

## Battle of the Gorham Rams Benefits Flaggy Meadow Farm

**GORHAM, ME (November 20, 2022)** -- The Annual Battle of the Rams was held November 15. This year's game benefitted Flaggy Meadow Farm. The athletes were all smiles!

"We would like to extend a huge thank you to the Gorham girls volleyball team for the incredibly generous donation. Thank you to everyone who participated and helped with their annual Ram game! This year they sold goods, raffled a painting, sold 50/50, and donated the proceeds to the reconstruction of our farm. We cannot thank you all enough!" says Flaggy Meadow Farms.

Flaggy Meadow Farms also extends a "special thank you to Kristy Plaud for coordinating everything with us, and making sure the event went off without a hitch! And another very special thank you to Kelly Willey for making delicious cookies for the event!"



## Gorham Athletes Recognized by Maine Field Hockey Association

**GORHAM, ME (November 20, 2022)** -- The Maine Field Hockey Association is pleased to announce this year's award recipients. The All-State Team selections will be recognized at the annual awards ceremony on Sunday, December 4th at the Augusta Civic Center at 1:00 p.m. Players selected for Academic All-State have already been recognized with a certificate and do not attend the ceremony.

2022 Maine Field Hockey Association All-State Team Selections:

Criteria for All-State:

1. Performs consistently at a high skill level.
2. Possesses leadership on and off the field.
3. Exhibits excellent sportsmanship.
4. Is dedicated to the game of field hockey.

Each varsity coach can nominate up to three players from his/her own team for this award. The nominees are then voted on by all varsity coaches in the state. Each coach may vote for up to 11 players, not including their own.

Gorham High School -- Hannah Bickford, Mid JR

2022 Academic All-State Certificate Recipients:

Criteria for this senior award:

1. She must rank in the top 10% of her class and/or achieve a grade point average of 95 (3.85) or better for three years.
2. She must be a current member of the varsity field hockey team and must have been involved in the field hockey program for at least 2 years.
3. She must have made a significant contribution to the team during this season.
4. She must be a senior and of good moral character.

Gorham High School: Ellie Szostalo; Madyson Quimby; Maeve Donnelly; Annie Cunningham

## New Community Resource Liaison for Gorham and Windham

**GORHAM, ME (November 23, 2022)** -- The Gorham Police Department and Windham Police Department have come together to hire a new joint Community Resource Liaison for the agencies to share. Please join us in welcoming Haley Berry!

Haley's first day with the Gorham Po-

lice Department was Thursday, November 17th. She will be splitting her time between both communities. Her hours of work will be fluid, but she will primarily be working Tuesday through Friday 8:30 am to 6:30 pm.

Haley will be utilized as a resource for our agency to assist individuals we have contact with who are struggling with mental

health or substance-use issues. She will primarily be utilized as a follow-up resource, not as an initial response to a critical incident. Haley began ride time with Gorham Officers last week to get to know the agency and the community. For assistance with any questions, folks can contact the Gorham Public Safety Office at 222-4998.

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

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# Newsmakers, Names & Faces

## UMaine Climate Change Institute Celebrates 50<sup>th</sup> Anniversary



Nun Kun Massif, Ladakh, Indian Himalayas. Photo by Paul Mayewski.

**ORONO, ME (November 20, 2022)** -- The University of Maine's Climate Change Institute celebrates its 50th anniversary in 2023, marking half-century of research and education related to climate change in Maine, New England and across the planet.

In 1973, professor emeritus Harold Borns, whose research focused on glaciers and glaciation in Maine, founded the Institute for Quaternary Studies with the goal of conducting interdisciplinary research studying the last 2 million years of Earth's physical, chemical, biological and social characteristics. In 2002, the institute was renamed as the Climate Change Institute (CCI).

Since then, CCI has spearheaded important projects leading to groundbreaking discoveries. Scientists at CCI first mapped the difference between climate during the Ice Age and today in the 1970s; discovered the importance of marine-based ice sheets in the 1980s; connected acid rain to human causes in the mid-1980s; uncovered the concept of abrupt climate change through studying ice cores in Greenland in the mid-1990s; and led expeditions traversing Antarctica to determine the impact of human-sourced pollutants into the 2010s.

Along the way, students at UMaine played a focal role in research and participated in other hands-on learning opportunities

through CCI. Many have gone on to be leaders in fields studying the physical, chemical, biological and social aspects of climate change around the world.

More information about CCI's research expeditions can be found on their website.

Paul Mayewski, world-renowned polar explorer, climate scientist and glaciologist, has served as the director of the CCI since 2002. He has led more than 60 expeditions to some of the planet's most remote areas, including an expedition to Mount Everest with National Geographic and Rolex in 2019.

Mayewski said that CCI is one of the first — if not the first — truly in-

terdisciplinary group at UMaine with a worldwide reach.

"Doing interdisciplinary science is not such a simple thing; it really requires an openness to other disciplines' methodologies and the problems that they care about. For a problem like climate change, you need to have a multidisciplinary approach. It's not enough to just have people in silos; you want people to be talking to each other and developing responses to the challenge together. This is bigger than an individual research and/or academic unit," says Mayewski. "We give our graduate students and many undergraduate students a life-changing experience through our approach to research and field

expeditions throughout Maine, the polar regions, high mountains, deserts and oceans"

Mayewski discussed the 50th anniversary of CCI on last week's episode of the Maine Question podcast, along with UMaine researchers Cindy Isenhour, associate professor of anthropology and climate change, and Dan Sandweiss, professor of anthropology and Quaternary and climate studies.

On Nov. 18, current students, alumni and faculty gathered to celebrate the 50th anniversary of the CCI — its history, past accomplishments, future goals and continued impact on current students and alumni. Presenters included George Jacobson, direc-

tor emeritus of CCI; Jim Roscoe, professor emeritus of anthropology with a co-operating professorship at CCI; CCI alumna Kimberly Miner, scientist and engineer at NASA's Jet Propulsion Laboratory (JPL); and CCI alumnus Kurt Rademaker, assistant professor of anthropology at Michigan State University.

Additional video testimonials contributed by CCI alumni that were screened at the 50th Anniversary proceedings can be viewed on YouTube.

Mayewski is proud to be celebrating CCI's 50th anniversary and reveling in its accomplishments, but their work is far from over. The next half-century of the institute promises even more discoveries and contributions to tackling the all-encompassing challenge of climate change around the world.

"Because climate change is a rapidly evolving challenge, it is constantly absorbing more and more disciplines and views," Mayewski says. "We need to constantly evolve with it."

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# Newsmakers, Names & Faces

## St. John Paul II Parish Announces Advent / Christmas Programming

**SCARBOROUGH, ME (November 22, 2022)** – St. John Paul II Parish has announced its Advent / Christmas season special Mass schedules, spiritual programming, fun holiday events, and charitable efforts spanning from November into December.

These offerings can also be viewed on <https://jp2me.org/advent-2022>

Special Mass Schedules · December 8: Feast of the Immaculate Conception of the Blessed Virgin Mary Mass Schedule · December 24/25: Christmas Mass Schedule

Fun Holiday Events · November 27: Advent Wreath Making. You must RSVP for this event online. · December 2-3: Holy Cross School Christmas Fair · December 6: Lessons and Carols. · December 8 - Christmas Tree Lighting after

the 5pm Immaculate Conception Mass at St. Bartholomew · December 11th & 18th: Christmas Pageant Charitable Efforts · The tradition of collecting mittens, gloves, hats, and scarves for neighbors / families in need in our community will continue again

this year. Visit our Mitten Tree page to learn more. · All three of our churches have identified agencies in our community that need our help by sponsoring them in the Advent Giving Trees program. Visit our website to learn more about how you can help.

Additional Spiritual Programming / Opportunities · On the Sundays of Advent at 5:00 PM at St. Maximilian Kolbe Church, Fr. Jack and Fr. Alex will be leading Evening Prayer with Adoration and Benediction.

## Portland Radio Group raises \$23,750 for Food Programs

**P O R T L A N D , ME (November 22, 2022)** — Yesterday, local radio stations Coast 93.1, 98.9 WCLZ and Rewind 100.9 flipped the switch on their regular formats to air a “trimulcast” Stuff the Bus fundraiser for Preble Street from 5am to 10am. Participants purchased a virtual “seat” on a fleet of school buses for \$50 and exceeded the \$20,000 goal to reach \$23,750! Donations are still coming in. All proceeds benefit Preble Street Emergency Food Programs, which provides over 1,000,000 meals each

year to Mainers experiencing hunger.

From the time it began seventeen years ago through 2019, the Stuff the Bus food drive was hosted by Rewind 100.9 and focused on in-kind food donations that literally filled several school buses and brought in almost 2 million pounds of food to Preble Street. The food drive would conclude with dozens of volunteers unloading thousands of pounds of food at Preble Street. Like many events, in 2020 the drive went virtual with a focus on mon-

etary donations, and in 2021 Coast 93.1 and 98.9 WCLZ joined the efforts. As a nonprofit, Preble Street has the buying power of 7 pounds of food for each dollar!

“I want to offer a sincere thank you to Portland Radio Group and their member stations for being such incredible supporters over the years,” says Preble Street Executive Director, Mark Swann. “The annual Stuff the Bus fundraiser has an enormously positive impact on our ability to provide nutritious meals and food boxes to Mainers

in need, including youth, adults, New Mainers, Veterans, and families experiencing hunger.”

Preble Street provides thousands of meals each day from its Food Security Hub in South Portland and two soup kitchens at the Teen Center and Florence House shelter for women. Since 2020 they have been providing over one million meals each year.

“At Portland Radio Group, ‘local’ is at the core of everything we do, and no organization epitomizes the selfless calling to serve our local community like

Preble Street,” shares Phil Zachary, President at Portland Radio Group. “It’s truly a privilege to support their efforts in such a modest way.”

This year’s Stuff the Bus fundraiser was made possible by sponsors Town & Country Federal Credit Union, Katahdin Trust, Haven’s Candies, FMI Fiber Materials, and Cape Integrative Health.

Preble Street is a nonprofit human service agency serving the most vulnerable people in Maine since 1975 through innovative, best-practice,

client-centered programs. In addition to the largest direct service emergency food program in northern New England, Preble Street operates low-barrier programs throughout Maine providing 24/365 services for individuals and families, including homeless youth, women, veterans, and survivors of human trafficking, driven by its mission to meet urgent needs, empower people to move beyond the crises in their lives, and advocate for solutions to homelessness, hunger, and poverty. [PrebleStreet.org](http://PrebleStreet.org)

## 7 Reasons Why You Should Get Help for Your Fears and Anxieties

**Guest Column by Stan Popovich**

Getting professional help for dealing with your persistent fears and anxieties is the single most important step in your recovery. Many people are reluctant to get the assistance they need for various reasons.

Making excuses for not getting treatment for your fear related issues will not help the situation.

With this in mind, here are seven reasons why getting help for your mental health problems is so important.

1. You will get tips on handling your mental health issues: Getting professional help can lead to additional insights and

suggestions to your stress and anxiety problems. A professional counselor can give you many ideas on how you can successfully manage your fears and anxieties. This is important in getting your life back on track.

2. Get access to different resources: Most counselors and psychologists know of ways to get rid of your fears. They can recommend certain treatments that will improve your situation. The only way you can get access to these treatments is if you talk to a counselor. Ask your primary care physician if he or she knows anyone who can be of assistance.

3. You can’t man-

age your anxieties all by yourself. Your fears, anxieties, and depression can be difficult to manage and more than likely you will need some direction. Many people think that they can overcome their mental health problems on their own. This is a mistake. A person should seek assistance to start the recovery process.

4. You will improve: As you work with a professional, you will improve on your skill sets in managing your fears. You will be able to overcome your anxieties over time which will benefit you later on in your life. Knowing how to boost your mental health will get your life back on track and will make you much hap-

pier.

5. You will get better a lot faster: Getting some guidance from a counselor will save you a lot of suffering in the long run. You will get the answers you are looking for which will help reduce your fears and anxieties. You will get better a lot faster by talking to a therapist and you will feel much better about yourself which is important when it comes to dealing with your mental health.

6. It is your life: Remember that you are the person who is suffering and not your friends and family. Don’t let the opinions of your peers prevent you from getting the relief that you deserve. Maintaining your anxieties should

be your number one priority. Always do what is best for you and do not get into the habit of trying to please everybody else.

7. You will not be alone: You will have people in your corner who will be able to help improve your mental health issues. You won’t feel as alone when attempting to get rid of your fears. It is best to be with others who are supportive and who will understand your situation. This will help make things easier when it comes to your fears and anxieties.

Stan Popovich is the author of the popular managing fear book, “A Layman’s Guide to Managing Fear”. For more information about Stan’s

book and to get some more free mental health advice, please visit Stan’s website at <http://www.managing-fear.com>

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# Study: Turkeys Adapt Movement to Maine's Winter Weather



**Pictured: Matthew Gonnerman, who received his Ph.D. in the Department of Wildlife, Fisheries, and Conservation Biology at the University of Maine. Gonnerman led a research study at UMaine on how wild turkeys adjust their movements in inclement winter weather to increase their odds of survival. (Photo courtesy of Matthew Gonnerman)**

pand the northern boundaries of a species' range, but is also linked to the heightened magnitude and occurrence of extreme weather events that impact an animal's chance of survival.

A team of UMaine researchers partnered with the Maine Department of Inland Fisheries and Wildlife to study how wild turkeys moderate their movement in Maine over the course of the winter. They deployed GPS transmitters on 59 wild turkeys captured at baited sites between 2018 and 2020. The turkeys were observed over all types of landscapes, including commercial forests, residential areas and agricultural lands. The scientists compared how the wild turkeys transitioned between movement states — stationary, mobile and roosting — according to local weather, considering variables like snow depth and temperature.

The data showed that wild turkeys altered their movement in subtle, context-specific ways, depending on different weather variables. For example, turkeys were more likely to spend time in a stationary state when temperatures were colder and snow was deeper. When stationary and roosting, turkeys selected conifer forests and avoided land covers associated with foraging, such as agriculture and residential areas; this was especially true during poor weather.

“Our results emphasize how winter severity is a limiting factor for turkey populations in Maine, but also how turkeys have adapted to survive these harsh conditions. By being flexible about when and where they move, turkeys can conserve energy when weather is bad and take advantage of resources as they become available. As winter's get shorter and warmer, we could see these pressures lessen, which could be good for

turkey populations.” says Matthew Gonnerman, who conducted the research for his Ph.D. in the Department of Wildlife, Fisheries, and Conservation Biology at the University of Maine, and is now a postdoctoral researcher at the University of Maryland.

Wild turkeys were found to be flexible in their ability to adapt their movements to the changing winter weather conditions. The results will inform wild turkey conservation efforts in light of climate change, and may provide a model for how the same can be done for other species. For example, wild turkey populations will need habitats with adequate shelter to protect them in times of inclement weather as the warming climate continues to expand the upper boundaries of their range.

“Thanks to conservation efforts, wild turkey populations are doing really well in Maine. Our work suggests part of their success relates to their flexibility in dealing with our long Maine winters,” says Erik Blomberg, associate professor of wildlife population ecology in the UMaine Department of Wildlife, Fisheries, and Conservation Biology. “As climate change continues to alter winter conditions in Maine, it's going to be very interesting to continue tracking turkey populations and their response.”

The study was published September 2022 in the journal Ecological Applications. Additional collaborators include Pauline Kammath, associate professor of animal health in the School of Food and Agriculture; Stephanie Shea, who completed her Ph.D. in ecology and environmental sciences; Kaj Overturf, who completed his bachelor's degree in the Department of Wildlife, Fisheries, and Conservation Biology and the Honors College; and Kelsey Sullivan, biologist with the Maine Department of Inland Fisheries and Wildlife.



**ORONO, ME (November 24, 2022)** — Thanksgiving may be right around the corner, but Maine's wild turkeys have more to worry about than

ending up on the kitchen table. Winter is coming, and with it, extremely cold temperatures and fewer resources for turkeys to thrive. According to a

University of Maine study, wild turkeys will adjust their movements in inclement winter weather to increase their odds of survival, but their behaviors

may change as the climate continues to warm.

Wild turkeys were historically extirpated from Maine, but thanks to conservation efforts beginning in the 1970s, wild turkey populations have now been restored and are present in every county. At their northern range limit in Maine, wintering turkeys generally face extreme low temperatures and scarce resources. Turkeys adjust their movements — for example, the locations where they roost at night — in order to increase their chances of surviving the tough Maine winters.

Understanding how species behave in their northernmost habitats is increasingly important with a changing world. The warming climate may ex-

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## Seniors Not Acting Their Age

# Heavy Rains Bring Fall Whitewater



Gary Cole paddles the first rapid on Webb River



Suzanne Cole successfully surfs a wave on Webb River

### By Ron Chase

Fall whitewater paddling is a stimulating but rare endeavor. An unreliable but necessary ingredient is lots of rain. After several arid autumns, this year we hit the jackpot. A succession of heavy rain storms brought the rivers and streams up and kept them high for several days.

My paddling friends in our outdoor club, the Penobscot Paddle & Chowder Society (PPCS), responded with enthusiasm. The United States Geological Survey (USGS) online gauges were consulted to determine the best available options.

One of my favorite whitewater outings is Webb River. A five mile section in Carthage offers a multitude of challenging Class II/III rapids with a

couple approaching Class IV. My new book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates a descent by Webb River legend Russ Moody. Eight additional exciting whitewater rivers are featured including the Cathance in Topsham.

The USGS gauges for the Sandy and Swift rivers were high, indicating the Webb would be a fun run. The weather was warm and sunny when longtime outdoor friends Suzanne and Gary Cole met me on Route 142 in Carthage for an exceptional day of paddling. Following a portage down to the river on an old woods road, we launched at the top of a steep narrow rapid.

After surfing waves and negotiating exhilarating whitewater for three miles, we entered a more

difficult circuitous sector called Schoolhouse Rapid. Schoolhouse requires navigating around three sharp turns in feisty waves while avoiding boulders and pour overs. The excitement diminished after passing under a bridge in Berry Mills. Downriver at the end of a shallow twisting rapid, we found the best surfing wave of the day. Easier whitewater continued to a steep descent in a boulder garden that required complex maneuvering. A steep embankment at the bottom was our takeout.

On the return home, I checked the painted gauge for the Cathance River. The acceptable range to paddle the 4.5 mile Class III/IV creek with a Class V falls is 1.8 to 4.0 feet. The gauge level was 2.7 so I announced a PPCS trip for the following day.

Two kayakers and a canoeist joined me for a rollicking Cathance excursion. It was a first descent for two participants. After leaving a vehicle at the takeout in Head of Tide Park, we shuttled to the put-in, a landing adjacent to Interstate 295. The gauge had risen to 3 feet; a robust level.

After two moderately steep straightforward rapids, we entered an extended complex descent called Z Turn. Successful completion requires negotiating a circuitous route through a narrow gorge and over a blind pitch. Below is a river wide hydraulic that must be navigated tight right. Two in the group missed the right maneuver, capsized, and swam. Swimming is an unpleasant potential hazard of the sport.

Once the swimmers were reunited with their boats, we proceeded to the first of five cataracts.



Charlie Berliant completes a steep descent of Class V Little Gorilla Falls on the Cathance River

Twisting First Drop began around the next bend. Everyone successfully rode pushy waves far right down a precarious abrupt left turn.

Intimidating Second Drop was next. Paddlers must angle from left to right in the constricted passage and plunge down a precipitous pitch in order to avoid an undercut ledge on the left called Room of Doom. The canoeist carried while we three kayakers successfully escaped a visit with the gloomy cavern.

A pitch I call Boulder Pile soon followed. The menacing boulders are at the bottom. Starting left center, the three kayakers nosedived down a rocky slide and persisted far left over some large submerged rocks. Unable to negotiate the route left, the canoeist slammed sideways into the boulder pile and caromed to the finish.

A short distance beyond, we stopped to scout the Class V called Little Gorilla or, by some, more

euphemistically Magic Carpet Ride. The attenuated falls tumbles through a deep gorge before making an extreme left turn down a long shallow slide into a daunting foam pile. Two kayakers made it look easy. It's not. The canoeist and I walked a well-worn path on the right.

Final Drop is a slightly easier version of Little Gorilla. A complicated entrance ends with a steep shallow slide into a very sticky hole. The preferable route is to be as far right as possible at the bottom. The canoeist walked and we kayakers stayed upright despite bumpy rides. I left a line of red paint on the ledge bouncing down extreme right.

Two days of exceptional fall paddling completed, more rain brought additional outings on the Cathance and an exciting descent of Ducktrap River.

Ron Chase resides in Topsham. His latest book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* is

available at [www.north-countrypress.com/maine-al-fresco](http://www.north-countrypress.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.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).

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## Create a Floral Arrangement with Gorham's Blue Dahlia Designs



**GORHAM, ME** (November 25, 2022) -- Come meet the talented Katie of Blue Dahlia Designs and put together your own gorgeous arrangement! This event will take place Saturday December 10 from 11AM-2PM at Maine Micro Artisans, 18 South Street, Gorham.

During this fun event there will be a great variety of beautiful flowers and supplementary pieces available to create your perfect arrangement. Katie will be here to lend her eye for color and composition to help you design exactly what you're looking for.

Sola wood flowers are a great gift for the holiday season! Don't miss your chance to create something really special for someone.

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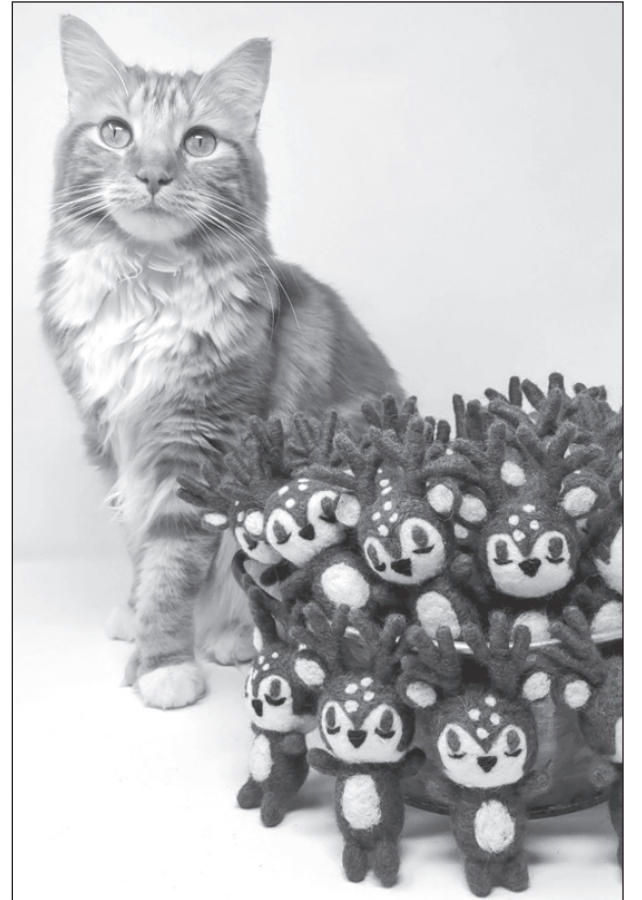


# A Gift for Every Kitty at Marketfest Holiday Gift Shop



Humane in Brunswick. Not only does she offer a product that cats enjoy, but High Tail Toys donates 20% of its net profits to Midcoast Humane in support of the foster kitten program.

High Tail Toys is a multi-mission small business. Brown said that she and Wirtanen work with small Nepali businesses that offer beautifully handcrafted, Fair Trade certified felted goods. These businesses employ skilled female artisans and support them with fair wages, medical reimbursement, and assistance with tuition and school supplies for their children. High Tail Toys further supports small businesses by purchasing catnip and silvaine from woman-owned manufacturers in the U.S.



**WISCASSET, ME (November 18, 2022)** – During this era of fur babies and family members with paws, why not give unique and hand-made gifts to the creatures that give you all those cuddles and love! Wiscasset Holiday Marketfest’s pop-up Gift Shop in the Nickels-Sortwell House barn is featuring the best in cat

toys, and some for dogs, too, from High Tail Toys, a new venture with your pet in mind.

According to Paula Brown, co-owner of High Tail Toys with Amy Wirtanen, of Boothbay, “Our beautiful cat caves, mats, baskets, and pet toys are all handcrafted by indigenous female artisans in Nepal. They are

made of 100% New Zealand wool, with no harsh dyes or chemicals, and all the products are certified Fair Trade.” And they are cute! Colorful and cozy.

The idea for developing a business that caters primarily to felines, Brown explained, comes from her longtime volunteer work fostering kittens for Midcoast

For fine pet furnishings and toys, and hand-made items meant for humans, the pop-up Holiday Gift Shop is open Dec. 2 through Dec. 4, from 10am to 4pm each day, in the Nickels-Sortwell House barn on Federal St. in Wiscasset Village. For details about Marketfest weekend, including the Gift Shop vendors, visit [www.wiscassetholiday-marketfest.com](http://www.wiscassetholiday-marketfest.com).

The Major Sponsors

supporting Marketfest’s community activities are Carriage House Gardens, Davison Construction, First National Bank, IndustrialME, J. Edward Knight Insurance, Midcoast Federal Credit Union, Red’s Eats, Rock Paper Scissors, Water Street Kitchen and Bar, and Wiscasset Ford with additional support from BIRCH Home Furnish-

ings & Gifts, Bradbury Art & Antiques, Camden National Bank, M.W. Sewall, Old and Everlasting, Red Bull Antiques, Sprague’s Lobster Treats, and Water Lily Flowers & Gifts.

Wiscasset Holiday Marketfest is a partnership between Wiscasset Creative Alliance and Wiscasset Area Chamber of Alliance.

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# Gorham Arts Alliance Holds Fall Art Show for K-6 Artists



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# Gorham Arts Alliance Holds Fall Art Show for K-6 Artists



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# LYAC Holds Mental Health Awareness Conversation

## Be Kind To Your Mind

### A Conversation About Mental Health Awareness

Hosted by the  
Lewiston Youth Advisory Council

Thursday, December 8, 2022  
6:00 - 8:00 PM  
Connors Elementary  
400 Bartlett Street, Lewiston  
Free

Mental Health Professionals  
and Community Members  
Joining Together to Focus on  
This Important Topic

Presentations, Q & A,  
Artwork, Resources



**LEWISTON**  
Maine

**LEWISTON, ME (November 22 2022)** -- Lewiston community members and mental health professionals will have an opportunity to discuss mental health challenges on December 8. A Be Kind To Your Mind mental health forum, hosted by the Lewiston Youth Advisory Council (LYAC), will be held at Connors Elementary School, 400 Bartlett Street, starting at 6 p.m. The forum is free to attend. "The youth council believes that creating this open conversation will give everyone the opportunity to be involved and be heard," said Elissa Nadeau, LYAC

Chair. "You're not alone, even if you tell yourself you are," said LYAC member Asli Osman. In September, the youth council decided that their next project would focus on mental health awareness, expressing concern about peers and community members they've observed emotionally hurting. "The fact that youth council members are stepping up to make positive connections regarding mental health awareness is huge. Not only are they in tune with community needs, but they are taking action. Their example is something that we can all

learn from and emulate," said Mayor Carl L. Sheline. "I cried today and nobody knew," was a statement that LYAC member Feysal Abdirahman recently heard an individual say that really impacted him. "You don't have to struggle in silence," said LYAC member Destiney Graham. "The importance of mental health for students has a direct impact on how our kids take in new information, understand new concepts and master new skills. When our kids are struggling with depression, anxiety or mental health issues, it is almost impossible to achieve goals

and navigate the challenges of everyday school life. We as adults and parents should always have the mental health of our kids as a priority, and when our own youth take the lead on this subject, we should support them in any way that we can," said Linda Scott, City Councilor/School Committee member. Councilor Scott is also the liaison between the City Council and the Lewiston Youth Advisory Council. Speakers at the forum lined up so far are: Colin O'Neill, Tri-County Mental Health Services Chief Clinical Officer; Amran Osman, Executive Director/Founder of Generational Noor; Lisa Escobar, Lewiston Public Schools Substance Use Coordinator/Licensed Counselor; Megan Parks, Licensed

Social Worker/Substance Use Counselor/Clinical Supervisor; Lewiston Police Detective Joe Philippon; and LYAC Vice-Chair Ava Golder. Also at the forum will be mental health resources, a Q & A period, related artwork, and wall-size posters, providing an opportunity for attendees to share feelings when entering and exiting the forum (not required). LYAC has also acquired a list of mental health resources that are available online at [www.lewistonmaine.gov/lyac](http://www.lewistonmaine.gov/lyac) and through a QR Code. They have also established a lengthy list of positive affirmations that Lewiston School Superintendent Jake Langlais has been daily tweeting. Ava Golder, LYAC

Vice-Chair, has also filmed a social media video sharing her thoughts about mental health challenges. "Building awareness about mental health concerns is clearly very important to the current LYAC membership. It's impressive to observe them brainstorm about community outreach and express genuine concern about fellow community members. They want their Be Kind To Your Mind forum to provide encouragement and hope to others," noted Dottie Perham-Whittier, Community Relations Coordinator/LYAC Advisor. Hope is definitely on the mind of LYAC member Ahmed Hussein who quotes Confucius, "Our greatest glory is not in never falling, but in rising every time we fall."



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



# Winter Sand Now Available at Gorham Public Works



**GORHAM, ME (November 22, 2022)** -- Winter sand is now available for Gorham residents at Public Works. We are located at 80 Huston Road & the sand is on the left hand side as you come up Public Works Drive. Please bring your own buckets & a shovel. Remember it is 2 five-gallon buckets per weather event. If you need some help getting winter sand, please call the office at 222-4950.

# Pandemic Led to More Speeding, UMaine Study Finds



**ORONO, ME (November 20, 2022)** -- The COVID-19 pandemic affected a lot of elements of life in Maine — including, apparently, how much drivers speed on the state’s rural roadways, according to a new study from the University of Maine.

At the height of the COVID-19 pandemic, states across the country reported an increase in the rate of fatal and severe car accidents despite the decrease in traffic volume. When stay-at-home orders were put in place, not only were there fewer drivers on the road, but less enforcement of traffic laws. Drivers responded to these shifts by increasing their speed, particularly on rural roads, which make up 80% of all roads in Maine.

Researchers from the Department of Civil and Environmental Engineering at the University of Maine and University of Connecticut used statistical models to quantify the impact of the pandemic on speeding in Maine. They developed models for three

types of rural roads — major collectors, minor arterials and principal arterials using data from count stations that recorded the number of vehicles and their speed. They found that the odds of speeding by more than 15 mph increased by 34% on rural major collectors, 32% on rural minor arterials and 51% on rural principal arterials during the stay-at-home order in April and May 2020 compared to the same months in 2019.

What’s more, the speeding trend continued even a year after the start of the pandemic. The models showed that the odds of speeding by more than 15 mph, in April and May 2021, one year after the order, were still 27% higher on rural major collectors and 17% higher on rural principal arterials compared to the same months in 2019.

“These results show that the massive disruption in travel demand, or traffic volume, can have a profound impact on the operational speed or speeding

with lasting effects long after the disruption has ceased.” says Ali Shirazi, principal investigator of the project and assistant professor of civil and environmental engineering at the University of Maine.

This study highlights the importance of managing transportation infrastructure for traffic flow and safety in times of crisis like the pandemic, particularly in light of the diminishing funds available to transportation agencies in the state.

“Speeding is a contributing factor in many fatal or severe crashes, so recognizing that speeding has significantly increased suggests the importance of exploring countermeasures or interventions to reduce the speed,” Shirazi says.

The study will be published November 2022 in the journal Accident Analysis & Prevention.

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

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# GORHAM LITTLE LEAGUE

## *Field Funding Campaign*

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

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- Acquire tarps and field maintenance equipment
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# FAME Celebrates Successful Partnerships



Comedian Juston McKinney. Photo by Sharyn Peavey.

**AUGUSTA, ME (November 23, 2022)** — The Finance Authority of Maine (FAME) celebrated successful business and educational partnerships at its annual meeting and awards event, *Showcase Maine*, held this year on Thursday, November 17, 2022 at Portland’s Holiday Inn By The Bay.

Showcase Maine is FAME’s annual celebration of its successful partnerships with Maine’s business, lending, governmental, and higher education communities. The evening featured a reception, including a showcase of exhibits by Maine businesses and educational organizations that partner with FAME; a dinner and awards presentation; and entertainment by comedian Juston McKinney. Ava Hackley, a junior at Kennebunk High School who studies voice at River Tree Arts, performed the national anthem, as well.

“It is through our partners in Maine’s business, lending, governmental, and higher education communities that we are able to celebrate the successes of the past year,” said Acting FAME CEO Carlos Mello. “We are

proud to showcase the progress we are making together in educating our workforce and growing well-paying Maine jobs, despite the recent pandemic challenges. We were pleased, as well, to return to an in-person event to honor our partners who help to make Maine’s economic and educational future brighter.”

This year’s award recipients included:

**Business at Work for Maine Award:** MedRhythms, Inc.: Located in Portland, MedRhythms is a cutting-edge digital therapeutics company that uses sensors, music, and software to build evidence-based, neurologic interventions to measure and improve walking for individuals suffering from certain neurological conditions including stroke, multiple sclerosis, and Parkinson’s disease. The two founders, Brian Harris, and Owen McCarthy, are both Alford Leaders (an education loan repayment program designed to attract and retain STEM focused professionals in Maine, funded by the Alford Foundation and administered by FAME), and their business has taken advan-

tage of FAME’s Seed Capital and New Markets Tax Credit Programs to assist them in raising investments to grow their business and contribute to the Maine economy.

**Education at Work for Maine Award:** Next Gen Personal Finance: FAME recognized Next Gen Personal Finance for their commitment to improving the financial lives of the next generation of Mainers by partnering with teachers, schools, districts, and other like-minded organizations. The nonprofit company has developed free training, resources, and curriculum to support educators both locally and nationally, including professional development that is offered both in-person and virtually, an annual State of Financial Education report, and grants to support schools to expand financial education. Their mission is that by 2030, all U.S. high schoolers will have guaranteed access to at least one semester-long personal finance course before graduation.

**Dirigo Lifetime Achievement Award:** Ron Milliken, longtime Director of Financial Aid who recently retired from the

University of Maine at Farmington, was honored by FAME for his forty-seven-year career helping Maine students afford and achieve higher education. He has been a tireless advocate for students and families in pursuit of higher education and worked tirelessly for improvements to and expansion of the FAME-administered Educators for Maine Program and the Maine State Grant Program.

**Lender at Work for Maine Award (over \$1.5 billion in assets):** Camden National Bank: This was the bank’s twelfth time as an awardee. Over the past year, Camden National partnered with FAME on 67 loans totaling approximately \$24 million. This in turn helped to create 115 Maine jobs and retain an additional 884 jobs. FAME and Camden recently partnered on financing for Scarborough-based Blue Barn, LLC, a company producing sparkling blueberry wine made from Maine wild blueberries.

**Lender at Work for Maine Award (up to \$1.5 billion in assets):** Evergreen Credit Union: Evergreen Credit Union was recognized in the category for lenders with less than \$1.5 billion in assets. This past year, FAME partnered with Evergreen on 12 loans to Maine companies totaling approximately \$7 million. This helped to create 34 Maine jobs and retain an additional 132 jobs. One of the largest credit unions in Maine, FAME recently partnered with Evergreen on financing for Westbrook-based Atlantic Transport and Rustler’s Steakhouse in Windham.

**Lender at Work for Maine Award (most enhanced partnership):** Norway Savings Bank: Over the past year, Norway Savings Bank has increased its partnership with FAME more than any other lender in the state. This past year, FAME partnered with Norway Savings on 20 loans to Maine companies totaling approximately \$12 million. This helped to create 139 Maine jobs and retain an additional 145 jobs. Norway Savings partnered with FAME to provide a loan to Veggie Life, located in Freeport, which produces vegan and plant-based food products. With locations throughout Maine, the bank has achieved the FDIC’s highest “Outstanding” rating for lending, service, and investment for the two most recent three-year Community Reinvestment Act (CRA) assessment periods.

Finally, the evening’s entertainment was provided by comedian Juston



Business at Work for Maine Award presentation to MedRhythms, Inc. founders Brian Harris (left) and Owen McCarthy (Right). Photo by Sharyn Peavey.



Dirigo Lifetime Achievement Award presentation to Ron Milliken (right) of the University of Maine Farmington by Martha Johnston (left), FAME Director of Education. Photo by Sharyn Peavey.



Lender at Work for Maine Award #1 (assets of \$1.5 billion or greater) presentation by FAME Acting CEO Carlos Mello (left) and Camden National Bank’s James Adsit, Senior Vice President and Southern Maine Director of Commercial Banking. Photo by Sharyn Peavey.

McKinney. Juston grew up in Portsmouth, New Hampshire and Kittery. He attended Southern Maine Community College and spent seven years as a York County deputy sheriff. Juston has appeared multiple times on The Tonight Show, Comedy Central specials, and two Amazon Prime specials, including his latest, “Parentally Challenged.”

FAME is a quasi-independent state agency that provides financial solutions that help Maine people achieve their business and higher education goals. FAME helps to create a Maine workforce that with good-paying jobs by focusing on the nexus of economic and educational development. FAME recently was recognized for the eighth year in a row as one of the Best Places to Work in Maine. To learn more about FAME, please visit [www.famemaine.com](http://www.famemaine.com)



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**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 Minor, Op. 9 no 3

Saturday, November 19, 3:00 pm, Meeting-house 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

# Calendar

Send your submissions to the Editor. More online.

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 3<sup>rd</sup>; 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.mainecareercenter.com/employment/hiring-events/>

**December 15**

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

This fall, LPL Teen and MaineTransNet Youth are joining up to host

monthly tabletop 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](mailto:LPLReference@lewistonmaine.gov). [www.LPLonline.org](http://www.LPLonline.org)

**December 17**

**BUXTON** -- Free Christmas Concert with the Westbrook City Band

Family friendly event featuring seasonal favorites and a sing-along, held Saturday, December 17, 2022 at 2:00 PM. North Congregational Church, 22 Church Hill Rd., Buxton, ME 04093

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

## DHHS Thanks Maine Adoptive Families

**AUGUSTA, ME (November 25, 2022)**— The Maine Department of Health and Human Services (DHHS) Office of Child and Family Services (OCFS) is recognizing November as National Adoption Month by highlighting the vital role that adoptive parents play in creating safe and stable

homes for Maine children. In 2021, adoptive parents in Maine provided homes to 384 children who were in State custody, reflecting a significant increase from 289 adoptions in 2020 and 271 adoptions in 2019.

While safe reunification with biological parents is the primary goal for most children in State

custody, those who cannot safely reunify with their birth parents need the long-term stability and permanency afforded by adoption. OCFS partners with A Family for ME to recruit new adoptive and resource (foster) families. A Family for ME provides prospective parents with information regarding li-

censing, training, and the process overall, including live information sessions. DHHS also partners with Adoptive and Foster Families of Maine to provide ongoing support and resources for adoptive and resource families.

“During this season of gratitude, we give special thanks to those who

open their homes to provide safe and loving families for Maine children in need,” said DHHS Commissioner Jeanne Lam-brew and OCFS Director Todd Landry. “Working with community partners, we’re connecting Maine people who want to adopt with children who will complete their families.

We encourage anyone interested in adoption or fostering to take the next step and reach out to A Family for ME to learn more.”

Those interested in exploring adoption and fostering may contact A Family for ME at (844) 893-6311 or [AFamilyforMeMaine.org](http://AFamilyforMeMaine.org).



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#### 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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# Santa and Mrs. Claus Visit Gorham



# Yoga in the Gallery to be Held at USM Gorham



**GORHAM, ME (November 25, 2022)** -- The Recovery Oriented Campus Center is collaborating with the Art Gallery to host Yoga on Wednesday, December 7, from 6:30 – 7:30 pm. Together, we invite the public and USM community to participate in slow looking at the artwork in the Gallery, facilitated by the movement and energy that accompanies any workout. Let this meditative experience add to your appreciation of our current exhibition, “Pulped Under Pressure.” Mark your calendars, and partake in this nurturing and reflective activity surrounded by art.

A limited number of mats will be provided.

More info available at: <https://usm.maine.edu/gallery/yoga-gallery>

## What do you think?

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

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