

Gorham PD Congratulates Criminal Justice Academy Grad

VASSALBORO, ME (December 16, 2022) -- Gorham Police Department extends a big congratulations to our newest graduate from the Maine Criminal Justice Academy. Officer Peter Cates was one of 62 new recruits to graduate today as a member of the 42nd (BLETP) Basic Law Enforcement Training Program.



Gorham Invited to Sled, Tube, Snowboard at Stevens' Farm

GORHAM, ME (December 22, 2022) -- Stevens' Farm would like to welcome the community to use their land for sliding, tubing, snowboarding etc. As you turn into Great Falls School you will see a hill and ranch on the right. This is family land; we welcome the school and community to enjoy it.

You are welcome to park to the left on Pit Rd. Enjoy!

Activities at your own risk. Considered recreational by our insurance.

Help Gorham Athletics, Become a Certified Official



MAINE, STATEWIDE (December 23, 2022) -- It's no secret that there is a severe shortage of sports officials in virtually every sport played in middle school/jr. high, and high schools in Maine and across the country.

If you are interested in becoming a certified official in any sport, please visit the Maine Sports Officials website: <http://www.mainesportsofficials.com> and see how you can become certified and trained in every sport offered at schools across the entire state.

There are dozens of sports officials' associations in Maine and all of them are welcoming new officials and training them to be ready for their upcoming seasons. NOW is the time to act!

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

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Newsmakers, Names & Faces

Boiler Operator, Refrigerant Certificate Training Offered

AUBURN, ME (December 12, 2022) – The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is offering free High Pressure Boiler Operator and EPA 608 Refrigerant Certificate trainings. The first cohort is Monday evenings, January 24 – April 7, 2023, 5:30 – 8:30 PM, at ND Paper in Rumford, Maine. Registration is required and 10 open seats are available. The second cohort is offered Tuesday and Thursday January 3 & 5, 2023, 3:00 – 6:00 PM, in person at CMCC in Auburn. Information and links to register for the

programs are available at <https://www.bit.ly/CWP-DRRegistration>.

High Pressure Boiler Operator training offers a practical approach, knowledge, and techniques to power plant operation and is designed to prepare the student to sit for the Maine Licensing Exam. Upon completion of the course and the required in-service experience, the student can take the State exam at CMCC. The cost of the exam is covered. Prior to sitting for the exam, students must meet the state requirement for in-service experience as a high-pressure boiler operator under a state issued training per-



mit. The average starting wage for a High-Pressure Boiler Operator is \$42,000 in the Lewiston/Auburn region.

EPA 608 Refrigerant Certificate Training is 6 hours, instructor lead and is designed to prepare technicians for the EPA 608 exam which includes: 1. Core Certification 2. Type 1 (repair and service of small appliances using refrigerant) Type 2 (high pressure refrigerant i.e., ductless mini split

heat pumps and / or Type 3 (Universal License). Technicians who take this course should be familiar with basic vapor-compressional refrigeration cycles and common service equipment and procedures. The sessions are offered live online or in person and the following 3 hour in person proctored exam may be taken on campus. This course is not intended to be a formal refrigeration training course. The full 45-hour course will be of-

fered by May 2023.

These programs are funded by the Maine Jobs and Recovery Program (MJRP). Participants are eligible for one training course and must be at least 18 years of age; possess a high school diploma, GED, or HiSet; and be a U.S. citizen and/or authorized to work in the U.S. Criminal background check required. COVID vaccine required for CMCC campus. Additionally, candidates in MJRP-funded programs must be a displaced, unemployed, or underemployed worker, or someone whose job has been adversely affected by COVID-19. Underem-

ployed can be considered as working part-time but looking for full-time work or working in an occupation below one's skillset.

For more information or to register, please contact Central Maine Community College's Center for Workforce & Professional Development at workforcedevelopment@cmcc.edu or 207-755-5280.

Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information visit www.cmcc.edu/eec or contact Human Resources at (207) 755-5396.

Meet the Poland Regional HS School Board Student Reps



L to R: Joseph Elliot and Cadence Peters

POLAND, ME (December 20, 2022) -- Andrea Winn, Mechanic Falls School Board representative says, "When I started on the RSU 16 School Board, I didn't know what to expect. Now, after many meetings and school functions, the words that come

to mind are impressive, reassured, and hopeful. Especially impressive are the two student representatives on the school board, Senior Joseph Elliot and Junior Cadence Peters. Both are poised and articulate. Face it, it's not easy speaking in a roomful of adults, but

they represent the student body and their respective classes with composure and wit. Senior Joe Elliot started his leadership path because he believes students deserve a voice in policies and procedures that affect so much of their lives. He has a well-thought-out position on all things school, from the teacher shortage to the cafeteria food. Junior Cadence Peters, drawn to leadership in elementary school, enjoys being in charge and getting things done. The mathlete, S.T.E.M. student, is confident in what she wants and where she is going. And she has no opinion about the cafeteria food; she brown bags her lunch. Joe and Cadence are impressive examples of PRHS students. They reassure me that through their knowledge and willingness to do the work. Joe and Cadence also make me hopeful that our big blue marble will be in good hands."

Sen. Rotundo Urges Support of Emergency Heating Relief

AUGUSTA, ME (December 22, 2022)

– On Wednesday, Sen. Peggy Rotundo, D-Lewiston, submitted testimony in favor of emergency energy relief legislation before the Legislature's Appropriations and Financial Affairs Committee. The compromise Emergency Winter Energy Relief proposal would help working families and older Mainers stay warm amid freezing temperatures and an ongoing energy crisis.

"When I was going door-to-door to meet my constituents throughout the summer and fall, I was told countless times that we needed to do something about housing and heating costs," said Sen. Rotundo. "This issue affects every one of our communities, and the people who have chosen us to represent them need our help now more than ever."

The compromise emergency legislation appeared before the full Leg-

islature earlier this month on swearing-in day in an attempt to get individuals and families energy assistance quickly. Despite a strong, bipartisan vote in the House of Representatives, the measure failed to garner the necessary two-thirds support to pass in the Maine Senate. Sen. Rotundo was one of the 21 Democratic Senators who voted to enact the measure on Dec. 7.

Senate President Troy Jackson and House Speaker Talbot Ross made temporary appointments to the Appropriations and Financial Affairs Committee for the purpose of holding a public hearing on this proposal and getting the support necessary to pass it into law as soon as possible. After the public hearing concluded, the Committee unanimously voted to recommend that the Legislature pass the legislation.

KEY PROVISIONS

- Emergency En-

ergy Relief Payment: \$398 million to fund a one-time \$450 energy relief payment to an estimated 880,000 eligible Maine people, amounting to \$900 in relief for the average Maine family. Recipients must have filed a 2021 Maine individual income tax return as a full-time resident and not be claimed as an independent on another's tax return. Eligible Maine people must have a Federal adjusted gross income (Federal AGI) of less than: \$100,000 if filing single, if married and filing separately; \$150,000 if filing as head of household; or \$200,000 for couples filing jointly. Eligible Maine people do not need to take any action to receive the payment. If the Legislature enacts the bill as an emergency measure. The Mills Administration expects the payments to be distributed starting at the end of January.

- Home Ener- See Heating, page 7



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Newsmakers, Names & Faces

Check out the Gorham Holiday Classic Today!

GORHAM, ME (December 19, 2022) -- Gorham Ice Hockey Association and USM are hosting the Annual Gor-

ham Holiday Classic! If you're looking for something to do over school vacation, come out and enjoy our high school

hockey tournament. The tournament began December 27 and concludes today, December 29! Admission is \$5/

Adults and \$3/ Students & Seniors per day. Here is the game schedule for Thursday, December 29:



GIRLS GAME SCHEDULE

THURSDAY, DECEMBER 29TH

7:30	ST. DOM'S VS. EDWARD LITTLE
8:00	EDWARD LITTLE VS. BIDDEFORD
8:40	BIDDEFORD VS. ST. DOM'S
9:10	ST. DOM'S VS. EDWARD LITTLE
9:50	EDWARD LITTLE VS. BIDDEFORD
10:20	BIDDEFORD VS. ST. DOM'S
12:40	PORTLAND/DEERING VS. GORHAM
1:10	GORHAM VS. YORK
1:50	YORK VS. PORTLAND/DEERING
2:20	PORTLAND/DEERING VS. GORHAM
3:00	GORHAM VS. YORK
3:30	YORK VS. PORTLAND/DEERING

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Lobster Industry Gets Lifeline in Funding

WASHINGTON, D.C. (December 20, 2022)—Today, U.S. Senators Susan Collins and Angus King, Representatives Chellie Pingree and Jared Golden, and Governor Janet Mills announced that they were successful in securing a regulatory pause for Maine's lobster industry in the omnibus appropriations bill that is expected to pass the Senate and House this week.

"Maine's lobstermen and women have long demonstrated their commitment to maintaining and protecting a sustainable fishery in the Gulf of Maine. They have invested in countless precautionary measures to protect right whales, including removing more than 30,000 miles of line from the water and switching to weaker rope to prevent whales from being entangled. And the fact is—there has never been a right whale death attributed to Maine lobster gear," said the Maine Delegation and Governor Mills. "Despite our industry's good stewardship and compliance with NMFS' most recent regulations to protect right whales, our lobstermen and women are now faced with further punitive regulations that will not meaningfully protect the right whale, but will threaten the livelihoods of thousands of Maine families and small businesses.

"We have always said that we will pursue any and all policy solutions to protect our hardworking lobstermen and women along Maine's coast," they continued. "Our provision, which relies upon the expertise of the professionals at the Maine Department of Marine Resources, was included in the government funding bill released this morning. It will enable our lobster fishery to continue to operate while still complying with NMFS' most recent right whale rule. Without our provision, Maine's iconic industry could be facing a complete shutdown—and the ripple effects across our state would have been wide-

spread."

Although there has never been a right whale death attributed to Maine lobster gear, misguided environmental groups have been seeking actions that would end lobstering in Maine, all based on the theoretical possibility that a right whale could be killed.

The provision is a simple compromise that would protect the livelihoods of the men and women who make their living from one of the best managed and sustainable fisheries on earth.

Specifically, the provision in the omnibus:

Deems the current right whale rules sufficient to ensure the continued operation of the lobster and Jonah crab fisheries for six years (through December 31, 2028).

Provide that new regulations for the lobster and Jonah crab fisheries would take effect in six years (by December 31, 2028).

Authorizes a new grant program that could fund innovative gear technologies and the monitoring necessary to support the dynamic management of fisheries. Fishermen and other participants within the maritime industry would be eligible for this funding.

The Maine Delegation and Governor Mills have been steadfastly opposed to undue burdens that would threaten the lobster fishery without meaningfully protecting whales. Following the release of the final rule in late August 2021, the Maine Delegation and Governor Mills issued a statement in opposition to the rule and highlighting the Maine lobster fishery's record of repeatedly making significant improvements to their practices and modifications to their gear to protect right whales. In October 2021, they wrote to Secretary Raimondo to urge her to rescind the rule, and in February 2022 called for a postponement of the rule due to difficulties lobstermen were having obtaining the necessary gear.

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Seniors Not Acting Their Age

Discovering the Seboeis Riverside Trail



A hiker follows the well-designed Seboeis Riverside Trail along the river



An impressive metal bridge has been built high over Shin Brook



The remarkable Snowshoe Lodge is an overnight destination on Seboeis Riverside Trail

By Ron Chase

In recent years, the Butler Conservation Fund (BCF) has created two extraordinary outdoor facilities in Maine: Penobscot River Trails (PRT) in Grindstone and Cobscook Shores in the Cobscook Bay area of Washington County. I've had the good fortune to hike the Cobscook Shores trails and have benefited from multiple excursions biking and skiing the PRT.

When BCF spokesperson, Betta Stothart, invited me to join her for an inaugural overnight trek on the newly constructed Seboeis Riverside Trail, I enthusiastically accepted. A veteran of sever-

al whitewater and canoe trips on the Seboeis which is located in the wilderness region east of Baxter State Park, the prospect of a trail network along the river that embodied the exceptional BCF brand was very intriguing.

In 2015, Gilbert Butler, founder of BCF, paddled the Seboeis River and was impressed with its wild scenic beauty. The landowner, Lumbermen's Museum, was contacted with a proposal to develop a hiking and snowshoe trail from Grand Lake Road to Katahdin Woods and Waters National Monument. Subsequent negotiations resulted in PRT purchasing the land. PRT

also gifted a sizeable donation to ensure the ongoing operation of the museum.

Renowned trail expert, Jed Talbot of OBP Trailworks, was hired to design a seven mile trail on the east side of the river from Grand Lake Road to Wipiti Road where Philpot Bridge crosses. Construction of the trail soon began with the assistance of the Maine Conservation Corps and was completed in 2021. Recently, the trailhead parking area was enlarged and a warming hut called Snowshoe Lodge was built about two miles downriver. The trail is now open year-round to visitors, free of charge,



A hiker pauses at one of several viewpoints on the Seboeis Riverside Trail

and can be traveled by snowshoe in the winter, and hiking in the summer.

A substantial rainstorm had preceded us when Betta and I arrived at the trailhead on a seasonably warm breezy December morning. The Seboeis was running high almost overflowing its banks. Our immediate goal was to backpack to Snowshoe Lodge and, if time permitted, complete a trek to Philpot Bridge and back to the hut.

Initially, we hiked easily along the river on

a well-designed gravel surface through a mixed canopy of hardwoods and softwoods. The path offered almost continuous picturesque views of the river with periodic rest stops and viewpoints. The normally gentle rapids in this section of river were feisty waves on this day.

After about a mile, a gigantic boulder on river left marked the beginning of a precipitous descent called Grand Pitch. We climbed a steep route to the top of a cliff to view

the impressive falls that are impassable in a canoe. The new bypass around the pitch to a campsite below is a substantial improvement over the former portage trail that challenged even seasoned voyageurs.

Just beyond, we crossed a splendid metal footbridge high over Shin Brook. A natural surface replaced the groomed path as we trekked along the shoulder of higher terrain and subsequently down to Snowshoe Lodge.

The lodge is remarkable. Set back from the shore, it harmoniously blends with the surrounding environment. High windows on three sides of the rectangular structure allow occupants to fully appreciate the wilderness setting. The interior contains four wooden cots with comfortable mattresses, a table with four stools, and a woodstove in one corner. A toilet and woodshed are nearby. This was our luxurious home for the night. Use of the lodge is on a first-come first-serve basis.

After discarding unnecessary gear to lighten our packs, we began our trek south. Since it was one of the shortest days of the year, we established a

See Seniors, next page

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Seniors

Continued from previous page
 turnaround time to avoid returning in the dark. Headlights and spare batteries were carried in the event of unplanned delays.

We proceeded over a very scenic trail in rolling terrain. Numerous wooden bridges enhanced the quality of our journey; however, minor flooding and teeming freshets were frequent problems. On several occasions, we considered turning back but found alternative routes around the impediments. A few minutes before our turnaround deadline, the elusive Philpot Bridge was spotted enabling us to reach our goal with little time to spare. With strategies in place to negotiate the various obstacles on our return, we arrived at the lodge shortly before dark.

The woodstove was quickly fired up and we settled in secure from the elements. A full moon provided an opportunity for some evening photography. Temperatures dropped well below freezing, but we were warm and comfortable throughout the night.

Our backpack out in the morning only took a little over an hour. We both agreed a return after snowfall is a must and I'm thinking a canoe trip come spring. The Seboeis is another BCF triumph!

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 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 or he can be reached at ronchaseoutdoors@comcast.net



A view of Grand Pitch from a cliff above



Streams were running high during a trek on Seboeis Riverside Trail



Philpot Bridge at the southern end of Seboeis Riverside Trail



One of several wooden bridges on Seboeis Riverside Trail



Snowshoe Lodge under a full moon

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Arts & Entertainment

Exciting Events Planned for Gorham's New Year's Celebration

SCHEDULE OF EVENTS

Ice Skating at USM- 2:00-4:00

REC DEPARTMENT

3:30 & 5:00 Wild Life Encounters- Shaw Gym
 3:30 & 5:00 Mad Science- Multi-purpose Room
 3:30-6:00 Face Painting in the hallway
 4:00-5:00 Party Palooga Balloon Twister

GHS




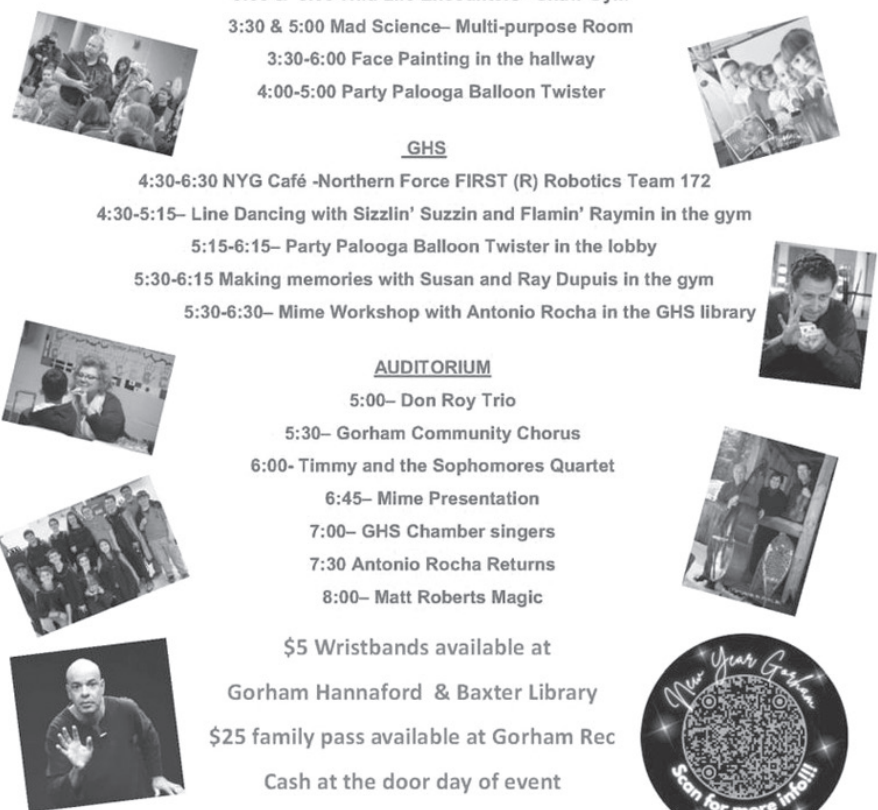
4:30-6:30 NYG Café -Northern Force FIRST (R) Robotics Team 172
 4:30-5:15- Line Dancing with Sizzlin' Suzzin and Flamin' Raymin in the gym
 5:15-6:15- Party Palooga Balloon Twister in the lobby
 5:30-6:15 Making memories with Susan and Ray Dupuis in the gym
 5:30-6:30- Mime Workshop with Antonio Rocha in the GHS library

AUDITORIUM

5:00- Don Roy Trio
 5:30- Gorham Community Chorus
 6:00- Timmy and the Sophomores Quartet
 6:45- Mime Presentation
 7:00- GHS Chamber singers
 7:30 Antonio Rocha Returns
 8:00- Matt Roberts Magic

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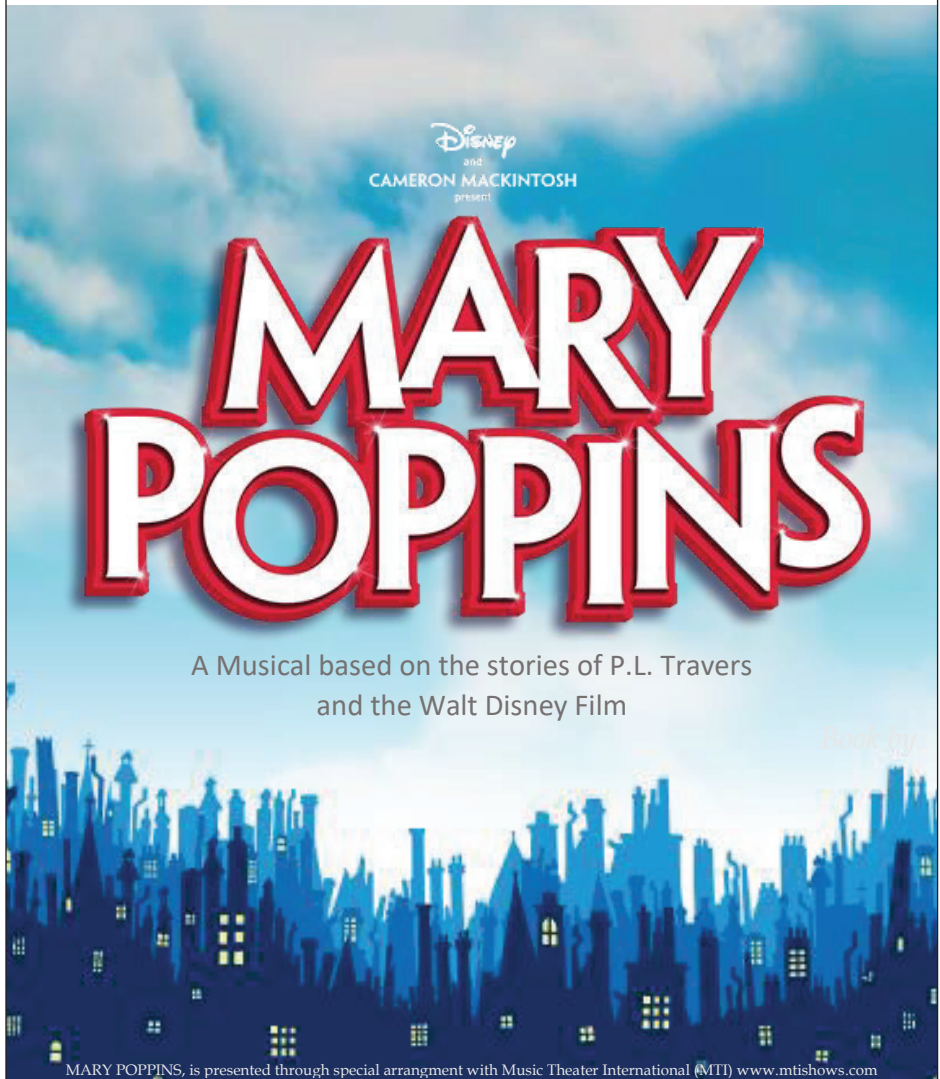
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MICHAEL G.



Heating

Continued from page 2

gy Assistance Program (HEAP) Supplement: \$40 million to supplement the Home Energy Assistance Program, a Federal program administered by MaineHousing through local Maine Community Action Partnerships (CAPs) that helps qualified homeowners and renters pay for heating costs, including fuel and emergency fuel delivery. The supplemental funding, which nearly doubles the amount of existing Federal funding, will allow MaineHousing to provide HEAP recipients a financial benefit equal to last year's benefit. Without this supplemental funding, households would receive, on average, just half the heating fuel or equivalent benefit given the increased price of energy. Benefits are paid directly to heating fuel providers.

- Emergency Home Heating Oil: \$10 million to help Maine Community Action Partnerships deliver emergency fuel assistance to prevent people and families from running out of heating fuel and experiencing a heating crisis. With this supplemental funding, it is estimated that 12,500 homes may be eligible for up to \$800 in emergency funds to avert a heating crisis.

- Short-Term Housing Support: \$21 mil-

lion to bolster the Emergency Housing Relief Fund created by Governor Mills and the Legislature earlier this year that supports emergency housing and emergency shelters to prevent people from experiencing homelessness this winter. Governor Mills and the Legislature had capitalized the fund with \$22 million earlier this year.

For procedural reasons, the public hearing was on LD 3, a piece of legislation that mirrors the compromise measure LD 1, "An Act to Provide Funding for Winter Emergency Energy Relief and to Finalize the COVID Pandemic Relief Payment Program."

The Maine Constitution requires emergency legislation to garner the support of two-thirds of elected members in both the House and the Senate. In the Senate, two-thirds of the elected Senate is 24. This emergency legislation would take effect immediately upon being signed into law by the Governor. The next scheduled session date for the Legislature is Wednesday, Jan. 4

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

MCP to Present 30th Anniversary Concert



The cast of the first MCP Production, Joseph and the Amazing Technicolor Dreamcoat, performed at Cumston Hall in 1993.

MONMOUTH, ME (December 20, 2022)

-- The Monmouth Community Players are excited to invite you to their 30th Anniversary Concert. Join MCP favorites as they grace the stage to revisit some of their favorite songs from the first 30 years upon the stage at Cumston Hall. Organized by Josie French, past Chair of the Board, the evening promises to delight and spark some nostalgia from

audience members and performers alike.

Some performers will be revisiting their past roles, while others will be bringing a new interpretation to the familiar songs. The performers for this event are: Josie French, Birdie Gay, Danny Gay, Jane Mitchell, Andy Tolman, Michelle Good, Ken Mansur, Debby Mansur, Emily Carlton, Owen Lewis, Hannah Hanson and possibly a few more. There

will also be special video appearances by Mike French, Tori Jackson, Hannah Hall, Sarah Flagg and Andreas Wyder. This show is appropriate for all ages, and will be a celebration of their first thirty years and the return of theater and MCP to the Cumston Hall Stage.

The show runs January 13-15, 2023 in Cumston Hall, with evening performances Friday and Saturday at 7:30pm, and

a Sunday matinee at 2pm. Tickets are \$10.00 for all. For more information, or to purchase tickets, please visit our website at: www.monmouthcommunity-players.org

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Gorham SnoGoers Replace Bridge

GORHAM, ME (December 19, 2022) – The Gorham SnoGoers had a

great day replacing an older 5-foot bridge with a new four pole, 36- x 10-foot bridge.

It's amazing what just a few people can get done in a day! The SnoGoers extend

a special thanks to Clarke, Kevin, Ron, Ralph, Jeff, Jeb, Andrew, and Tom.



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Gorham Little League Baseball and Softball registration is open for the 2023 season. Visit gybsa.com to register.

Register for Swim Lessons with Westbrook Community Center

WESTBROOK, ME (December 23, 2022) -- Swim lessons for ages Infant thru 12 years old are now open for registration under the Aquatics catalog tab at www.WestbrookCommunityCenter.org. Tuesday, Thursday, and Saturday sessions, January-May 2023, have been posted. Spots fill up extremely fast, so please don't wait!

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Out and About Christmas Caroling in Camden Living Room

By Rachel Morin

A large group of residents at Schooner Estates Retirement Community gathered in the Camden living room December 9 for their annual Christmas Caroling following the decorating of the huge Christmas Tree.

Polly Glavine at the piano led the group by playing all the favorite songs and hymns we knew so well. A few selections from our Christmas Song Book included: We Wish You A Merry Christmas, Frosty the Snowman, Hark the Herald Angels Sing, O Little Town of Bethlehem, and dare we say LET IT SNOW, LET IT SNOW, LET IT SNOW. (Be careful what you wish for!)

At the conclusion of caroling, contestants lined up to see who would be chosen as wearing The Ugliest Christmas Sweater this year. Chosen as having the most applause as each contestant came forward, individually, was Art Turner.

Art is well known for his artistic style every day of the year for wearing different tee shirts and matching stockings to reflect what is happening locally or nationally in our world.

A serving of beverages was enjoyed by everyone ending a special afternoon for all.



Polly Glavine led the carolers with her beautiful piano accompaniment. Photo by Rachel Morin



Hopeful contestants line up for the Contest for the Ugliest Christmas Sweater for Year 2022. Photo by Rachel Morin



The Peanut Gallery above is always a favorite place for attendees to get a favorable overall view of festivities below. Photo by Rachel Morin



Art Turner wins by popular applause as he steps forward to model his Ugly Christmas Sweater. Photo by Rachel Morin



Hopeful Contestants line up for the contest of The Ugliest Christmas Sweater for Year 2022. Photo by Rachel Morin

Maine Community Bank Donates \$50K to Local Food Pantries



WESTBROOK, ME (December 22, 2022) – According to data from Feeding America, over 139,000 Mainers are facing hunger and one out of

six are children. To help alleviate hunger issues in the community, Maine Community Bank is taking decisive action. Through its charitable foundation, the

Biddeford and Mechanics Savings Foundation, a donation of \$50,000 is being made to 12 different organizations focused specifically on food insecurity.

To address this very serious problem, the Foundation has pledged \$6,000 to Good Shepherd Food Bank and individual donations of \$4,000 each to 11 different organizations serving communities in Androscoggin, York and Cumberland counties. These include:

Biddeford Food Pan-

- try Community Outreach Services Food Pantry
- High Street Congregational Church Food Pantry
- Mid Coast Hunger Prevention
- Saco Food Pantry
- Scarborough Food Pantry
- Stroudwater Christian Food Pantry
- Trinity Jubilee Center
- Waterboro Food Pantry
- Westbrook Food Pantry
- Windham Food Pantry and Clothes Closet
- Good Shepherd Food Bank and the 11 other hunger relief agencies provide essential services in part-

nership with food pantries, meal sites, senior and health centers, and schools across all 16 counties in Maine. The Foundation's donation will provide 100,000 meals to needy Mainers.

Jeanne Hulit, Maine Community Bank CEO, stated that "with rising inflation, it is even more challenging to provide adequate nutrition for families in need. We are happy to be able to partner with the providers in our communities to help meet this urgent need."

Good Shepherd Food Bank partners with more than 600 community organizations in its network and has grown distribution

from 10 million meals in 2010 to 29 million meals during fiscal year 2022. "With the support of Maine Community Bank and other generous Mainers, the Food Bank is leading a statewide effort to combat the root causes of hunger by engaging in advocacy, nutrition education, and strategic partnerships," said Kristen Miale, president of Good Shepherd Food Bank.

In addition to these donations, Maine Community Bank is also collecting non-perishable breakfast food items in each of their ten branches through December 23rd as part of their "Brightening Maine Mornings" campaign. All donations collected will be brought to local area food pantries.

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

DHHS Offers Tips, Resources for Healthy Holidays

AUGUSTA, ME (December 23, 2022) — The Maine Department of Health and Human Services (DHHS) is encouraging Maine people to take simple steps to prevent the spread of illnesses and support mental health during this holiday season.

“Taking a few simple steps can help to make the holidays a healthy, joyful time for reflecting on the past year, gathering with friends and family, and traveling,” said DHHS Commissioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. “Such steps include being up to date on vaccines, taking precautions against respiratory illnesses, using free tests to check for COVID-19, making sure you have health coverage to cover care, and reaching out for emotional support.”

Tips and Resources for a Healthy Holiday Season

Prevent and limit the spread of respiratory viruses: Several respiratory viruses are currently circulating statewide, including influenza (flu), COVID-19, and Respiratory Syncytial Virus (RSV). People can take the following steps to reduce the spread of illness:

Stay home when

you’re sick; Wash your hands frequently; 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 COVID-19 and flu, getting up to date on vaccinations now will mean full protection kicks in during the first weeks of the new year. Both the flu and COVID-19 vaccines and boosters are widely available across the state, at no cost, in local pharmacies, doctors’ offices, and community clinics. Everyone six months and older is eligible for both a flu vaccine and a COVID-19 vaccination. Everyone five years of age and older is eligible for a COVID-19 booster if they received their last COVID-19 vaccination at least two months ago.

Stock up on free at-home COVID-19 tests: Testing for COVID-19 before and after holiday gatherings and travel helps keep families and communities safe. Maine people can order one free kit that contains five at-home, rapid COVID-19 tests every month through Project Access Covid Tests (Project ACT) at accesscovidtests.org. In addition, the Federal government recently announced the re-start of

its program to provide free rapid tests to U.S. residents through the U.S. Postal Service at COVIDTests.gov.

Sign up for affordable, high quality health insurance: If you or your family lack affordable health coverage, explore your options through CoverME.gov, Maine’s State-based Health Insurance Marketplace. You have through January 15, 2023, to sign up for a plan that takes effect on February 1, 2023. Plans offered through CoverME.gov cover a comprehensive array of physical and behavioral health needs. Visit CoverME.gov today to compare plans, enroll in coverage, or access free help. Health coverage improves the affordability of treatment when you need it as well as preventative services to keep you healthy in the first place. It also gives you the peace of mind of knowing your finances are protected against one accident or illness.

If you or a loved one is feeling overwhelmed, anxious, or sad, reach out for help: The demands of the holiday season can lead to an increase in stress, depression, and other behavioral health challenges. Some of the signs that you may be experiencing burnout or other stress-

ors and that your mental health may need attention include irritability, nervousness, changes in appetite, fatigue, and difficulty sleeping or concentrating. More serious warning signs may include a sense of hopelessness, withdrawing from loved ones, substance misuse, self-harm, and feelings, thoughts, or actions of suicide.

Seek help immediately if you or someone you know is talking about suicide, feelings of hopelessness or unbearable pain, or about being a burden to others.

If you or someone you know is experiencing a mental health crisis, call or text 988 to reach the 988 Suicide and Crisis Lifeline. The 988 Lifeline responds 24 hours a day, seven days a week to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors. Individuals can also dial 988 if they are worried about a loved one who may need crisis support.

For those not experiencing a crisis, StrengthenME is an initiative to help Mainers get connected to free stress management and resiliency resources to promote health and well-being. Services

are completely anonymous, easy to access, and community focused.

If you or someone you know is looking for support, call StrengthenME at (207) 221-8198, seven days a week, from 8 a.m. to 8 p.m., or visit StrengthenME.com.

StrengthenME also supports the State of Maine and Work Force Employee Assistance Program (EAP) that specifically serves frontline workers, providing wellness workshops, peer connection groups, free confidential coaching sessions with a licensed mental health professional and more. It also operates the FrontLine WarmLine, a dedicated phone support service for health care workers, first responders, and school staff.

If you or someone you know is a health care worker, social services worker, first responder or school staff in need of support, call the FrontLine WarmLine at (207) 221-8196 seven days a week, from 8 a.m. to 8 p.m.

Since launching in October 2020, the StrengthenME coalition has provided help through over 60,000 contacts with Maine people. StrengthenME also provides information and support resources through social

media and a resource website where site visitors can take a Wellness Check-In quiz.

If you or someone you know needs other support and you don’t know who to call, reach out to 211. 211 Maine is a free, confidential information and referral service that connects people of all ages across Maine to local services. 211 Maine is based in Maine and available 24 hours a day, seven days a week. 211 Maine’s specialists are trained and friendly; they know we all need help sometimes.

You can reach 211 via phone, text, or email to talk to someone or by searching an online database to find local services.

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

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Call to Artists – “What’s Nude in Boothbay Harbor?”

BOOTHBAY HARBOR, ME (December 19, 2022) -- Boothbay Region Art Foundation invites members and nonmembers to submit works for the 5th Annual “What’s Nude in Boothbay Harbor?” exhib-

it to be held February 11 – March 3, 2023. This show is a celebration of the human form in paintings, sculpture, photography and mixed media just in time for Valentine’s Day.

While this is a

non-juried show, artists will be required to submit a registration form with a photo of their work by January 30, 2023. Artists may submit up to two pieces and paintings, sculpture, fiber, mixed media and

photography are welcome. A copy of the form and full information is available at www.boothbayartists.org or by calling the gallery at 207-633-2703.

Entries need to be

delivered February 2-4, 2023 from 11am-4 pm and picked up on March 4 from 11am-5pm. The entry fee is \$25 (whether one or two pieces are submitted). A 35% commission will be charged for pieces sold.

There will be a public reception at the gallery at 1 Townsend Ave, Boothbay Harbor on February 11 from 5 – 7 pm with refreshments and some rather interesting door prizes.

Memco Urges Use of Sand, Salt to Prevent Hazards

PORTLAND, ME (December 22, 2022) -- Roads, walks, stairs, and parking lots may be transformed into extremely hazardous surfaces with heavy rainfall followed by plummeting temperatures forecast across the Northeast, according to workers’ compensation insurance specialists MEMIC.

The insurance compa-

ny urges property owners and maintenance companies to apply salt and sand before temperatures fall below 37 degrees Fahrenheit, the point at which paved surfaces begin to ice over. Slips, trips, and falls are the third leading cause of workforce injuries, according to the U.S. Bureau of Labor Statistics.

The Maine-based in-

surance company cited two slip-and-fall injuries from the past year that are expected to exceed \$500,000 each in medical and replacement wage benefits.

“Loss control professionals operate from the premise that most every injury is preventable,” Senior Vice President of External Affairs Tony Payne said. “This coming storm

is expected to drop several inches of rain while temperatures are in the 50s, but the air will quickly turn frigid and remain below freezing for the next four or five days. That means extra caution and regular salting and sanding is required to keep roads, walks, steps, and parking lots free of ice.”

Payne said slip-resistant footwear and ice cleats

are additionally helpful in prevent slip injuries.

For more information about slip-and-fall prevention, visit <https://www.memico.com/workplace-safety/safety-net-blog/2017/january/winter-slip-trip-and-fall-safety-tips>. the MEMIC Safety Net Blog and the winter safety resource page at MEMIC.

com.

According to The National Institute for Occupational Safety and Health (NIOSH), slips, trips, and falls were collectively the third leading cause of work-related injuries treated in emergency departments, accounting for 27 percent of 888,220 nonfatal work injuries that resulted in days away from work in 2019.

New England Sports Review with Karver Jordan

New England Patriots’ Mistakes Cost the Game

By Karver Jordan, Class of 2024

The Patriots would fall in a close battle with the Las Vegas Raiders on Sunday with the final score being 30-24. Overall, it was a horrible day for the Patriots including not a very good offensive game for the Patriots. Defense was alright—not great but not bad. The playoff chances for the Patriots get slimmer and slimmer with the loss. The Patriots’ playoff odds would fall to 20%-28% to make playoffs.

The Patriots would have one of the ugliest fin-

ishes NFL fans have ever seen. Starting off, the Raiders would have one of the worst called touchdowns ever. Keelan Cole, a wide receiver for the Raiders, would have a touchdown late in the game while Marcus Jones was covering. Cole would only get 1 foot down in bounds, but the call on field would stand as a touchdown. This left the Patriots fans in shock. The Patriots would have 3 seconds on the clock to make something happen to see if they could squeeze out a win. The Patriots would call a halfback draw with Rhamondre Steven-

son. Stevenson would get a good amount of yards, then out of nowhere would toss it back to Jakobi Meyers. Jakobi Meyers would throw the ball back to Mac Jones and it was picked off by Chandler Jones. Jones would completely level Mac Jones and run to the endzone. The clock would turn to all zeros and the game was over. Jakobi Meyers would quickly say after the game, “I was just doing too much.”

The offense was like a junkyard with little bits of good. Mac Jones would play alright, just not doing what he did in his rookie

season. Jones would go 13-for-31 for 112 yards with no touchdowns and no picks. This was a below average game for Jones compared to how he played for most of the year. The star of the show was Rhamondre Stevenson. Stevenson would have 19 carries for 172 yards with an average of 9.1 yards a carry. Adding to the great day, he would have a touchdown. Patriots fan will be hoping Tyquan Thornton can become something and build on it for the future. Thornton would have 1 catch for 21 yards.

The Patriots’ defense

would have a okay game. Raiders QB Derek Carr would go 20-for-38 for 231 yards with 3 touchdowns and 1 interception. The Patriots would hold the star runningback Josh Jacobs to under 100 rushing yards. One star on the Patriots’ defense was Kyle Dugger, who would have one interception, which would lead to a pick six. Marcus Jones would cover Devante Adams (arguably the best wide receiver in the NFL) and would hold him to only 4 catches for 28 yards—a very good job for Jones. Joshua Uche has 10+ sacks this season

with his 0.5 sack on Derek Carr. The Patriots will need to buckle up to stop the Bengals’ high-powered offense.

The Patriots would drop to (7-7) and will go against the (10-4) Cincinnati Bengals on Christmas Eve.

Karver Jordan, class of 2024, is a sports writer for Freeport High School. Karver enjoys playing football and baseball, as well as hunting and spending time outside. Karver loves writing about sports and is looking to pursue it as a career. Thanks for reading!

Amtrak Downeaster Celebrates 21 Years with \$20 Round-Trip Fares

PORTLAND, ME (December 19, 2022) – The Amtrak Downeaster began providing daily passenger rail service between Maine and Boston twenty-one (21) years ago on December 15, 2001. In just the past 12 months, the Downeaster has transported more than 467,000 passengers (a 35% increase over the previous year) in-

cluding commuters, students travelling to or from college, children, senior citizens, sports fans, medical travelers, and tourists. More than 8.4 million riders have travelled on the Downeaster since service began.

“Despite significant challenges during the pandemic, Amtrak Downeaster ridership has

rebounded to 93% of 2019 levels. The Northern New England Passenger Rail Authority (NNEPRA) continues to make service improvements and infrastructure investments in the Downeaster, which maintains one of the highest customer satisfaction ratings in the nation.” said Patricia Quinn, NNEPRA Executive Director.



Construction continues on the Wells Area Improvement Project, which broke ground one year ago, and will lead to additional Downeaster service between Brunswick and Wells in 2025. The \$23M Project, managed by NNEPRA, is funded in partnership with the Feder-

al Railroad Administration, the Maine Department of Transportation, and CSX Transportation.

Special Travel Promotions put in place to Celebrate Downeaster Anniversary

The Amtrak Downeaster is celebrating 21 years of service by of-

fering special discounted fares for travel during January 2023. “If you already love the Downeaster, or if you’ve haven’t ridden yet, these \$20 Round-Trip fares make January the perfect time to take the train!” said Taylor Belanger, NNEPRA Marketing Director.

\$20 round-trip (\$10 one-way) fares for travel between Brunswick, Maine and Boston, Massachusetts or any station in between are available for sale now and are valid for travel January 1, 2023 through January 31, 2023. Reservations for these discounted fares must be purchased 3 days in advance of travel. Reference promotion code v520.



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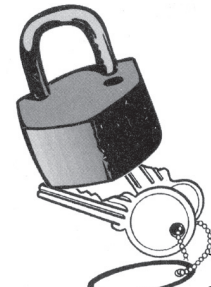
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January 7

GORHAM -- Public Bean Supper at White Rock Community Clubhouse, 34 Wilson Road, Gorham on Saturday, January 7, 4:30-6:00pm. We are back inside! Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.

\$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.

Calendar

Send your submissions to the Editor. More online.

com/whiterockcommunityclub

Wednesdays, January 11-February 15

LEWISTON -- The Lewiston Public Library will be hosting a 6 week yoga series for teens beginning in January 2023. Classes will be held at the library on Wednesdays from 3:30-4:30pm from 1/11/23 - 2/15/23 in the

3rd floor Callahan Hall and 2nd floor IDEA Lab on alternating weeks.

For more information contact the Adult & Teen Services department at 513-3135 or lpreference@lewistonmaine.gov.

January 19

LEWISTON -- The Great Falls Forum entitled "Drawn to a Life of Crime" will be happening

at the Lewiston Public Library on Thursday, January 19 from 12 to 1 PM. The event listing can also be found on our website at <https://lplonline.org/events/great-falls-forum-drawn-to-a-life-of-crime/>

January 28

GRAY -- Supper - Variety of Casseroles and Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts and Beverages

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Educators & Stakeholders Gather at Annual Symposium

PORTLAND, ME (December 21, 2022)

More than 400 educators, business leaders, policy-makers, students, and diverse citizens from across Maine convened in Portland on December 9, 2022 at Educate Maine's 2022 Education Symposium to share knowledge, innovative ideas, best practices, and timely strategies for helping all Maine people reach their highest educational potential. After two years of virtual engagement, this year's event was held in-person through the generous support of many sponsors, including Premier Sponsor Unum, and in partnership with the MELMAC Education Foundation.

Workforce solutions

through educational partnerships were the focus of the morning plenary session featuring a moderated armchair discussion with Bank of America Maine President Brian King, FocusMaine President Dana O'Brien, and Amanda Leith, Head of Talent Acquisition for FMI, A Spirit AeroSystems Company.

Luncheon keynote speaker Kelsey Stoyanova, 2022 Maine Teacher of the Year, discussed the impact on students and communities when teachers and education allies work together to offer authentic and innovative learning experiences.

"It was great to bring together hundreds of educators, policy makers,

business leaders, and other partners to both celebrate educators from across Maine and to engage in meaningful conversations about education and business partnerships, student career pathways, experiential learning, and early education," said Dr. Jason Judd, Executive Director of Educate Maine. "I was proud to see so many business leaders collaborating with educators throughout the day on how they can work together to help Maine students thrive."

Longtime Maine State Chamber of Commerce President Dana Connors was presented with Educate Maine's 2022 Weston L. Bonney Education Leadership Award at the Symposium's Leader-

ship Luncheon. Each year, this award recognizes an individual, business, or group that demonstrates commitment to quality education for Maine students. Connors, who will retire from the Maine State Chamber soon, has been a champion for education throughout his nearly 30 years leading the state's largest business association.

With more than 35 speakers and 20 breakout sessions throughout the day, symposium attendees learned about existing employer-educator partnerships in Maine; and heard from educators who are piloting new and innovative programming to integrate technology, social-emo-

tional learning, and outdoor education into their classrooms. Students became teachers in a few sessions where attendees listened to presentations on how the students are engaging in meaningful conversations and leadership initiatives within their schools.

Breakout sessions included a focus on computer science education in Maine; meeting skilled workforce demands; practices that support success for Maine's LGBTQ+ students; core instruction in CTE programs; practical ways to bring a community together around the critically important topic of early childhood education; apprenticeships as a strategy to address the child-

care workforce crisis; how the offer of free college is changing the opportunities, options, and aspirations for New Mainers; and understanding the importance of equity, inclusion, and education of elementary level students using the Civil Rights team model.

The 2023 Education Symposium is scheduled to take place on Friday, December 8 in Portland.

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



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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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Mission of Hope Clothes Closet Offers Free Clothes

Mission of Hope

CLOTHES CLOSET

Open 1st & 3rd Saturday

9am - noon

Donations accepted during Clothes Closet hours.

GORHAM, ME Hope Clothes Closet is located at the 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.

Medical Closet Serves Gorham Residents

GORHAM, ME 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.

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

Winter Gear at United Methodist's Clothes Closet in Gorham

GORHAM, ME 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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