivors in Androscoggin, Franklin, and Oxford Counties. Last year, the agency worked with over 2,000 unique survivors in these counties to help them safety plan, access shelter, work with legal and civil advocates,

and work through emergent crises as well as the ongoing, long-term effects of domestic abuse and sex trafficking. The agency has been doing this work in Maine since 1977.

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Newsmakers, Names & Faces

Gorham Town Manager's Office Weekly Report

GORHAM, ME (November 18, 2022) -- The following are notes from the Gorham Town Manager's Office Weekly Report:

Reminder: Deadline for L.D. 290 Property Tax Stabilization Program for Senior Citizens is December 1, 2022

Applications for the L.D. 290 Property Tax Stabilization Program for Senior Citizens are due December 1, 2022. Under the program, the state allows eligible senior citizens to stabilize or freeze their property taxes on their homestead at the amount they were billed. To be eligible, an individual must meet all of the criteria listed below as of April 1 of the property tax year for which they are requesting stabilization.

For applications due December 1, 2022, quali-

cations must be met as of April 1, 2023.

Be at least 65 years old; Be a permanent resident of Maine; Have owned a Maine homestead for at least 10 years; Be eligible for a homestead on the property they are placing in the Program.

For definitions and additional eligibility criteria, please visit:

https://www.maine.gov/revenue/sites/maine.gov/revenue/files/inline-files/stabilization_guide_applicant.pdf.

To apply, please visit https://www.maine.gov/revenue/sites/maine.gov/revenue/files/inline-files/stabilization_app.pdf. Applications can also be obtained from the Gorham Assessing Office (75 South Street, Suite 1) during regular business hours of 8:30am through 4:30pm. Completed applications

can be hand-delivered or mailed to: Town of Gorham 75 South Street, Suite 1 Gorham, ME 04038 Attention: Assessing Office

For assistance with questions, please call Gorham Assessing Administrative Assistant Kristina Robinson at 222-1603 or Cumberland County Regional Assessing at 699-2475.

Thanksgiving Holiday | Municipal Offices Closed in Observance – November 24-25, 2022

The Gorham Municipal Center, Administrative Offices, Recreation Office, and Baxter Memorial Library will be closed on Thursday, November 24th and Friday, November 25th in observance of Thanksgiving.

Important note: If your trash collection day falls on Thursday, Novem-

ber 24th, your trash will be picked up on Friday, November 25th.

Don't Miss the Annual Burn Off the Turkey 5k, Light Parade & Tree Lighting Events, Hosted by Gorham Recreation Burn Off the Turkey 5k On Saturday, November 26th

Gorham Recreation invites everyone to get outside for the annual Burn Off the Turkey 5k Run/Walk around Robie Park starting at 9am. To register or learn more, visit https://gorhamme.myrec.com/info/activities/program_details.aspx?ProgramID=14960.

Light Parade & Tree Lighting On Sunday, November 27th

Gorham Recreation in collaboration with other Town of Gorham departments will help usher in the holiday season and light

up the night with the annual Light Parade starting at 4pm on Main Street, wrapping up with a tree lighting at Robie Park.

For more details, please visit https://gorhamme.myrec.com/info/activities/program_details.aspx?ProgramID=15036.

Winter Parking Reminder

As a reminder, there is no parking on any public road or public easement roadway from November 1 to May 1, 12 midnight to 6:00 a.m. or during any parking ban declared by the Public Works Department. Vehicles parked illegally or abandoned on roads are subject to towing at the owner's expense, as well as ticketing by the police. Public Works asks that folks please remove vehicles from the street when snow alerts are issued.

Christmas Assis-

tance

As with past years, community organizations and individuals have requested a list of names for food and/or gift baskets for Christmas from Gorham residents in need. If a family has a need for help and you would like to be considered, the forms can be completed and returned to the Town Clerk, Laurie Nordfors, by or before Friday, December 9, 2022.

Please provide proof of Gorham residency (driver's license, bill, piece of mail, etc.). If a family is found eligible for assistance and there are sufficient sponsors available to cover the requests, baskets will be available for pick up sometime during the week before Christmas, and families will be contacted to schedule a time for pick. Please call 222-1670 with any questions

Deadline Approaches for Property Tax Stabilization Program

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April 1, 2023.

Be at least 65 years old;

Be a permanent resident of Maine;

Have owned a Maine homestead for at least 10 years, and

Be eligible for a homestead on the property they are placing in the Program.

For definitions and additional eligibility criteria, please visit https://www.maine.gov/revenue/sites/maine.gov/revenue/files/inline-files/stabilization_guide_applicant.pdf. To apply, please visit <https://www.maine.gov/revenue/sites/maine.gov>.

revenue/files/inline-files/stabilization_app.pdf. Applications can also be obtained from the Gorham Assessing Office (75 South Street, Suite 1) during regular business hours of 8:30am through 4:30pm. Completed applications can be hand-delivered or mailed to: Town of Gorham 75 South Street, Suite 1; Gorham, ME 04038; Attention: Assessing Office

For assistance with questions, please call Gorham Assessing Administrative Assistant Kristina Robinson at 222-1603 or Cumberland County Regional Assessing at 699-2475.

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Don't miss our weekly giveaways!

Annual Craft Fair
 205 Long Plains Rd Buxton
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Lauri Waterman Reynolds will be holding a craft fair and is encouraging Gorham to stop by from 8AM-4PM Saturday November 25 and Sunday November 26.

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Letter to the Editor

Can we stop our access to Maine's beaches from being swept away with the tides?

By Sophie Piette, Marine Affairs Undergraduate Student & Intern

(November 2022) -- Everyone who lives on the coast feels a strong pull towards the water – it is why we live here. In Maine, we are lucky enough to have thousands of miles of shoreline that serves as a calming oasis, a natural playground for children, and everything in between. However, private ownership claims have curtailed the tradition of public access to Maine's beaches.

The intertidal zone, which lies between the mean high and low water marks, is home to numerous ecologically and

economically important species and habitats. In Maine, many shorefront owners claim exclusive ownership of intertidal land to the low water mark through posting "No Trespassing" signs or contacting authorities. Prior cases in Maine have held that the public use within the intertidal zone is defined by a 17th century ordinance limiting public activities only to fishing, fowling, and navigation.

Without reexamination of these cases, integral uses of the intertidal zone are limited. Marine biologists cannot continue groundbreaking research into the effects of climate change on the coast. Fishermen cannot harvest shellfish and seaweeds that propel the economy of coastal communities. Chil-

dren cannot explore wildlife that fosters passion for the environment.

Widespread understanding of this issue is integral to the success of this case. Visit the website ourbeaches.me to learn more about the case and other actions that can help. Add your voice to the conversation: write to media outlets, share news stories, and reach out to your elected officials to share your concern.

The potential for the court to expand the public trust may be seen as a revolutionary way of thinking; however, it is simply an adaptation to our growing society. If the judiciary cannot see the importance of these activities being a part of the public right, the prosperity of Maine coastal communities is at risk.

Collins Works to Bring Awareness to Homeless Children, Youth

SUSAN COLLINS
U.S. SENATOR FOR MAINE

WASHINGTON, D.C. (November 17, 2022) – Today, U.S. Senators Susan Collins (R-ME) and Joe Manchin (D-WV) led 14 Senators in introducing a bipartisan resolution to designate November 2022 as National Homeless Children and Youth Awareness Month to bring attention to the children and youth experiencing homelessness across the country. In the United States, more than 1.1 million students experienced homelessness during the 2020-2021 school year, including more than 2,100 students in Maine.

"Growing up is challenging enough without young people having to worry about where they will sleep each night. Without the proper support, these children are at risk of dropping out of school and are in greater danger of exploitation. We must make sure our nation's homeless youth have the same opportunity to succeed as their peers," said Senator Collins, Ranking Member of the Housing Appropriations Subcommittee. "Our bipartisan resolution will help raise awareness about this critical issue and recognize the hard work being done by businesses, organizations, schools, and volunteers to prevent youth homelessness."

"Every child deserves to have a roof over their head and a warm, safe place to sleep at night. Unfortunately, that is not the case for more than 9,500 youth and children in West Virginia and more than 1,100,000 children across the country," said Senator Manchin. "Ending homelessness among children and youth continues to be one of my top priorities, and it is more important than ever that we work together to address this heartbreaking issue. I'm proud to lead my bipartisan colleagues in designating November 2022 as National Homeless Children and Youth Awareness Month to bring attention to this critical issue, and I will continue fighting to address homelessness among children and youth in the Mountain State."

"Children and youth who experience homelessness are among the most vulnerable in our nation, suffering disproportionate negative impacts on their health, development, and education. Yet they remain largely invisible in most communities. Lack of awareness is the single biggest barrier to identifying these children and youth, and providing support to break the cycle of homelessness. We applaud this resolution and hope it helps to galvanize action

across sectors," said Barbara Duffield, Executive Director, SchoolHouse Connection.

"NN4Y applauds this resolution recognizing National Homeless Children and Youth Awareness Month. Youth and child homelessness is a critical issue that requires a new national strategy centered around the needs of our youngest citizens. A multi-system coordinated approach will put the US on the right path to prevent and end child and youth homelessness," said Darla Bardine, Executive Director, National Network for Youth.

Senators Collins and Manchin were joined by Senators Maria Cantwell (D-WA), Mazie Hirono (D-HI), Dianne Feinstein (D-CA), Chris Coons (D-DE), Jack Reed (D-RI), Amy Klobuchar (D-MN), Richard Blumenthal (D-CT), Maggie Hassan (D-NH), Ron Wyden (D-OR), Chris Van Hollen (D-MD), Gary Peters (D-MI) and Lisa Murkowski (R-AK).

This resolution is supported by SchoolHouse Connection, the First Focus Campaign for Children, National Network for Youth, the American Federation of Teachers, the National Alliance to End Homelessness and the National Association of School Psychologists.

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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Prepare for Safe Holidays with Free Covid-19 Tests

AUGUSTA, ME (November 17, 2022) — The Maine Department of Health and Human Services (DHHS) is encouraging Maine people to order free, at-home COVID-19 tests as part of their planning for upcoming gatherings and travel to protect relatives and friends and help limit the spread of COVID-19 this holiday season.

Households that order through Project Access COVID Tests (Project ACT) may receive one free kit of five rapid tests mailed to their home address every month. Project ACT, a partnership between DHHS and The Rockefeller Foundation, has mailed 170,897 free, at-home COVID-19 test kits – for a total of 854,485 tests – to Maine households since its launch in January 2022. Testing before visiting family and friends

who are older, immunocompromised, or otherwise vulnerable to COVID-19 provides peace of mind for safe gatherings – and gives people who test positive for this disease an opportunity to get treatment as early as possible when appropriate.

"As we head into the holiday and winter season, we encourage Maine people to add placing an order for free, at-home tests through Project ACT to their to-do list," said Health and Human Services Commissioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. "Testing, along with vaccination and other common-sense precautions, helps keep our families and communities safe during this season of travel and get-togethers. Visit AccessCOVIDTests.org to ensure your family has rapid tests on hand."

Any Maine resident can visit the Project ACT website, AccessCovid-Tests.org, to place their order. No payment information is required — both the tests and shipping are free to each Maine household — 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 15 minutes. The test can be used on any individual older than two.

DHHS remains committed to providing access to convenient at-home tests, as well as 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.

Horticulture Apprenticeship Training Program Seeks Host Businesses



ORONO, ME (November 15, 2022) — Businesses and organizations interested in hosting a Maine Horticulture Apprenticeship are encouraged to sign up on the University of Maine Cooperative Extension website.

The Maine Horticulture Apprenticeship Training is a three-part, comprehensive curriculum designed to supply learners with a foundational horticulture education suitable for skilled

entry-level positions in the horticulture industry. Developed with input from industry leaders, the program prepares learners with the practical knowledge and skills desired by employers.

There are several benefits to hosting a Maine Horticulture Apprenticeship Trainee, including opportunities to hire an apprentice who has received training on a number of horticulture topics; work with someone who has shown interest in

and dedication to entering the field of horticulture; and support the next generation of the horticulture workforce in Maine.

Suitable Apprenticeship Hosts include landscaping businesses, nurseries (public-facing or wholesale), farms, nonprofits (botanical, community and school gardens, etc.) and groundskeeper positions. Apprenticeship opportunities can be paid or volunteer positions so long as



Attached photo courtesy of UMaine Cooperative Extension

they are in alignment with the Fair Labor Standards.

More information

and the interest list can be found on the program webpage. For questions, call

207.581.3188 or email extension.gardening@maine.edu.

Report: High Rates of New Lung Cancer Cases in Maine

AUGUSTA, ME (November 15, 2022) – The 2022 “State of Lung Cancer” report reveals that Maine ranks 46 in the nation for rate of new lung cancer cases. The American Lung Association’s 5th annual report, released today, highlights the toll of lung cancer in Maine and examines key indicators including new cases, survival, early diagnosis, surgical treatment, lack of treatment and screening rates.

Nationally, the “State of Lung Cancer” report shows continued progress for lung cancer survival. The lung cancer five-year survival rate is now 25% and increased 21% from 2014 to 2018. Here in Maine, the lung cancer survival rate is below the national average at 23.8%. The report also highlights

that people of color who are diagnosed with lung cancer face worse outcomes compared to white Americans, including lower survival rate, less likely to be diagnosed early, less likely to receive surgical treatment and more likely to receive no treatment.

“Lung cancer screening is key to early diagnosis, and early diagnosis saves lives. Unfortunately, here in Maine, we have more people getting lung cancer as compared to other states, and not enough people are getting this lifesaving screening,” said Lance Boucher, Director of Advocacy at the American Lung Association in Maine. “We all can help reduce the burden of lung cancer in Maine. If you are eligible for lung cancer screening, we encourage you to speak

with your doctor about it. If a loved one is eligible, please encourage them to get screened.”

Currently, 14.2 million Americans meet the US Preventive Services Task Force guidelines for screening. Under these guidelines, a person is eligible for lung cancer screening if they are between 50-80 years of age, have a 20 pack-year history (1 pack/day for 20 years, 2 packs/day for 10 years) and are a current smoker, or have quit within the last 15 years. Find out if you are eligible for lung cancer screening at SavedByTheScan.org.

The report found that Maine ranked:

46 in the nation for rate of new lung cancer cases at 70.8 per 100,000. The national rate is 56.7 per 100,000.

25 in the nation for survival at 23.8%. The national rate of people alive five years after a lung cancer diagnosis is 25%.

25 in the nation for early diagnosis at 25.8%. Nationally, only 25.8% of cases are diagnosed at an early stage when the survival rate is much higher.

5 in the nation for lung cancer screening at 11.8%. Lung cancer screening with annual low-dose CT scans for those at high risk can reduce the lung cancer death rate by up to 20%. Nationally, only 5.8% of those at high risk were screened.

8 in the nation for surgery at 23.7%. Lung cancer can often be treated with surgery if it is diagnosed at an early stage and has not spread. Nationally, 20.8% of cases underwent

surgery.

6 in the nation for lack of treatment at 16.9%. Nationally, 20.6% of cases receive no treatment.

“State of Lung Cancer” highlights that Maine must do more to reduce the burden of lung cancer and encourages everyone

to join the effort to end lung cancer. Learn more about the report, and email President Biden to thank him for his leadership on the Cancer Moonshot Initiative and urge him to work to increase lung cancer screening for individuals at high risk at Lung.org/solc.

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

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\$30- With Bow

Located outside Robie Gym @ 42 South St.

Annual Downtown Wreath Sale




Stock the Gorham Food Pantry with Reverse Advent Calendar

GORHAM, ME (November 18, 2022) -- Advent is almost upon us. If you are looking for a great way to celebrate the Advent season with your family, please consider using this reverse Advent calendar to donate to the Gorham Food Pantry. Once you have your box filled, you can leave it at the pantry, or at Baxter Memorial Library or Casco Federal Credit Union. Thank you for helping your neighbors in Gorham during this holiday season.

REVERSE ADVENT CALENDAR


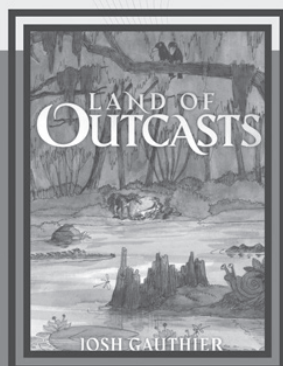
EACH DAY ADD AN ITEM TO A BOX.
ON CHRISTMAS EVE DONATE THE CONTENTS TO A FOOD BANK.

- December 1 - box of cereal
- December 2 - peanut butter
- December 3 - stuffing mix
- December 4 - boxed potatoes
- December 5 - macaroni and cheese
- December 6 - canned fruit
- December 7 - canned tomatoes
- December 8 - canned tuna
- December 9 - dessert mix
- December 10 - jar of applesauce
- December 11 - canned sweet potatoes
- December 12 - cranberry sauce
- December 13 - canned beans
- December 14 - box of crackers
- December 15 - package of rice
- December 16 - package of oatmeal
- December 17 - package pasta
- December 18 - spaghetti sauce
- December 19 - chicken noodle soup
- December 20 - tomato soup
- December 21 - can corn
- December 22 - can mixed vegetables
- December 23 - can carrots
- December 24 - can green beans

PASSIONATEPENNYPINCHER.COM

Sponsored by Friends of Baxter Memorial Library

AUTHOR VISIT

JOSH GAUTHIER
author of *Land of Outcasts*

**Tuesday
December 6
6:00pm**

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Gorham, ME 04038
www.baxterlibrary.org
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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.

USDA to Fund Beginning Farmer Training

MAINE, STATE-WIDE (November 17, 2022) — The United States Department of Agriculture (USDA) has announced the Maine Organic Farmers and Gardeners Association (MOFGA) as an awardee of the Beginning Farmer and Rancher Development Program (BFRDP). The grant award, \$906,390 (\$725,112 of federal dollars and \$181,278 in matching funds), will be distributed over three years and support production and financial training through mentorship, peer-to-peer learning, and social connection. MOFGA is sharing this award with the Northeast Organic Farming Association of Vermont (NOFA-VT).

This award is part of a \$24 million investment across 45 organizations and institutions that teach and train beginning farmers and ranchers.

Beginning farmers in Maine and Vermont will benefit from climate farmer forums, a Climate Resilience Planning tool and technical assistance, soil health learning cohorts, the Farm Beginnings business planning course, and the Journey-person Program. Funds from the BFRDP will support farmers who have been in business nine years or less, many of whom are operating small-scale intensive vegetable production (1-10 acres), are selling direct to markets in innovative



ways, and are often isolated in rural areas.

Ryan Dennett, MOFGA's farmer programs di-

rector is excited for the additional funding. "We are thrilled for the USDA to recognize the value of

continuing our highly successful and longstanding Journey-person and Farm Beginnings programs and are excited to work closely with NOFA-VT to build the foundation of a collaborative regional approach to building farmer resilience to climate change and economic instability," says Dennett.

Molly Friedland, a farmer at Little Red Flower Truck LLC says, "The resources MOFGA offers to new farmers are invaluable and unique, and are one of the main reasons I feel confident that my business will succeed and sustain. After being accepted into MOFGA's Journey-person Program, I have gained knowledge, networks and resources

that I would otherwise not have access to as a new farmer."

Farmer training programs are central to MOFGA's work in growing and supporting organic farming and production and realizing its vision of transforming the food system to be healthy and fair for all. The BFRDP award is one important project that aligns with the six farmer support and mentorship programs MOFGA coordinates, including Apprenticeships, Journey-person Program, Farm Beginnings, Shared-Use Farm Equipment Program and Humane Livestock Handling. Learn more about MOFGA's Farmer Programs at mofga.org/farmer-resources.

Red Cross: Keep an Eye on What you Fry this Thanksgiving

PORTLAND, ME (November 17, 2022) -- Thanksgiving is one of the country's top days for cooking fires, and the American Red Cross of Northern New England encourages family chefs to follow simple steps to prepare the holiday feast safely.

"Home fires are a real threat over the holidays and represent most of our disaster responses in New Hampshire, Vermont and Maine,"

said John Montes, Regional Disaster Officer, Red Cross Northern New England Region. "Help keep your family safe by always keeping an eye on what you fry, testing your smoke alarms monthly and practicing your two-minute escape plan with everyone in your household."

COOKING SAFETY TIPS Follow these safety tips and visit redcross.org/fire for more information, including

an escape plan to practice with your family. You can also download the free Red Cross Emergency and First Aid apps by searching "American Red Cross" in app stores.

Never leave cooking food unattended. If you must leave the kitchen, even for a short period of time, turn off the stove.

Move items that can burn away from the stove. This includes dishtowels, bags, boxes,

paper and curtains. Also keep children and pets at least three feet away.

Avoid wearing loose clothing or dangling sleeves while cooking.

When frying food, turn the burner off if you see smoke or if the grease starts to boil. Carefully remove the pan from the burner.

Keep a pan lid or a cookie sheet nearby. Use it to cover the pan if it catches on fire. This will put out the fire. Leave

the pan covered until it is completely cooled.

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. Visit redcross.org/EndHomeFiresNNE or call 1-800-464-6692 (Option 4) to schedule your free installation appointment.

HOME FIRE CAMPAIGN SAVES LIVES Since October

2014, the Red Cross Home Fire Campaign with community partners has saved at least 1,414 lives — including 15 in the Northern New England region — by educating families about fire safety, helping them create escape plans and installing more than 2.4 million free smoke alarms in high-risk neighborhoods across the country. Visit redcross.org/homefires for more information.

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Westbrook's My Place Teen Center Hosts Family Night



WESTBROOK, ME (November 17, 2022) -- Teens, their families, and staff enjoyed a delicious Thanksgiving Dinner with Apple Pie, courtesy of IDEXX. THANK YOU, IDEXX!

Families then joined us for a special tour of our

sites, and then joined their teens during the evening program, making Festive Paper Bag Turkeys!

A **GIGANTIC THANK YOU** to all the special people who helped make tonight happen! We couldn't do it without you!

AS ALWAYS -- MPTC

is always 100% FREE! No pre-registration or sign-up required! We provide FREE snacks and dinner daily! ANY teen, from ANY city, can join -- if they can get here, they can be here! Westbrook - Open to ages 10-24 years old! Biddeford - Open to ages 14-24 years old!



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Help a Gorham Child Celebrate 'The Meaning of Christmas'

GORHAM, ME (November 18, 2022) -- It's time! The requests are starting to come in from the schools and lists will be going live soon. Please head over to The Meaning of Christmas Project's Facebook page and find out how to help make Christmas a little brighter for a local child!

Here's how you can help:

1) Send a PM with your name, phone number, and email to The Meaning of Christmas Project's

Facebook Messenger. If you would be okay with texts, include that in your message (Things got crazy working through Messenger last year!)

2) Please message *roughly* what you can help with.

For example: we had people donate everything from an electric keyboard to game consoles to \$10 gift cards last year. Some people just wanted to Venmo money to keep it simple. There are lots of ways you can help!

3) You will get a response with a "match" as soon as one is made and/or an Amazon Wish List will be shared with you.

4) Presents or items will need to be dropped off by the 15th of December. If absolutely necessary, they can be picked up. Last year people sent them directly via Amazon. That's fine too!

5) Thank yourself for doing what you can to make a kid's life a little brighter at a time of year that is notoriously difficult for so many.

Bookworm to Donate Portion of Sales to Gorham Food Pantry



GORHAM, ME (November 17, 2022) -- The Bookworm is proud to announce that once again this year we will be donating 20%

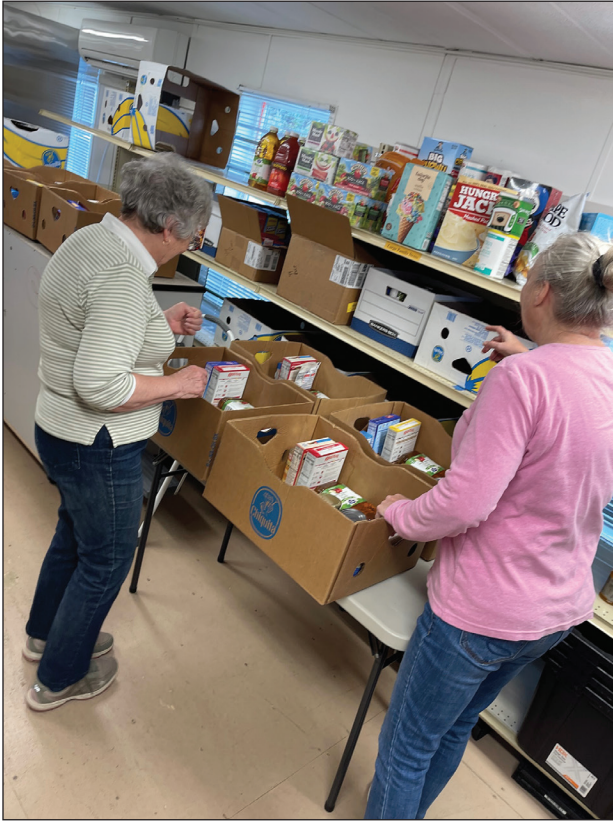
of our sales on Small Business Saturday (November 26th) to the Gorham Food Pantry.

We are also partnered

again this year with St. Anne's church in Gorham, ensuring that children will get books in the Christmas baskets distributed by the church.

Gorham Food Pantry Preps Thanksgiving Meals

GORHAM, ME (November 16, 2022) – Thanks to those who donated and helped provide Thanksgiving dinner to our neighbors here in Gorham! The Gorham Food Pantry has been busy prepping Thanksgiving baskets!



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Seniors Not Acting Their Age

Whitewater Drama on Little Suncook River



Eggman DeCoster paddles his canoe through a turbulent Class IV rapid on Little Suncook River



Ryan Galway skirts boat flipping holes



A kayaker leaps over Bixby Pond Dam

By Ron Chase
Little Suncook River in south-central New Hampshire is a tiny white-water creek more aptly called a stream or brook. Located in Epsom, the exciting descent flows west from Northwood Lake along Route 4 before entering Suncook River east of Concord.

With the exception of spring runoff and after heavy rain, the diminutive freshet is rarely navigable. However, each fall the New Hampshire Department of Environmental Services releases water from the Northwood Lake Dam. Paddling the release has become a popular fall whitewater tradition. For many years, Ryan Galway has organized and led a Pe-

nobscoot Paddle & Chowder Society Little Suncook River trip during the release.

The rousing three mile excursion begins with a long challenging Class IV rapid immediately below the Northwood Lake Dam. Downriver from the falls, easier whitewater continues to Bixby Pond. At the end of the pond, an approximately eight foot vertical dam must be run or carried. Below, several technical Class III rapids follow to the takeout in the hamlet of Gossville.

Due to the steep gradient, paddlers must constantly be on the alert navigating the many twists and turns in narrow channels. Debris such as trees and branches in the river called

strainers are common hazards. Ducking under low hanging branches is often necessary. The potential dangers are a stimulating part of the attraction for many boaters.

Again this year, Ryan organized a Little Suncook River trip. Nine Chowderheads met in Epsom to take on the whitewater challenge. Although we were unable to confirm the actual volume, everyone agreed it was higher than normal.

After running shuttle, we scouted Bixby Pond Dam and the lengthy intimidating Class IV rapid. With a plan in mind, we launched below the dam. There are two approaches to the first rapid. Since the left was cluttered with debris, everyone elected to

take the circuitous attenuated passage on the right through a densely wooded sector.

Ryan's son, Mason, went first while the rest of us followed. We were well-spaced to avoid colliding with one another in the rapid.

Advancing out of the alders, Mason disappeared over the first pitch. Next in line, my singular focus was negotiating through the many obstacles. I missed my planned route to the right of a wave billowing over a large boulder and log, and rode up on the side instead. High bracing into the foam pile, I slid off. My remaining goal was to avoid several boat flipping holes by running generally right of them. I swiftly passed one after the other. Adjacent to the last one, I kissed the left side of a sharp rock and bounced over some shallow ledges before reuniting with Mason in an eddy. The remainder of our group soon joined us.

While relaxing in the eddy one kayaker remarked, "It's like paddling down a large drainage ditch." Everyone assumed the most demanding impediment of the day was behind us.

Feisty waves and sharp turns continued under a canopy of low hanging trees to Bixby Pond. The short traverse across

the pond was quickly accomplished. Since no one opted to carry around the dam, we lined up to take the leap. A Good Samaritan was standing on the left bank to signal when it was all clear. One paddler after another vanished over the edge. Each time, the helpful observer gave us a thumb's up. My jump went smoothly; plunging into the calm water below and bracing up without flipping.

The excitement quickly recommenced. After negotiating through several tricky Class III descents, we arrived at the top of a rapid that was dangerously blocked by a fallen tree. A kayaker accidentally broached upside down against the tree and exited his boat swimming downriver. The rest of us went into rescue mode.

Ryan boofed over the low end of the tree in his canoe and pursued the swimmer; rescuing him. Three of us went ashore to attempt recovery of the kayak still pinned under the tree. Eggman DeCoster entered the rapid on a safety line while carrying another rope to attach to the kayak. Simultaneously, an empty canoe slammed into the kayak. The collision freed the kayak but the canoe was now wedged under the tree. Our determined companion waded farther out into the turbulent water and attached the rope to the

canoe. We hurriedly pulled them both ashore. Downriver, Ryan recovered the wayward kayak. Trained in swift water rescue, we Chowderheads take care of our own!

The rest of the outing was rather ho-hum.

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 retailers. 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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Sabattus Rec Running Club to Hold Annual Jingle Jog

SABATTUS, ME (November 16, 2022) -- The Sabattus Rec Running Club will once again spread some holiday cheer

around the Village area as members run/walk the local neighborhoods on Saturday, Dec. 17. The 7th Annual Jingle Jog

will start at 10 a.m., from Mixer's Nightclub parking lot on Sabattus Rd. Any and all ages are welcome to join in the fun, and are encouraged to dress in festive colors/apparel. Bells and lights are also encouraged.

The Jingle Jog (or walk) will last about 30 minutes. Participants will then return to Mixer's for light refreshments and to see if Santa stopped by. The event is free.

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\$100K Investment Fills Equity Gaps in Afterschool Programming

SOUTHERN MAINE (November 16, 2022) -- United Way of Southern Maine's (UWSM) Brick & Beam Society announced investments totaling \$100,000 in three afterschool and positive youth development organizations. Their investments will help build systemic equity in early childhood learning and Science, Technology, Engineering, Arts, and Math (STEAM) programs.

The investments include:

\$45,000 Boys & Girls Club of Southern Maine's (BGCSM) Brick Hill Youth Program, a place-based afterschool program in South Portland.

\$15,000 Gateway Community Services, Maine (GCSM) drop-in educational sessions for English Language Learners and children experiencing homelessness, specifically children staying at hotels in South Portland.

\$40,000 Portland Community Squash (PCS) for Rally Portland, an afterschool program for students in grades 6-12.

Brick & Beam members chose to make their first Signature Investment in Boys & Girls Club of Southern Maine's Brick Hill Youth Program. As a signature investment, the Brick Hill Youth Program will receive on-going, multi-year funding and volunteer support. Brick

& Beam Society member volunteers will deploy talent in the form of mentorship to students and other skilled volunteerism to help the afterschool program thrive and grow.

"Our program provides young people with fun, engaging, and relevant opportunities to learn and grow," said Brian Elowe, CEO, Boys & Girls Clubs of Southern Maine. "We're thrilled to partner with Brick & Beam Society to continue offering dynamic programming that brings together the best of both academic and social-emotional enrichment experiences."

Out-of-school programs are uniquely positioned to develop impact-

ful enrichment experiences that blend fun, learning, and social-emotional growth that are critical for all youth, particularly those who may be struggling with anxiety, depression, trauma, food insecurity, and homelessness.

"We need to take advantage of out-of-school time — especially given the challenges of the past few years," said Matt Mathias, Impact Investment Committee Member and Vice President of Global Fund banking at Silicon Valley Bank. "It's time not just to catch up, but also to guide our young people forward and provide more opportunities to learn and grow, explore their talents and imagination, and feel more

confident and connected to peers, mentors, and their community."

Partnerships with out-of-school time organizations are part of a larger effort by Brick & Beam Society to elevate its focus on literacy and STEAM to build systemic equity that result in positive academic, development, and social outcomes.

These collaborations build on earlier immediate impact funding partnerships with Educate Maine's Project>Login Girls Who Code Summer Camp for the development and execution of two Girls Who Code summer camps in the greater Portland region and The Rufus Porter Museum of Art & Ingenui-

ty's Camp Invention for 25 low-income children, kindergarten through grade 6, to attend Camp Invention held at Stevens Brook Elementary School in Bridgton.

Brick & Beam Society investments are funded through member donations and decided on by member volunteers. Investments align with Thrive2027 and support early childhood education with a specific interest in STEAM programming for under-served kids in Southern Maine.

To learn more about United Way of Southern Maine, Brick & Beam Society, and Thrive2027, our community's three goals for a thriving future, visit uwsme.org.

Professional Soccer Coming to Portland?

PORTLAND, ME (November 15, 2022) -- Join The Portland Regional Chamber of Commerce and Gabe Hoffman-Johnson, Founder and President of USL to Portland, as we discuss

the ongoing work being done to bring the United Soccer League to Portland.

Our President and CEO Quincy Hentzel will sit down for a sideline chat with Gabe about the inspiration, mission, and vision

of professional soccer in Portland, and the history of Soccer and the USL as a whole in the United States. Take a break amidst 2022 World Cup action and learn how we're bringing USL to Portland!

Bringing a Professional Soccer Team to Portland

Join us amidst World Cup 2022 to learn about USL to Portland!



Gabe Hoffman-Johnson
Founder, President
USL To Portland

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- History of Soccer in the USA and the United Soccer League.
- The inspiration, mission, and vision for USL to Portland.
- Why Portland is well suited for USL Soccer.
- The present and future of USL to Portland.

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Field Funding Campaign



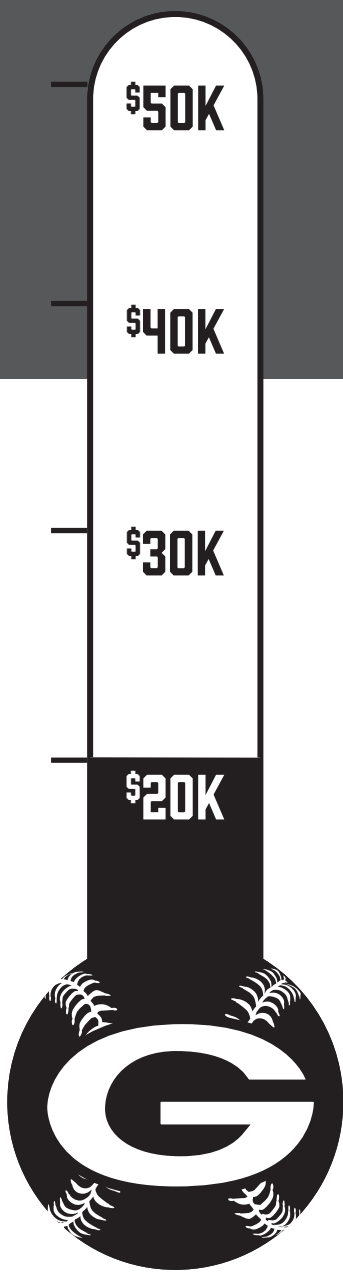
The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

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

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November 29

BUXTON -- Haddock Supper Buffet - Saturday, November 29 2022 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

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

December 1, 3, 4

DaPonte String Quartet Concerts in November: Mozart String Duo in B flat Major for Violin & Viola, Dohnanyi Serenade for String Trio, Op. 10 and Beethoven String Trio in C

Calendar

Send your submissions to the Editor. More online.

Minor, Op. 9 no 3
Saturday, November 19, 3:00 pm, Meetinghouse Arts, Freeport

Sunday, November 20, 3:00 pm, St. Columba's Episcopal Church, Boothbay Harbor

Thursday, December 1, 7:00 pm, Maine Jewish Museum, Portland

Saturday, December 3, 3:00 pm, First Congregational Church of Blue Hill

Sunday, December 4, 3:00 pm, Union Hall, Rockport

December 3
MECHANIC FALLS

-- The Ladies Guild of Our Lady of Ransom Church in Mechanic Falls is hosting a Christmas Craft Fair, which will take place on Saturday December 3rd from 9am to 2pm in the church hall located at 117 Elm St, Mechanic Falls.

There will be various craft vendors, a bake sale and many amazing raffle baskets. A luncheon will be served, and will include a hot dog combo meal as well chili and a chowder. The Christmas spirit will be strong in Mechanic Falls on December 3rd; come and

check it out.

December 6

LEWISTON -- Hiring Event on Tuesday, December 6, 2022 from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with over thirty employers all offering great job opportunities! The event is free and open to the public. For more information visit: <https://www.maine-careercenter.com/employment/hiringevents/>

December 15

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

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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

\$5M to Expand Broadband in Rural Maine Communities

WASHINGTON, D.C. (November 16, 2022) – U.S. Senators Susan Collins (R-ME) and Angus King (I-ME) announced that the Maine Connectivity Authority will receive a total of \$5,000,000 to support the development of a Five-Year action plan to close the broadband gap in rural Maine. This funding was authorized through the Infrastructure Investment and Jobs Act and provided through the Broadband Equity, Access, and Deployment (BEAD) Program that was created and funded by the bipartisan infrastructure law.

Senator Collins, the Ranking Member of the Transportation Appropriations Subcommittee, was part of the core group of 10 Senators who negotiated the text of the bipartisan infrastructure law. Senators Collins and King both worked to negotiate and pass this historic legislation, which will deliver billions of dollars to Maine for investments in broadband, roads, bridges, and more.

“Access to high-speed Internet is critical to the vitality of rural communities, which is why I have long championed expanding access to broad-

band across Maine,” said Senator Collins. “From spurring job creation to supporting telemedicine and education, the Internet unlocks almost endless benefits and possibilities. I co-authored the broadband section of the law to help bridge the digital divide between rural and urban areas, and I am pleased that this funding will help Maine to take another step forward to extend its high-speed network to ensure that families have a reliable connection to their loved ones, co-workers, schools, and medical services.”

“High-speed, af-

fordable broadband access is essential for small businesses, telehealth patients, families, and students across rural and urban Maine,” said Senator King. “This investment from the Bipartisan Infrastructure Law will improve internet speeds and bring important new opportunities to communities that need it most. I’m proud to see the continued impact of this bipartisan bill, and will continue working with my colleagues on programs that close the digital divide and help rural Maine thrive.”

The BEAD Program

is a formula grant program that provides \$42.45 billion to expand high-speed Internet access by funding planning, infrastructure deployment and adoption programs in all states and territories. The first phase, the Planning Grants, allows states and territories to develop their high-speed Internet deployment plans to make sure all residents of the state are covered before receiving their allocation for capacity building.

The Maine Connectivity Authority will use this grant to close the broadband availability gap and support the de-

velopment of a Five-Year Action Plan. The following planning and pre-deployment activities will be taken: Research and data collection, including identification of unserved and underserved locations; Publications, outreach, and communications support; Establishing a broadband office that oversees broadband programs and deployment; Mapping of broadband adoption, affordability, equity, access, and deployment activities; and Conducting surveys of unserved and underserved communities to better understand barriers to adoption.



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FOR SALE

Men's Dress Coats almost new - One London Fog, dark tan size 42 R \$50, one 3/4 length with zip in lining - tan \$40. 1 pair new Timberland work boots size 9W \$50. Call 207-782-4228

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

Turboclean Powerbrush Pet Pro

Turboclean Powerbrush Pet Pro carpet cleaner. Brand new. Used once. Asking \$80. Call 893-8851. Gorham.

Back Hoe

Back hoe Attachment for tractor. 3 point hitch, category two, 12 foot long \$3,500 . 782-5539

Exercise Bike, Coffee table

Recumbent bike with heart & mileage monitor \$75. Lt oak coffee table with 4 glass

panes & shelf. Call 782-1456

GENERATOR

Briggs & Stratton Elite series 7000 Watt generator - Key start- 25 foot 10 gauge rigid power cord included. Used 63 hours. Asking \$650.00 cash - serious inquiries only, please call 207-929-1575

Briggs & Stratton Generator for sale

Used twice since purchase. Horse power 8, RPM 3600, Watts 4400, \$100. Call 207-783-3565. Leave message. Lewiston

SENIOR CARE ASSISTANT

Senior Care Assistant-over 10 years experience. I can help with errands, grocery shopping, Doctor appointments. Misc things. Please contact Melissa at: 207- 539-3204

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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WANTED

Odd jobs and Gig work Retired teacher and counselor looking for odd jobs and Gig work. Trained and experi-

enced in babysitting, Petsitting, senior/adult care and cleaning. Contact: Missy 207-539-3204 or allinoneservices1@yahoo.com.

I am using a 40-year-old computer and my wife and I would like to buy a "wow" computer to communicate with our grandchildren and our children. Please call (207) 650-7224.

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Sen. Collins Named a 2022 Diabetes Champion



Senator Collins with DLC Treasurer Larry Smith and DLC Director of Campaign Communications Erin Callahan.

WASHINGTON, D.C. (November 16, 2022) -- The Diabetes Leadership Council (DLC), a diabetes and health care reform advocacy organization advancing patient-centered policies, announced that Senator Collins is one of its

2022 Diabetes Champions. The DLC presents the award to the most effective lawmakers based on their public commitment and legislative actions to increase access and affordability for America's patients. Senator Collins was recognized for her efforts to support biomedical research, insulin affordability, and improved Medicare coverage of continuous glucose monitoring (CGM) and other devices that play a crucial role in diabetes care.

"As a Diabetes Caucus Co-chair, Senator Collins continues to drive policies that help the 37 million Americans currently living with diabetes," said Stewart Perry, Board Chair, Diabetes Leadership Council. "Whether it's pushing the INSULIN Act or supporting coverage of CGM devices, we are proud to rec-

ognize Senator Collins and hope her example inspires her colleagues to prioritize patient-first health policies to help the millions of Americans living with diabetes."

"I have long worked to increase funding for biomedical research, which has produced revolutionary treatment options for those who are affected by this disease. I am also committed to supporting federal policies that will help improve the lives of patients and their families," said Senator Collins. "The Diabetes Leadership Council is a powerful and effective voice for individuals with diabetes. I am honored to receive this recognition, and I will continue to build on the progress we have made to better treat, prevent, and ultimately cure diabetes."

The DLC is a patient

advocacy organization comprised of individuals who combine their passion for advocacy with decades of diabetes experience and leadership to advance patients-first policies at the local, state, and national levels. Their members -- all former leaders of national diabetes organizations -- engage policymakers and public and private sector influencers to call attention to the diabetes epidemic that affects 37 million Americans

Senator Collins, the founder and co-chair of the Senate Diabetes Caucus, is a member of the Health Committee. In January of 2023, Senator Collins will become the lead Republican on the powerful Senate Appropriations Committee, which has jurisdiction over all discretionary spending for the federal government.

Health Choice Maine Suing Over Vaccine Mandate

(November 18, 2022) -- Health Choice Maine, the state's premier health freedom advocacy group, has announced it will be filing a lawsuit in Kennebec County Superior Court this week challenging a new rule adopted by Maine EMS that requires COVID-19 and flu vaccines for all first responders. The Board, which is appointed by Governor Janet Mills, adopted a permanent rule in

August 2022. Health Choice Maine is sounding the alarm over how the vaccine mandate is, exacerbating a grave shortage of first responders and delaying response times across our sparsely populated state. A first responder attached to the case tells a grave story of watching a Mainer die in his ambulance, because of unacceptable response times that are happening as a direct result of the

staffing shortages. Under the existing mandate, unvaccinated first responders, still on duty, cannot perform life-saving measures and are being compelled to stand aside until their vaccinated counterparts arrive. The group says the policy is not up-to-date with the latest science, per the CDC and the vaccine manufacturers, that the vaccine does not stop transmission or

prevent infection, as was previously claimed. Health Choice Maine's cofounder, Tiffany Kreck, warned that, "Everyone who lives in a rural area, or has family in a rural area of Maine, should be especially concerned. We are side-lining trained, certified EMTs, many with 15+ years of experience, and in doing so we are created a self-inflicted crisis in paramedicine in Maine.

We now have regions of Maine that are dangerously underserved, and we have reports of response times reaching upwards of 40 minutes in some instances." She continued, "This is bureaucracy at its worst, and it is destroying lives and putting Maine people at risk needlessly." Health Choice Maine, a non-profit membership organization focused on restoration, and subsequent protection

of medical choice and fully informed consent for all Mainers through advocacy and education. Tax-deductible donations can be made at HealthChoiceMaine.org

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

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