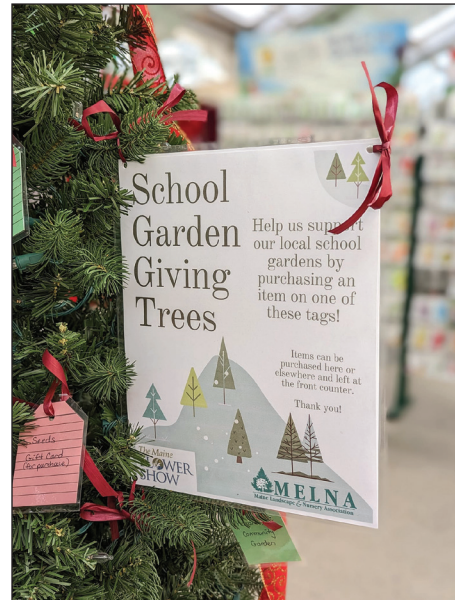


Community Invited to Support Gorham School Garden Program



GORHAM, ME (December 6, 2022) -- MELNA, the Maine Landscape & Nursery Association, & The Maine Flower Show Committee are working with a group of schools this holiday season to support their school garden programs!

The importance of students working outside, digging their hands in the dirt and growing their own food has such a high impact on their education, well-being and self esteem. We are creating Giving Trees at local businesses to help fill the needs of



each school's garden program. This will range from hand tools, hoses, gloves and gift certificates for soils and plants.

Together, we can promote a love for gardening at young ages.

We hope to grow this program to more schools in the years to come so stay tuned for a school garden program near you!

Here are the school gardens and their supporters;

- Falmouth School Gardens + Skills in Falmouth
- Gorham Middle School Garden + O'Donal's Nursery
- Maranacook School Gardens + Longfellow's Greenhouses
- Mt. Ararat GROW Program - Topsham + Campbell's Landscape & Design (this tree is virtual, contact the Campbell's)

How can you help?

• Visit the above listed local businesses and find the Giving Tree connected to the local school.

• Grab a tag and bring the item back. Most of these local businesses have these items for sale, but you're welcome to purchase the item elsewhere.

• Contact us, the Maine Flower Show Committee, to offer a cash donation or find out how you can help.

We can be reached via our social media pages or by calling Katey Campbell, 207-756-5553

Gorham Dogs, Remember to Renew Your License

GORHAM, ME (December 9, 2022) -- We love the dogs of Gorham! They bring immeasurable health benefits to their families and owners, including reducing stress, and serving as fun and loving companions. Folks can return the love and take care of their dogs through annual dog licensing, which ensures doggos receive their rabies vaccination, safeguarding their health. Licensing also directly helps fight animal cruelty and abuse, with 90% of dog license fees going directly to the Maine Animal Welfare Program.

The Town of Gorham makes renewing your pet's license easy through two options:

Renew online by visiting https://apps1.web.maine.gov/cgi-bin/online/dog_license/index.pl

Visit the Town Clerk's Office (75 South Street) during the regular business hours of Monday through Wednesday between 8am and 4pm, 8am to 6:30pm on Thursdays, and between 8am and 1pm on Fridays.

Additional information:

Licenses may be renewed online through January 31st of each year as long as they are not late.

All dogs ages 6 months and older are required by State Law to be licensed by December 31st of each year. A \$25.00 late fee will be due for any dog licensed after January 31st, per state law.

A current rabies vaccination certificate and proof of spaying or neutering, if applicable, is required to license a dog.

To access a breakdown of licensing fees, please visit <https://www.gorham-me.org/town-clerk/pages/dog-licenses>

The Animal Control Officer will be notified of all unlicensed dogs and owners could be fined for keeping an unlicensed dog.

To be added to an e-mail reminder list for licensing renewal, please call the Town Clerk's Office with your name, home address, and e-mail address.

Please call the Town Clerk's office at (207) 222-1670 if you have any questions.

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Newsmakers, Names & Faces

CMMC Again “High Performing” in Maternity Care



Elaine Law holds a patient at CMMC NICU

LEWISTON, ME (December 7, 2022) – Central Maine Medical Center (CMMC) has once again been recognized as High Performing in Maternity Care by U.S. News & World Report. The publication began listing “Best Hospitals for Maternity” last year. CMMC is one of only two hospitals in Maine to garner the distinc-

tion this year.

To achieve a High Performing rating, a hospital had to score significantly higher than average on a combination of eight quality measures. CMMC achieved high ranks on a number of fronts, including breast milk feeding for new infants. Also, according to U.S. News & World Report, “This hospital met



criteria to be recognized as Birthing-Friendly because it participated in a quality improvement collaborative and implemented patient safety practices in order to improve maternal outcomes.”

The U.S. News & World Report ranking comes at a time that CMMC’s maternity department has welcomed and fully integrated new team members from St. Mary’s Hospital in Lewiston which recently closed its maternity ward this summer.

“I am happy to have joined Central Maine’s women’s health team and to continue to serve the women of this community,” said Maureen Perdue, DO, who was part of the St. Mary’s team that joined CMMC. “All providers,

nurses and staff provide excellent, compassionate care during a very important and vulnerable time for women through pregnancy and

childbirth. We are committed to continued excellence and plan more growth within our department to build on the need for resources for women our community and the greater central Maine area.”

“Getting this recognition from a major U.S. publication like U.S. News & World Report is

gratifying, but not surprising,” said Steve Littleton, DBA, FACHE, president and CEO, Central Maine Healthcare. “It is a validation of what people in central Maine already know: CMMC is a great place to have a baby, and that is backed up by U.S. News and World Report’s findings.



NICU team 3

Vigil to Raise Awareness Of Homelessness in Lewiston/Auburn

LEWISTON, ME (December 6, 2022) – New Beginnings, Lewiston/Auburn Alliance for Services to the Homeless (LAASH), Trinity Jubilee Center, and the Pleasant St. Drop-in Center invite the community to join their annual candlelight vigil to remember people without stable homes during the holiday season to be held from 4:30 to 5:30 p.m. on Wednesday, December 21, 2022 in downtown Lewiston. The vigil is part of a national movement of cities marking National Homeless Persons’ Memorial Day on or near the winter solstice, the first day of winter and the longest night of the year.

Supporters are in-

vited to meet at 4:30 p.m. below the HOPEFUL sign along Main Street in Lewiston, and are encouraged to add names, photos, and candles to a temporary visual memorial to honor our unhoused friends and neighbors who died in the past year. Each person should bring their own flashlight or electric candle to hold, and a sign if they choose.

Vigil participants will then stand along both sides of Main Street in Lewiston with lights and signs to raise awareness about the crisis of homelessness to passersby during the Wednesday evening commute from 4:30 until 5:30 pm (between Mill St./ Hopeful sign and Lincoln

St./Veteran’s memorial).

PLEASE DRESS WARMLY – event will be held no matter the weather.

Names or photos for the event’s visual memorial may be submitted in advance via email to nicole@newbeginmaine.org by 12/15/22.

Parking is available in nearby municipal lots. Event details and downloadable flyer available on New Beginning’s website at <https://newbeginmaine.org/events/2022-homeless-vigil/>

Each year since 1990, the National Coalition for the Homeless has co-sponsored National Homeless Persons’ Memorial Day. In an effort to maximize the impact of the day, or-

ganizers have encouraged statewide and local groups to hold events of their own. New Beginnings and LAASH have held the L/A Vigil annually for more than 20 years.

ABOUT the Sponsors:

New Beginnings (134 College Street Lewiston) has helped runaway and homeless youth find opportunities for the safety, connection, and growth that they need to thrive since 1980 through shelter, housing, and outreach programs since. To learn more visit <https://newbeginmaine.org/> or call (207)795-4077. For 24-hour Helpline, call Marian’s Place Shelter: (207)795-4070.

The Lewiston/Auburn Alliance of Services to the Homeless (LAASH) is a collaborative of organizations that seeks to improve the manner in which homeless persons and those at-risk of homelessness in the Greater Lewiston-Auburn area are assisted to find housing with appropriate services to maintain independence. Connect at <https://www.facebook.com/groups/LAASH1> or email contactlaash@gmail.com.

Trinity Jubilee Center (53 Spruce Street Lewiston) is a secular organization in the heart of Lewiston, serving those in need since 1991 with a soup kitchen, food pantry, day shelter and warming

center, refugee assistance, and help finding work and housing. (207)782-5700. <https://www.trinityjubileecenter.org/>

Pleasant Street Drop-In Center (First Universalist Church of Auburn UU at 169 Pleasant Street Auburn) is a volunteer-run low barrier weekend resource center welcoming the unhoused community with meals, donated basic needs items, and clothing – currently open Sundays and Wednesday mornings. PSDI welcomes people of all backgrounds and life experiences to “come as you are” as valued members of our community. Facebook group at <https://www.facebook.com/groups/716529479663868>



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Newsmakers, Names & Faces

Letter to the Editor:

Response to Proposed New Zoning of South Gorham

Dear Editor of the Gorham Weekly, Tom Poirier, Director of Community Development, David O. Cole, Town Manager Town of Gorham:

In regards to the public hearing held Monday evening (12/5/22) to discuss the creation of a new Zone in the Comprehensive Plan to be designated as "South Gorham Crossroads District": We first want to compliment the Planning Board on the many hours of work they have spent developing multiple changes to the Gorham Zoning Ordinance so as to make accommodation for the estimated future growth of the Portland area. Portland area is in a major housing shortage and Portland has been rated as one of the top places to which to move. Maine is forecasted for strong population growth.

Having said that, the public comments ran 8 to 1 in disfavor of their recommendation to create a new zone.

The board first proposed to make this new zone running roughly from the Stroudwater River north to the power line

near Day Road and from Rt 114 east to Bracket Rd. The Zoning states: "new residential uses in this designation should be limited to multi-family residential and residential units in mixed-use buildings. Single-family and two family dwellings should not be allowed in this area."**p52 and that furthermore: "The development standards in the Crossroads Area... should require a minimum overall density of not less than five units per net acre for any individual residential project."**p53 This ignores the fact that 91% of residential land in Gorham is dedicated to single-family property use.* p23

Their object is to provide only "High Density Activity".*p45 This means that the board is effectively changing the zoning of almost 4 square miles or 2400 acres which include over 1700 homes in Gorham*p13 such that there can be no real-estate transactions or development in the foreseeable future except the sale of an existing single dwelling.

The board talks about there being a demand for

housing in Gorham. That demand has to do with the character of the town. People who want to live in high population density areas have limited choices in the greater Portland area for that lifestyle. Why alter the character of our community to cater to people who don't live here? It's a bad plan from start to finish.

The board acknowledged that before any development of high-density structures could proceed the Town of Gorham would first have to provide water and sewage. Yet, the required infrastructure has not been addressed fully and approved. Acknowledging that Sebago Lake is the main source of the Gorham's water supply* and waste water is treated in Westbrook*, this in itself will take 50 millions of dollars (based on Bar Harbor costs+++) and perhaps 10 years to complete, thus preventing any future development of our private lands for some time to come. This is contrary to the town's stated land use regulations (Chapter 5: Community Goals &

Policies, 2016 Update of the Gorham Comprehensive Plan) which state that "The Town's land use regulations should continue to allow for the construction of both single-family and multi-family housing.*P31 And what about our already overburdened student population which is currently "over the state recommended capacity?"**p121 How is "high density housing" going to help that? What will be the additional cost to accommodate all the new students?

The board then proceeded to vote for approval without having a single word of discussion among themselves of the several proposals and concerns from the public in attendance. Namely: they did not discuss the proposed amendments 1) that the words: "Single-family and two-family dwellings should not be allowed in this area" should be stricken, nor 2) that this new zoning change should be subject to a public referendum.

The board preceded to rubber stamp their new zoning proposal after ig-

noing it being pointed out in a "Point of Order" that they were taking a vote before discussing or considering any of the public concerns. This is a blatant violation of Robert's Rules of Order.++Rule 59 Thus they violated our basic Democratic process and as such their vote, in our opinion, is in itself null and void. The wording for establishment of a new Zone must 1) make allowances for single family units and 2) be submitted to a public vote as it affects 4000 residents.

It is obvious that the intent of this new zoning is to make accommodation for the estimated future growth of the Portland area but in so doing it totally prevents any future real-estate development so as to maintain the Crossroads lands as "uncluttered" as possible with non-conforming structures until the infrastructure of water and sewer access is secured and until the path of the proposed connector from the circle on Rt 114 to the US 95 turnpike is determined. What are 4000 current landowners expected to do

in their new South Gorham Crossroads District zone under the new regulations?

Until that time we would strongly suggest that this motion to establish a new South Gorham Crossroads District be tabled and brought up when such information is available so as not to freeze our citizens' rights to sell or develop our land for another 10 years or so. We would also like to see this new Zoning proposal be presented to a town vote.

Sincerely,
David Hurst (oto-72hurst@gmail.com)

Joe Drenski
Kim Clark
Lisa Nejezchleba
* Gorham Comprehensive Plan Update, Prepared by Gorham Planning Office 6/10/2016

Amended 2021 p = page number

** Chapter 6: Land Use: Allowed Uses

++ Robert's Rules of Order newly Revised, 9th Ed, 1990

+++https://theqs-journal.substack.com/p/bh-taxpayers-facing-80-million-in-Bar-Harbor-Wastewater

\$45M Secured to Fix Camp Ellis Erosion

WASHINGTON, D.C. (December 7, 2022)—U.S. Senator Susan Collins announced today that the text of the National Defense Authorization Act (NDAA) that was released last night includes a provision she championed authorizing \$45 million for a permanent solution to the severe, ongoing erosion at Camp Ellis. The NDAA is the annual defense spending authorization bill that sets our military's priorities and policies, and it is expected to pass the Senate and the House in the coming days.

The \$45 million authorized by the NDAA would ensure that the U.S. Army Corps of Engineers has the full funding necessary to construct a 750-foot spur jetty off the ex-

isting jetty and replenish 365,000 cubic yards of beachfront.

"For generations, the residents of Camp Ellis and the City of Saco have had to contend with a relentlessly receding shoreline that has claimed dozens of homes," said Senator Collins. "The devastating erosion impacting this community was caused by the jetty constructed by the U.S. Army Corps of Engineers more than 150 years ago at the mouth of the Saco River, and it is long past time to rectify this mistake. As a senior

member of the Appropriations Committee, I worked to secure this investment that would finally help resolve this problem, protect property, and permanently restore the beachfront."

"On behalf of the City of Saco, we are ex-

tremely elated with the language included in the NDAA regarding Camp Ellis," said Saco Mayor Bill Doyle. "Our community continues to be challenged with ongoing costs associated with storms affecting Camp Ellis. We

are thankful for the efforts of Senator Collins for her advocacy and outreach on behalf of our community. Senator Collins, as well as her staffers, have been extremely diligent and helpful in all aspects of this unique situation affecting

the City of Saco."

More than 150 years ago, the U.S. Army Corps of Engineers built a jetty extending out from the Saco River, adjacent to Camp Ellis Beach, and expanded it in the 1950s. This jetty altered the pattern of currents and sand deposition and is the primary cause of the severe erosion of Camp Ellis, washing away 38 homes. The 1998 shoreline was 400 feet from where the shoreline stood in 1908.



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New Locally-Owned Urgent Care Clinic Opening in Gray



An exterior shot of the new Gray Urgent Care building at 6 Turnpike Acres Road in Gray, ME

GRAY, ME (December 9, 2022) – Residents in and around Gray-New Gloucester will soon have a new option when it comes to non-emergency medical treatment.

Gray Urgent Care, an urgent care clinic owned and operated by two local

medical professionals, will open to the public on Monday, December 12.

The practice is located at 6 Turnpike Acres Road in Gray, which is next to the post office just off of Gray Road.

Owners Patricia and Anna Kittredge say they're

opening the clinic with the goal of bringing expert medical care to an underserved area, while also emphasizing a connection with the local community.

“The care that I want to provide is not a big box urgent care model. I never want my patients to feel

like a number,” Patricia says. “I want to give them personal, patient-centered, compassionate care.”

Both Patricia and Anna are longtime Gray residents. Patricia is a family nurse practitioner who will serve as Gray Urgent Care’s chief medical officer and treating provider. Anna, a veteran and physician assistant with extensive military medical experience, is the practice’s chief operating officer.

Gray Urgent Care will offer walk-in service to patients Monday through Friday from 8 a.m. to 6 p.m. with no appointments necessary. Locals will be able to avoid trips to Portland or Lewiston for treatment, as well as the potential for long wait times.

Services will include on-site x-rays and point-of-care testing, as well as treatment for a variety of acute, non-emergent conditions ranging from fractures and sprains to viral



Patricia Kittredge, Chief Medical Officer of Gray Urgent Care.

infections to COVID-19, among many others. The clinic also offers physicals for school/youth sports.

For a full list of services and other information, please visit the clinic’s website.

Influenza Rates Rise Sharply Across Maine

AUGUSTA, ME (December 6, 2022) — Maine is experiencing a sharp increase in seasonal influenza (flu) activity statewide. The Maine Center for Disease Control and Prevention (Maine CDC) reminds residents and vis-

itors to take steps to stay healthy, including getting the flu vaccine.

For millions of people every season, coming down with flu means a fever, cough, sore throat, runny or stuffy nose, muscle aches, and fatigue. This can lead

to time missed from work or school. Contracting flu can also result in more severe symptoms that can lead to hospitalization and death.

The best protection is the flu vaccine, which is recommended for those

aged 6 months and older.

“Maine’s flu season is undeniably here but it’s not too late to protect yourself and your loved ones in time for holiday gatherings,” said Maine CDC Director Nirav D. Shah. “This year’s flu vaccine is a good match for the strains of the virus circulating in Maine and across the country. Getting your flu vaccine is the most effective way to prevent the spread of flu, as well as its worst impacts.”

All 16 counties are experiencing a sustained increase in flu activity. There were 63 influenza-associated hospitalizations reported to Maine CDC last week, a 152 percent increase from the previous week. Of those

hospitalizations, nearly 50 percent were in people age 65 and older. This year, Maine CDC has reported 3,446 positive influenza tests, 110 hospitalizations, and 31 outbreaks, suggesting a higher and more rapid increase in flu activity than is typical for this time of the year.

Flu vaccination can reduce the risk of illness, visits to the doctor, and missed work or school. The flu vaccine can also reduce the severity of the illness. Studies show the flu vaccine saves children’s lives and prevents serious events associated with chronic lung disease, diabetes, and heart disease. It also helps prevent

flu-related hospitalization among working-age and older adults.

In addition to getting vaccinated, people can take the following steps to reduce the spread of illness:

Stay home when you are sick

Wash your hands
Cover your coughs and sneezes

Avoid close contact with people who are sick

Avoid touching your eyes, nose, and mouth

Clean and disinfect surfaces and objects

For more information about flu, please visit: www.maine flu.gov. To find the nearest flu vaccination center, please visit: www.vaccines.gov.

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AARP Urges PUC to Oppose Unfair CMP Rate Proposals

PORTLAND, ME (December 7, 2022) -- Fighting to save Mainers money on their utility bills, AARP Maine has formally intervened in the case filed by CMP that would increase residential customers' rates by as much as five dollars more a month.

The Maine Public Utilities Commission (PUC) is currently considering the request to raise rates as much as 50 percent for residential customers. In its testimony to the PUC last week, AARP Maine calls for closer scrutiny of the proposal and for the Commission to consider the significant burden such increases will have on older Mainers and their families.

Apart from the Office of the Public Advocate, AARP Maine is the only consumer voice weighing in on this critical issue.

"AARP has a long history of fighting to prevent unfair utility rate hikes so people 50 and older can

keep more of the money they've earned," said Noël Bonam, AARP Maine State Director. "This is a pocketbook issue for older Maine residents, many of whom struggle to balance paying utility bills and other household expenses such as buying food and medicine."

The CMP proposal before the PUC would likely impact every one of their customers. As AARP Maine stated in last week's testimony:

The Commission should reject CMP's proposed three-year rate plan. Rates should not be approved for expenses and investments that have not yet been implemented or determined to be useful. Multi-year rate plans, such as those proposed by CMP, contain trackers and mandatory rate adjustments that shift the risks to ratepayers and eliminate the role of shareholders in the utility ratemaking process. Approval of any rate



increase should reflect the minimal level of investment to ensure reliability of service and customer service.

The Commission should reject CMP's expenditures for unnecessary projects and programs that are better funded from federal or state taxes and not utility rates. AARP opposes investments for privately owned businesses, such as Electric Vehicle charging equipment, and distribution costs that should be properly imposed on those who want to use the electric grid to invest in energy projects from which ratepayers do not receive the revenues.

The PUC should reject CMP's proposed increase in the minimum monthly cus-

tomers charge from \$10 to \$15.

CMP's proposed optional Time of Use rate options for residential customers, EV owners, and heat pump customers should be denied at this time due to the lack of any analysis of customer preferences, reliable evidence of customer participation, or impact on CMP's regulated rates. Alternatively, CMP should conduct customer research and test Time of Use rate options prior to proposing large scale programs and marketing costs.

The Commission should require CMP to explore the poten-

tial for a peak time rebate program that would reward customers (rather than punishing customers with high peak hour rates under Time of Use rates) for reducing usage at the most expensive days and hours in the wholesale market. This peak load reduction has value that can be used to reduce rates to all customers.

The Commission should require improvements in customer service in return for more investments in CMP's billing and customer service technologies. CMP's proposal to use a negative option to enroll customers in text messages should be rejected.

The Commission should impose the lowest level of the rate of return or allowable profit to CMP's shareholders that is legally defensible in light of

the emergency associated with the high electric bills that have rapidly increased in the last 12 months.

AARP Maine is fighting to keep electricity costs fair and reasonable. The increases proposed by CMP will unduly burden every CMP customer, and AARP Maine is calling on the PUC to reject these unfair rate hikes.

UPCOMING TELE-TOWN HALL: AARP Maine is hosting a live tele-town hall forum with the Maine Public Advocate, William Harwood, on Thursday, December 15, 2022 from 4-5PM to discuss utility rates in Maine. Members of the public are invited to register for the tele-town hall at <https://vekeo.com/aarpmaine/#event-38894>. AARP Maine State Director, Noël Bonam, will facilitate the discussion and take questions from the listening audience during the call.

Norway Savings Bank Provides Financial Literacy Tools to Schools

NORWAY, ME (December 6, 2022) – Norway Savings Bank has announced that it will renew a three-year agreement to provide free financial literacy education to students in 10 middle and high schools in Maine and New Hampshire.

"We are pleased to renew our agreement with our financial literacy partner, Banzai," said Dan Walsh, President and CEO of Norway Savings Bank. "Financial education provides foundational knowledge that helps kids to be more successful adults. With fun, interactive and age-appropriate online tools and workbooks, Banzai makes learning very enjoyable."

"In my personal finance class, students really enjoy taking the Ban-

zai Plus course and then playing the online game to simulate real life financial decisions and manage their budget," said John Mayo, teacher at Lake Region High School in Naples, ME. "This gives students a chance to practice managing finances and experience the challenges they may face in their own lives. It's really important for kids to develop these skills so they can be more successful adults."

Students from our sponsored schools have shared what they've learned from using Banzai. Some of their feedback included:

"I learned what I have to do to save for college and how to make a budget." – Brunswick Junior High student

"I learned to save

money for the things you really need or want." – Loranger Middle School student

"One thing I learned from (Banzai) is that it is important to make a long term goal." – Telstar Middle School student

The following schools in Maine will have free access to Banzai's tools for the next three years: Brunswick Junior High School, Gorham Middle School, Kennebunk High School, Oxford Hills Comprehensive High School, Lewiston High School, Lake Region High School, Lake Region Middle School, Telstar Middle School and Loranger (Old Orchard Beach) Middle School. Crosby Kennett Middle School in Conway, NH will also have free access to Banzai.

Arts & Entertainment

Practice Your Putting with Free Indoor Disc Golf

WESTBROOK, ME (December 9, 2022) -- Join us on Fridays, 12-2pm at Westbrook Community Center Gymnasium for free indoor disc golf. 4 baskets and discs are provided; the program runs Dec. 2-Jan. 20 (8 weeks).

Register in advance or check-in upon arrival at the Reception & Information Center in the Central Hallway. Bring your own discs or borrow a set from Reception.

They'll also be a food truck on site. Grab a bite to eat and throw some discs in the warmth of our gym.

Concessions also available for purchase at Reception.

Questions? Please contact Cameron Sneed, Program Coordinator, via e-mail at csneed@westbrook.me.us or call 207.854.0676, ext. 5266.

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December 2 - January 20 (8 Weeks)
Fridays - 12-2pm
 Westbrook Community Center Gymnasium
 426 Bridge Street - Westbrook

Mission of Hope Clothes Closet Offers Free Clothes

GORHAM, ME (November 1, 2022) -- The Mission of Hope Clothes Closet is located at the Cressey Road United Meth-

odist Church at 81 Cressey Road & Route 25. We offer FREE clothes of all kinds and sizes to those in need. Feel free to drop by. We are

open from 9 AM to 12 noon on the 1st and 3rd Saturday of every month. If you have an emergency, you can call 839-3111.

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Geiger Promotes John Priest to Distribution Operations Manager



for Walmart's Lewiston warehouse.

"As kitting manager, John did a fantastic job leading that area through unprecedented growth and the challenges brought forth by the pandemic," said Distribution Center Manager Lee Jones. "I'm very excited to have him heading the Lewiston Distribution Center team, where his leadership skills and business knowledge will allow him to make an immediate impact as we look forward to continued growth in 2023 and beyond."

LEWISTON, ME – December 8, 2022 – Geiger, the world's largest privately held and family-owned promotional products distributor, congratulates John Priest on his promotion to distribution operations manager. John previously served as kitting manager for the last two years. Prior to that, he was the meat and produce receiving manager

As distribution operations manager, John will oversee the teams involved in receiving and fulfilling orders for 250 corporate clients to ensure an unmatched customer experience.

Girl Scout Troop 5043 Donates and Installs Flags



AUBURN, ME (December 9, 2022) -- Girl Scouts of Maine Troop 5043 installed a new American flag and POW flag at a Marine neighbor's house today. The troop retired two American flags, learning the proper retirement ceremony and process from troop aunt, Jax, who is also a veteran and fellow VFW member in Auburn.

The Girl Scout troop met Ron Freschette while going door to door selling nuts and chocolate for the Fall Products sales. Ron was so apologetic of his

tattered flags but didn't have the help needed to physically replace them. So the troop volunteered as a service project. The troop purchased two new flags from their cookie sales fund, the money they use for troop activities throughout the year as well as community service projects. They took this honor of an opportunity to learn about flag ceremonies, helping and honoring veterans, and being a good neighbor. The participating troop members will earn a flag ceremony patch as

well as completing steps for several other badges while they plan their Bronze Award projects. Ron was so appreciative, he had two pans of freshly baked super chocolate brownies and hot chocolate waiting for the troop after a job well done. Several troop members have scheduled future visits with him to help snowplow, teach him how to use his camera, and match him with a new dog through a local non profit for veteran canine companions.

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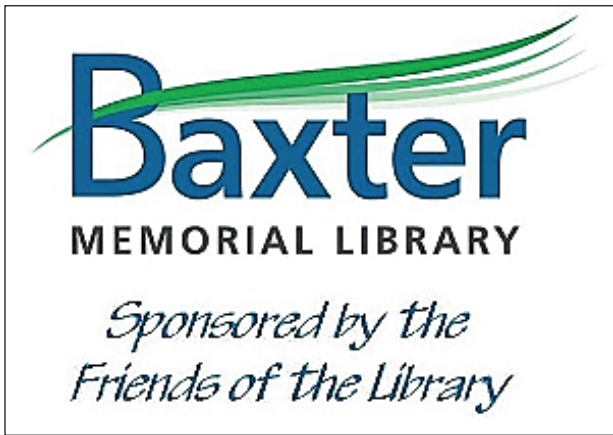
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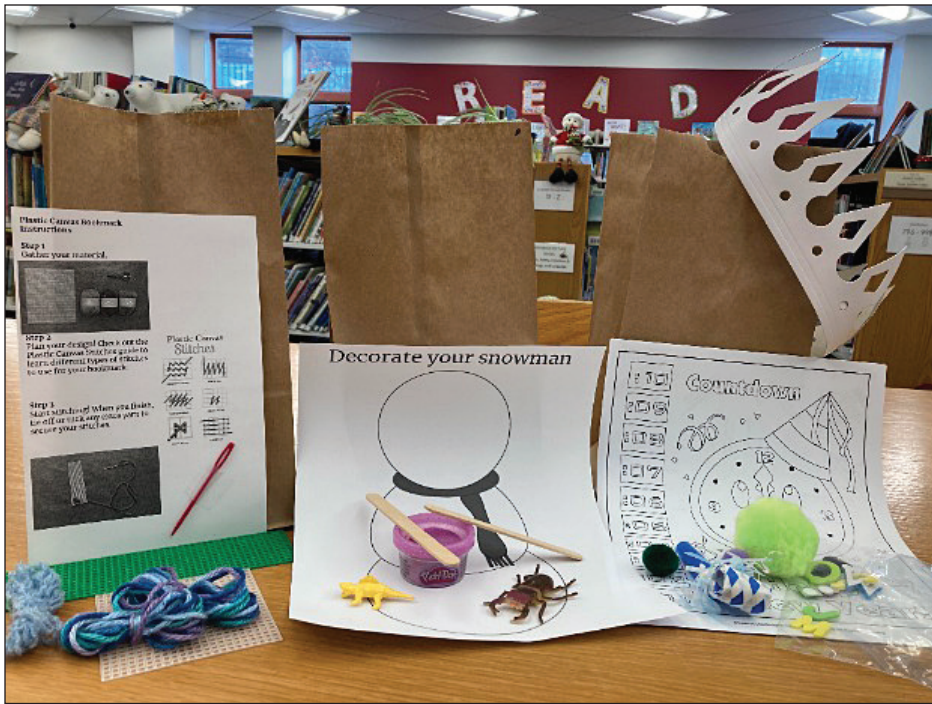
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Take & Make Crafts at Gorham's Baxter Memorial Library



GORHAM, ME (December 9, 2022) -- Visit the library during the month of December to pick up a take and make kit to complete at home. Save it for a snow day or enjoy right away. Each kit contains all major supplies needed to complete a fun project. You may need some simple household items such as glue, scissors or tape but we provide the rest.



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Buxton's Lowell Oyster Named Assistant Principal of the Year



BUXTON, ME (December 9, 2022) -- The Maine Principals' Association (MPA) is pleased to announce that Lowell Oyster, Assistant Principal of Bonny Eagle Middle School in Buxton, has been named Maine's National Outstanding Assistant Principal of the Year. He will be honored by the MPA at its annual awards banquet at the Spring Conference on April 27, 2023, at the Samoset Resort in Rockport, Maine.

Mr. Oyster received this award because of his strong emphasis on community outreach. He has the ability to build connections across diverse stakeholders and goes to extraordinary lengths to meet the needs of students and staff. He loves being an assistant principal and believes it is the best job in the world.

In announcing Mr. Oyster's selection as 2023 Maine's National Outstanding Assistant Principal of the Year, MPA Executive

Director, Dr. Holly Blair noted, "The MPA is pleased to recognize Lowell Oyster as Maine's National Outstanding Assistant Principal of the Year. He is a reflective educational leader who people seek out and look to for guidance and leadership. Mr. Oyster focuses on the strengths of the people he works with to lift and accentuate each team member, making the overall school community stronger."

Mr. Oyster received his Bachelor of Science Degree in Elementary Education from the University of Maine, Orono, in 2005. In 2007, he earned his Master of Science Degree in Middle Level Education also from UMaine. He then obtained his Certificate of Advanced Studies from the University of Southern Maine in 2015.

Mr. Oyster started his educational career as a math/science teacher at Bonny Eagle Middle School in 2007. During

this time, he took on the following school and/or district level leadership positions: Clan Leader, Symposium Leader, Math Meet Coordinator, Continuous Improvement Team member, Certification Steering Committee member, and was the 7th grade Baseball Coach. In 2017, Mr. Oyster became the Assistant Principal of Bonny Eagle where he has served in this capacity ever since.

Mr. Lowell Oyster is a member of the Maine Principals' Association and National Association of Elementary School Principals (NAESP).

The Maine Principals' Association is a professional association representing Maine's Pre-K-12 educational leaders. The Association dates its history back to 1921 and focuses its work on promoting the principalship, educational leadership, and promoting and administering interscholastic activities in grades 9-12.

Sponsor a Gorham Family for the Holidays

GORHAM, ME (December 6, 2022) -- Would you like a way to PAY IT FORWARD this holiday season? As the holidays approach and with the current economic conditions, we start thinking about families that need a little extra help to get through the holiday seasons. The Town of Gorham offers a Christmas Assistance Program. You can help by sponsoring a family for the Holidays. This is a great way for a community group, organization or a whole family to get involved. You can call the Town Clerk's Office at 222-1670 before the holidays and ask to sponsor a family. You will be given

along with the children's ages and clothing size.

Along with the need for Holiday assistance, low-income families and the Elderly struggle to heat their homes each winter. The Town of Gorham has responded by creating the "Gorham Heating Assistance Fund". This fund will be supported by donations from Gorham citizens and local businesses and 100% of the funds received will go directly to people we assist with heating fuel. With many households facing increasing financial pressure, we are now assisting more families who never expected to be in a position of needing to ask for help. As another heating season approaches, it is expected

that the demand for heating assistance will be great. We ask that you consider making a contribution to this fund to support our efforts to keep Gorham residents warm and safe this winter. By donating, you are truly making a difference in the life of a family in your community.

On behalf of all of those who will be benefiting from these funds, thank you greatly for your consideration. If you have any questions, please do not hesitate to call or email at 222-1670 or lnordfors@gorham.me

We all could use a little help now and then and these are ways our Gorham residents can PAY IT FORWARD!

Donate Food and Supplies to Help Gorham Pets

GORHAM, ME (December 9, 2022) -- The Youth Services Department is holding a donation drive for the Animal Refuge League of Greater Portland. Drop off items in the Baxter Memorial Library lobby in the big ARLGP box anytime during busi-

ness hours through the end of December. Currently, the most needed items are canned cat & kitten food (preferred brands: Friskies pate, 9 Lives, Fancy Feast) and canned dog & puppy food (preferred brands: Purina Pro, Science Diet). A gift card is

also a great choice, as the ARLGP often buys items from Hannaford, Target, and Walmart. Visa or Amazon gift cards are also very useful for shelter-wide needs. Visit www.arlgp.org for a complete list of needs. Let's give our furry friends a little help this season.



Help Local Schools by Donating to Blazes Burgers' Giving Tree

WESTBROOK, ME (December 7, 2022) -- Blazes Burgers' Giving Tree is up! For those that don't know

our giving tree is done a little differently than others: we don't adopt families, we contact the school nurses to see

what they need to help the kiddos. It's a long list, lots of underwear, socks, sweatpants, sweatshirts, T-shirts,

and this year a big request for feminine hygiene products.

If you have finished your shopping, good for you,

and want to still help out, we are accepting cash donations and we will fill the gaps of what is needed. Thank you

all in advance for your help!! We always have great support for this incredibly worthy cause.

Winter Activities Offered through Gorham Rec Dept

GORHAM, ME (December 9, 2022) -- New Programming Available:

Pleasant Mountain Discounted Sunday Rates
Open to Gorham Residents Only; We will be offering a multi-week ski and ride program on Sun-

days. Discounted Options available: 6 Visit Sunday Ticket; Rentals; 9:30 AM Lessons for ages 8+ (Limited spots available).

Any combination of these 3 options can be purchased. There are other options listed on their website, those are not for

Gorham. If you sign up for lessons, they begin at 9:30AM sharp. Please arrive 30-45 minutes ahead of time to get settled (and get rental equipment if needed). Please meet at the shack on top of the hill behind the lodge for lessons. Be

on time, they will not wait for you.

It is never too early or too late to start skiing and riding!

A validation code is required for discounted rates. Please call the office at 222-1635 or email Jenn at jkenneally@gorham.me.us to receive your personalized code! FMI: <https://gorhamme.myrec.com>

Maine Mainers Tickets

Gorham Recreation Department has FREE tickets to the Maine Mariners game on Friday, December 30th at 7:00pm. The theme for the game is

"Mainah's Night" - there will be carnival games on the concourse and Maine Mariners Beanies for the first 1000 fans in the door! We are asking for 5 canned goods to benefit the Gorham Food Pantry. (Any canned goods are welcome - Chef Boy Ardee and baked beans are preferred) FMI: <https://gorhamme.myrec.com>

New Year Gorham 2023!

We are super excited to announce that New Year Gorham is ON! Over the past several months, the NYG committee has been planning, adjusting, recruiting volunteers, and

inviting top-notch entertainment to welcome 2023 with hopeful anticipation!

We are planning in-person activities for kids and performances geared for young families, for seniors and for in-betweeners! Here's a link for more information: <https://gorhamme.myrec.com>

School Vacation Week Open Gym

Open gym will run Tuesday-Friday Dec 27th through December 30th from Noon to 4pm at Shaw Gym (75 South St). Ice Skating and Snowshoe Rentals available if the weather cooperates! FMI: <https://gorhamme.myrec.com>



Medical Closet Serves Gorham Residents

GORHAM, ME (December 1, 2022) -- Gorham has a medical loan closet which is open to all

Gorham residents for any medical item that we have. It is free. Call Gerry Day at 839-3859 or 756-2210 to

make an appointment with a volunteer. Open M-F by appointment only from 8:30 to 4pm.

Winter Gear at United Methodist's Clothes Closet in Gorham

GORHAM, ME (December 1, 2022) -- The Cressey Road United Methodist Church Clothes Closet at 81 Cressey Road

is open first and third Saturdays of each month from 9 to 12 noon for anyone in need to select from any clothing we might have.

We have a selection of sizes and brands for everyone. We have winter coats, boots etc. also. Feel free to drop in. We also take donations.



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Find Gifts for Everyone on Your List Locally

MAINE (December 9, 2022) -- Buoy Locally supports local businesses all year round including during the holidays; they've created a gift guide full of ideas from Buoy Businesses so you can support local while getting your holiday shopping done and earning reward points by using your Buoy Local card. Check out the gift ideas at <https://buoylocal.com/holiday-gift-guide>



Proposal to Remove Tax Benefits in Support of Lobster Industry



STATE HOUSE, (December 7, 2022) – On Tuesday, Maine Legislative Republicans held a press conference at Hallowell Seafood & Produce to discuss the efforts by outside environmental groups to destroy the State's beleaguered lobster industry.

Senate Republican Leader-elect Sen. Trey Stewart, R-Aroostook, and House Republican Leader-elect Rep. Billy Bob Faulkingham, R-Winter Harbor, were joined by Maine lobstermen and fellow legislators as they told reporters the pair submitted legislation prohibiting any business from participating in the state's Business Equipment Tax Reimbursement and Business Equipment Tax Exemption Programs that, based on third-party certifications, bans, boycotts or otherwise prevents or restricts the sale or distribution of any Maine-based goods that are legally harvested, grown or produced.

One such retailer that has banned the sale of Maine Lobster based on third-party certifications is Whole Foods in Portland.

"This is a war. It is

not just about lobster fishing – it is a war on workers, family values, conservation, science and common sense," said Faulkingham. "It is going to take all of us standing together combined with many others throughout Maine to preserve the ability of lobster fishing families to earn a living, conserve the resource, and create jobs for thousands of Mainers."

In addition to the loss of the tax programs, the legislation will also ban the state from any contracts with such businesses. Stewart said they would also work with legislators from other New England states to encourage them to take action as well as investigate whether something else was behind the environmental groups' actions.

"We will also be asking the Attorney General to investigate the Marine Stewardship Council and Seafood Watch to see who they are funded by, what foreign governments are involved in their groups and what benefits result from their partners by singling-out Maine's lobster industry," said Stewart. "This group makes almost

90% of their funding by selling their logo and we'd like to know what, if any, impact their decision had on their funding streams."

"An attack on the Maine lobster industry is an attack on all of Maine," he added.

Rep. Billy Bob Faulkingham, R-Winter Harbor, who was recently elected Maine House Republican Leader, is a commercial lobster fisherman. In the past, he has been an outspoken representative of Maine's lobster fishing families. His efforts include bringing together 151 Republican, Democratic and Independent state legislators from across Maine in support of Maine's lobster fishing industry.

Senator Trey Stewart, R-Aroostook, is serving his second term in the Maine Senate representing the constituents of District 2. He was recently elected as the Senate Republican Leader for the Caucus and has served as the Senate Republican Lead for the Energy, Utilities, and Technology Committee and the Health Coverage, Insurance and Financial Services Committee.

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




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Tips for Creating a Dementia-Friendly Holiday Season

NEW YORK (December 9, 2022) — With the holiday season underway, the Alzheimer’s Foundation of America (AFA) is providing four tips to help families affected by dementia enjoy the spirit of the season in a dementia-friendly way.

“The holiday season can be both joyful and stressful for all of us, especially individuals living with a dementia-related illness,” said Jennifer Reeder, LCSW, AFA’s Director of Educational and Social Services. “Being proactive, adaptable, and inclusive of the person’s wishes and abilities are the best ways to help them have a happy and joyful holiday season.”

Families, partners and friends caring for someone with dementia should consider the following steps:

Avoid overdecorating. Decorating is part of the holiday season fun, however, too much stimulation may be challenging for someone with dementia. Keep decorations festive, but simple—too many flickering lights or noisy items could be overwhelming. Instead of elaborate decorations, try choosing a few favorite items. Phase in decorations over a period of days instead of all at once, so that changes to the person’s environment are less confusing.

Create a safe and calm space. Don’t use fragile decorations (which



can shatter and create sharp fragments) or ones that could be mistaken for edible treats. Be mindful of potential tripping hazards on the floor, such as wires for decorations. Securely hook Christmas trees to the wall to avoid

falls and use menorahs or kinaras with electric candles to reduce fire hazards. As well as a physically safe environment, create a space where your loved one can sit in comfort and where guests can visit in small groups or one-to-one. As much as possible, maintain the person’s normal routine when scheduling visits.

Adapt past favorite traditions or create new ones. Build on old traditions when appropriate, such as enjoying favorite music or movies, or looking at pictures of past holiday celebrations. Start new ones that center on activities and events the

person enjoys and can do, such as touring neighborhood holiday lights,

and do it together. Take a strengths-based and person-centered approach

and incorporate what the person can do and what they choose to do now, rather than dwelling on what they used to do. Focus on those things that bring joy and let go of activities that seem too stressful.

Involve the person in the planning and preparations. Whenever possible, involve the person by asking what traditions are important to them—it keeps them active and involved and helps you prioritize and plan appropriately. For example, if they always sent out holiday cards or baked holiday cookies and still want to do so, do it together with them. If they can no longer shop for gifts for their loved ones, invite them to help with wrapping the gifts so that they feel they are contributing.

The AFA Helpline is available seven days a week to help provide additional information about creating dementia-friendly holidays or any other caregiving questions. Connect with a licensed social worker by phone (866-232-8484), web-chat (www.alzfdn.org) or text message (646-586-5283). The web chat and text message features can serve individuals in more than 90 different languages.

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December 15

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

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop roleplaying sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

Calendar

Send your submissions to the Editor. More online.

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

December 18

LEWISTON -- All are welcome to gather at a Christmas concert that will benefit a fund for a new piano at Holy Family Church on 607 Sabattus Street in Lewiston. The choir of the church will perform under the direction of Paul Caron on Sunday, December 18, from 2 p.m. to 3 p.m.

December 22

LEWISTON -- Throwback Thursday Movie Matinee will be happening at The Lewiston Public Library in Callahan Hall on 12/22/22 from 4-6PM. The event listing can also be found on our website at https://lplonline.org/events/throwback-thursday-movie-matinee-home-alone/

December 24

BUXTON -- Free to the public! Turkey Dinner - Saturday, December 24 2022 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Christmas Service immediately

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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.

Calendar Features Original Artwork by Maine-Based Artists

ORONO, ME (December 9, 2022)—The Maine Agricultural Mediation Program (MAMP) announces the release of its 2023 wall calendar featuring original artwork by Maine-based artists. MAMP is part of the U.S. Department of Agriculture Agricultural Mediation Program and is managed locally by the University of Maine Cooperative Extension.

The 2023 calendar, which features a farm and food system-inspired image each month, has a wire binding and measures 8.5 x 11 inches. Copies can be purchased on Extension's

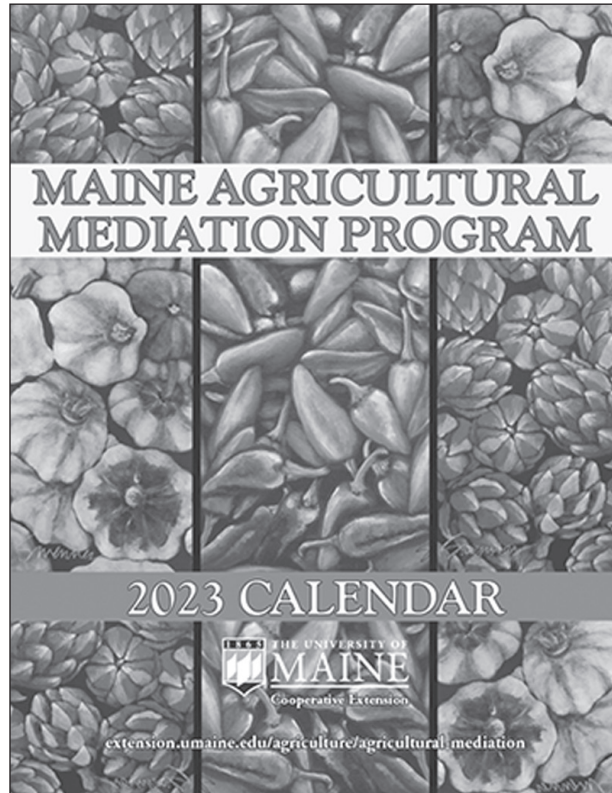
website for \$6.50, which includes shipping.

MAMP supports farmers and families in discussions surrounding priorities, goals and decision-making as it relates to changes in the future of the farm, immediate markets and relationships with lenders. Mediation is voluntary and confidential. It can help resolve conflict around topics that include agricultural loans, conservation programs, wetland determinations, pesticides, family farm transition, lease issues, neighbor disputes and worker/employer disagreements. Visit the program website to learn

more about agricultural mediation at UMaine Extension:

https://secure.touchnet.com/C22921_ustores/web/product_detail.jsp?PRODUCTID=3014&SINGLESTORE=true

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



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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 2023

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.

Classifieds \$25 per week

TRAVEL TRAILER

2020 Keystone Sprinter Limited. Excellent condition. Located at KOA Naples Maine seasonal site. 3 slide outs, 2 air conditioners, 2 refrigerators, gas stove with oven, 2 TV's, fireplace, king size bed, queen couch, 2 recliners, furnace, automatic stabilizer jack, 50 amp service. Valued at \$43,900. Will negotiate. Call 207-784-6815.

WANTED

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

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

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	Intermediate hip-hop 7:15PM-8:15PM Scarborough Dance Center
THURSDAYS	All levels hip-hop 6PM-7PM ToGather (Biddeford)
FRIDAYS	All levels hip-hop 6PM-7PM Portland Yoga Collective

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