

Gorham Can Get Creative with Cookie Decorating Classes

WESTBROOK, ME (December 30, 2022) – A new year is here!! Are you looking to learn something new or try something different? Come join Jenny Sprankles Confections at one of her cookie decorating classes and see what everyone's raving about! They're both fun AND educational (and not to mention delicious).

January classes are filling up quickly! Don't miss your chance to decorate some fun cookies; no experience necessary and you don't have to bring a thing! All needed supplies are provided to decorate 6 beautiful cookies, and you'll even get to take home the decorating tool you use in class, cookie and icing recipes and a supply list of items so you can try it at home!

Two classes to choose from... grab a friend and join us for SNOW much fun!!

Thursday, January 12th, 6-8PM, Westbrook Community Center <https://square.link/u/b8ox86Om>

Friday, January 20th, 6-8PM, Brook City Nutrition <https://square.link/u/JwFd-QehI>

See you there!



Gorham Business Earns Safety Award

PORTLAND, ME (December 30, 2022) – The MEMIC Group, workers' compensation insurance specialists, has announced its 2022 selections for The MEMIC Awards, which honors companies that demonstrate best practices in workforce safety, injury management, and workforce partnership.

Nominated by MEMIC safety consultants, recipients of The MEMIC Award for Excellence in Safety are considered among the best of more than 20,000 MEMIC policyholders at deeply integrating workforce safety into their culture to prevent on-the-job injuries, increase labor productivity, and relentlessly improve work practices at all levels of the organization.

Award criteria include participation in safety workshops and on-site training, clear and consistent communication with employees about safety expectations, and investments proven to reduce injuries such as mechanization, machine guarding, providing personal protective equipment, and defensive driver training.

The 2022 recipients of The MEMIC Award for Excellence in Safety are:

East Coast Communications, of Gorham, ME

Uneeda Enterprizes, of Spring Valley, NY

Winchester Equipment Company, of Winchester, VA

Wyman's, of Milbridge, ME
Nominated by MEMIC claims specialists, winners of The MEMIC Award for Excellence in Injury Management are MEMIC-insured employers that exhibit diligence, transparency, and partnership in caring for workers in the event they become injured.

Award criteria include timely reporting of injuries using tools such as MEMIC's First Call 24/7 Injury Triage hotline, securing appropriate care, promoting a strong return-to-work culture, and collaborating with MEMIC to mitigate risks, avoid costly litigation, and prevent similar injuries in the future.

The 2022 recipients of The MEMIC Award for Excellence in Injury Management are:

Double Envelope, of Roanoke, VA
John Knox Village, of Pompano Beach, FL

Sunday River Resort, of Newry, ME

"MEMIC Awards perfectly exemplify the partnership between MEMIC and our policyholders when it comes to workers' compensation," The MEMIC Group Senior Vice President of External Affairs Tony Payne said. "At the end of the day, the relationship with our policyholders is more about safety and prevention than insurance.

"No one wants workers to get hurt,

or if they do get hurt, to lose their livelihoods over it," Payne said. "That's the MEMIC difference. We persistently consult with our policyholders to instill best safety practices appropriate to their industries to avoid injuries, save them money, make them more profitable, and create a caring workplace culture. The companies we're recognizing with MEMIC Awards are doing it all."

The second-ever MEMIC Award for Workforce Partnership goes to Shawn Moody, president of Moody's Collision Centers, of Gorham, Maine.

A MEMIC policyholder, Moody started the company during his senior year in high school and built it to become a dominant force in Maine's auto repair industry. Part of that success is attributed to its Employee Stock Ownership Plan (ESOP) based on Moody's stated belief that workers who have an ownership stake in a business are motivated to improve it.

Recognizing the challenges of an aging Maine workforce, Moody co-founded the Maine Blue Collar

Scholarship Foundation to support vocational-technical education for students and faculty. To date, the Foundation has made enrollment possible for more than 250 Maine students.

Moody's public service includes tenures on the Board of Trustees for the University of Maine System and the Maine Community College System, and he was a candidate for governor in 2018.

"Shawn is a well-known Maine entrepreneur who consistently puts the health and safety of his own workers first while extending that ethic to public service and profit sharing," Payne said. "He exemplifies workforce partnership by sharing the benefits of good business practices, an ethic which is the core of MEMIC's mission, vision and values."

The MEMIC Awards were established in 1994 to celebrate employers who show an outstanding commitment to excellence in safety, injury management, and workforce partnership. All awards are given annually. Nominees are recommended by policyholders' Loss Control and Claims representatives.

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Newsmakers, Names & Faces

\$308M for Secured for 180 Maine Projects

WASHINGTON, D.C. (December 22, 2022)—U.S. Senator Susan Collins, a senior member of the Appropriations Committee, announced that she successfully secured more than \$308,690,040 for 180 Maine projects located across the state in the text of the Fiscal Year 2023 Appropriations bills. The omnibus funding package passed the Senate today by a vote of 68-29. It will now be passed by the House before heading to the President's desk to be signed into law.

The requests submitted by Senator Collins will support projects by Maine's state government, municipalities, and non-profits that will promote job creation and economic development, improve infrastructure, support education, expand community resources for Mainers, and protect our environment.

"As a senior member of the Appropriations Committee, I have long championed investments that support Maine's communities and families," said Senator Collins. "I heard from local leaders about how these projects will enhance the wellbeing of Mainers, increase access to higher

education and workforce development programs, and improve the delivery of town services from Aroostook County to York County. These projects will deliver substantial benefits to our state and the people of Maine."

Androscoggin

12 Projects / \$17,950,000

1. Auburn Police Activities League (PAL) Community Center (Auburn)
Recipient: Auburn PAL

Bill: THUD
Amount: \$3,000,000
Project Purpose: To build a new Auburn PAL Community Center for supervised after-school and summer activities. The facility will also support an early childhood education and childcare program, activities for young people and teens, and a kitchen and food pantry.

2. YMCA of Auburn-Lewiston All Weather Community Pavilion (Auburn)
Recipient: YMCA of Auburn-Lewiston

Bill: THUD
Amount: \$925,000
Project Purpose: To construct an all-weather pavilion and multi-use facility

at the YMCA's 95-acre outdoor learning center.

3. B-Street Clinic Community Clinical Services Expansion (Lewiston)
Recipient: Community Clinical Services, Inc.

Bill: LHHS-Ed
Amount: \$2,000,000
Purpose: To support facilities improvement and equipment needs to expand capacity for medical, mental health, and dental care services.

4. City of Lewiston Canal and Riverwalk Trail (Lewiston)
Recipient: City of Lewiston

Bill: THUD
Amount: \$979,000
Project Purpose: To expand Lewiston's riverfront trail that links the new Auburn Village Center and Lewiston's Little Canada neighborhood in accordance with the city's 2012 Riverfront Island Master Plan.

5. Dempsey Center Mobile Units (Lewiston)
Recipient: Dempsey Centers for Quality Cancer Care

Bill: LHHS-Ed
Amount: \$725,000
Purpose: To support the purchase of two mobile units to provide physical and emotional support to

rural Mainers impacted by cancer, including those with limited transportation and low digital access.

6. Lewiston Housing Authority - St. Mary's Intergenerational Center (Lewiston)
Recipient: Lewiston Housing Authority

Bill: THUD
Amount: \$4,000,000
Project Purpose: To support construction of a facility to co-locate senior housing, childcare, health care, and social services in partnership with St. Mary's Hospital.

7. Lisbon Street Fire Sub-Station (Lewiston)
Recipient: City of Lewiston

Bill: THUD
Amount: \$1,000,000
Project Purpose: To build a new fire sub-station on Lisbon Street in Lewiston, which will improve the Fire Department's response time and effectiveness.

8. SeniorsPlus Facility for Older Adults (Lewiston)
Recipient: SeniorsPlus

Bill: THUD
Amount: \$1,500,000
Project Purpose: To construct a facility that would house a new Meals on Wheels Kitchen that

serves Androscoggin, Oxford, and Franklin counties, as well as an Education Center to facilitate classes and support groups.

9. St. Mary's Medical Center Facilities Modernization (Lewiston)
Recipient: St. Mary's Regional Medical Center

Bill: LHHS-Ed
Amount: \$945,000
Purpose: To support equipment and facility renovations, including improving St. Mary's Medical Center's C2 Unit by converting three single patient rooms into negative pressure-capable isolation rooms and installing a new HVAC air handling system.

10. Poland Spring Preservation Society Maine State Building (Poland)
Recipient: Poland Spring Preservation Society

Bill: Interior
Amount: \$278,000
Project Purpose: To install a new roof on the historic Maine State Building.

11. Town of Poland Transfer Station Improvements (Poland)
Recipient: Town of Poland

Bill: Interior
Amount: \$598,000
Project Purpose: To improve the capability and

capacity, safety, and environmental protection at the Poland Transfer Station.

12. Sabattus Central Fire Station (Sabattus)
Recipient: Sabattus Fire Department

Bill: THUD
Amount: \$2,000,000
Project Purpose: To consolidate two fire stations into one at the town office complex. The current stations are old and too small for the needs of the department and its equipment.

Cumberland

21 Projects / \$19,396,000

1. Central Maine Healthcare Hospital Equipment Purchase (Bridgton and Rumford)
Recipient: Central Maine Healthcare Corporation

Bill: LHHS-Ed
Amount: \$820,000
Purpose: To support the purchase of medical equipment and related renovations for the Bridgton (Cumberland County) and Rumford (Oxford County) hospitals.

2. Oasis Free Clinics Expansion (Brunswick)
Recipient: Oasis Health Network Inc.

Bill: LHHS-Ed
See Projects, page 5

One-Month Grace Period for Licensing Pets Expires Jan. 31

LEWISTON, ME (December 29, 2022) -- The Lewiston City Clerk's Department is reminding all Lewiston dog owners that the one-month grace period for licensing their pets will expire Jan. 31. Per state law, a dog's license expires Dec. 31 of each year, and a \$25 state late fine will be added to each license for all dogs licensed after Tuesday, Jan. 31, 2023.

According to the City Clerk's Office, only about seventy percent of the dogs

that were licensed in 2022 have been re-licensed for the new year.

"We do not want our residents to have to pay the \$25 late fine, but it is a state requirement. In Nov., we sent letters to all owners of dogs licensed in 2022 to remind them that the licenses expire Dec. 31 and the late fine is effective Feb. 1," said City Clerk Kathy Montejo.

Dog license fees are \$11 for a male or female dog and \$6 for a spayed or neutered animal, which

means the late fine is more than the cost of the license itself.

"We have over 800 dogs that still need to be re-licensed," said Montejo, "which means that we will be doing a lot of dog licensing during the next month, before the Jan. 31 late fine begins, or many of our residents will have to pay the state-mandated late fee." Per state requirements, the late fine is assessed per dog and not per household.

Many dog owners

may not have re-licensed their pet because they may have misplaced the animal's rabies certificate, which is required to be shown at the time of licensing. Pet owners should contact their veterinarian's office to request a duplicate copy of the rabies certificate if they cannot locate their copy.

As a convenience, dog owners may mail in their license renewal information, and the tag for the new year will be mailed back to the owner. The

dog owner should mail a copy of the rabies certificate, along with the dog's name; the owner's name, address, phone number; and a check payable to the City of Lewiston for the correct amount. Residents may also register their dog's license online at the City's website: www.lewistonmaine.gov/licenseyourdog

Rabies is a serious problem in the State of Maine. Residents are urged to take the time to protect their pet against

this deadly virus. If an animal is suspected of having rabies, it is quarantined. If during this time, the signs of rabies still appear, the only way to test an animal for rabies is to euthanize the animal. Dog licensing ensures rabies vaccination which protects the health of your pet.

The City Clerk's Department has office hours on Monday - Friday, 8:30 AM - 4:00 PM. Questions can be directed to the City Clerk's Department at 513-3124.



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Newsmakers, Names & Faces

Citizen Volunteers Needed for Gorham Boards & Committees

GORHAM, ME (December 30, 2022) -- The Town Council Appointments Committee is still seeking citizen volunteers for various boards and committees. The board and committee vacancies available are as follows:

PLANNING BOARD - 2
GORHAM ECONOMIC DEVELOPMENT CORPORATION - 3
CONSERVATION COMMISSION - 2
BOARD OF AP-

PEALS - 3
BOARD OF TRUSTEES - BAXTER MEMORIAL LIBRARY - 3
HISTORIC PRESERVATION COMMISSION - 3
FAIR HEARING BOARD - 1

BOARD OF ASSESSMENT REVIEW - 1
BOARD OF VOTER REGISTRATION APPEALS - 1
REVOLVING LOAN FUND COMMITTEE - 4
BOARD OF HEALTH - 1

If you are interested in applying to serve on any of Town board and/or committee, or for more information, please visit the Town Clerk's Office. To apply, please complete and submit a Committee Volunteer Application avail-

able online. You may also contact the Town Clerk's Office at 222-1670 or email the Town Clerk Laurie Nordfors at lnordfors@gorham.me.us. Applications will be accepted until January 20, 2023.

Cook with Bravo Maine, Taste Italian, French, Japanese Cuisine

HANDS-ON COOKING CLASSES W/BRAVO MAINE
 Westbrook Community Center Kitchen + Spruce Room - 426 Bridge Street

Monday, January 16 6-8pm	Monday, January 23 6-8pm	Monday, January 30 6-8pm
Menu: Viva Italia! Pasta from Scratch Italian Biscotti from Scratch Demo Carbonara \$40/person	Menu: Welcome to France! Cordon Bleu from Scratch Salad Niçoise from Scratch Demo French Lava Cake \$40/person	Menu: Hello Japan! Ramen Noodles from Scratch Demo Chicken Broth \$40/person

Bravo Maine!
 Open to anyone age 8 and above

To Register: Visit www.WestbrookCommunityCenter.org or Scan the QR Codes Above!

WESTBROOK, ME (December 30, 2022) -- The Westbrook Community Center has partnered with Bravo Maine and Chef Jus-

tine Corbi to bring you three different hands-on cooking classes coming up in just a few weeks!

Enjoy a fun night out with friends or family and learn to make different meals from scratch. All cooking utensils and ingredients are included. And they'll be plenty to take home, so please bring some extra containers!

Open to anyone age 8 and above. Register by visiting the Westbrook Community Center's

Facebook page and following the link.

Event Descriptions:
 Monday, January 16 - 6-8pm Westbrook Community Center Kitchen + Spruce Room. Class Menu: Viva Italia! Pasta from scratch; Italian Biscotti from scratch; Demo carbonara. Fee: \$40/person.

Monday, January 23 - 6-8pm Westbrook Community Center Kitchen + Spruce Room. Class Menu: Welcome to France! Cordon Bleu from scratch; Salad

Niçoise from scratch; Demo French lava cake. Fee: \$40/person

Monday, January 30 - 6-8pm Westbrook Community Center Kitchen + Spruce Room. Class Menu: Hello Japan! Ramen noodles from scratch; Demo chicken broth. Fee: \$40/person

Questions? Please contact Caroline O'Brien, Recreation Program Assistant, via e-mail at co-brien@westbrook.me.us or call 207.854.0676, ext. 5276.

\$1B for LIHEAP Signed into Law

WASHINGTON, D.C. (December 30, 2022) -- U.S. Senator Susan Collins and Congressman Jared Golden announced that the government funding bill that was signed into law last night included \$1 billion in supplemental appropriations for the Low Income Home Energy Assistance Program (LIHEAP), which provides funding to help low-income households pay their energy bills. In total, the government funding bill

included \$5 billion for LIHEAP, which brings the total FY23 funding to \$6.1 billion.

Maine will receive an estimated \$6.5 million in additional LIHEAP funding, on top of the \$42.5 million the state was allocated in November through prior funding bills. Senator Collins and Congressman Golden led a push to increase funding for LIHEAP during the negotiations over the omnibus appropriations

bill that funded the federal government for fiscal year 2023. The omnibus passed the Senate by a vote of 68-29 and the House by a vote of 225-201.

"This additional funding for LIHEAP comes at a critical time for Maine families," said Senator Collins and Congressman Golden. "We strongly advocated for this increase for LIHEAP to help compensate for the record high fuel prices that are straining households'

budgets. This much-needed funding will help to ensure that seniors on fixed incomes and other Mainers in need have the resources necessary to keep their homes warm this winter."

Many Northeast residents have seen a significant increase in their utility bills this winter, with residential electricity prices in some states forecast to rise over 60 percent, propane up 40 percent, and natural gas prices up nearly 30 percent, resulting in higher

home heating bills.

Senator Collins and Congressman Golden already delivered \$1 billion in emergency funding for LIHEAP in the short-term "continuing resolution" (CR) funding package that President Biden signed into law in September.

LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income,

family size, and the availability of resources. Senior citizens and those receiving Social Security Disability or SSI benefits are encouraged to apply as early as possible, but applications will be open to everyone through spring of 2023 — or until the funding is exhausted. More information on how to apply can be found at <https://www.mainehousing.org/programs-services/energy/energydetails/home-energy-assistance-program>

Maine Home Values Remain Strong

AUGUSTA, ME (December 21, 2022)— Buyers of single-family existing homes across Maine are still encountering a lower-than-normal inventory of homes available for purchase. According to Maine Listings, 1,289 homes changed hands in November, a decline of 28.7 percent from November one year ago. The median sales price (MSP) for homes sold reached

\$325,000—up 8.3 percent from November 2021. The MSP indicates that half of the homes were sold for more and half sold for less.

"While demand remains steady for Maine's tight for-sale inventory, increased mortgage interest rates, coupled with the typical holiday slowdown, have impacted the market," says Madeleine Hill, 2022 President of the Maine Association of REALTORS®

and Designated Broker at Roxanne York Real Estate in Harpswell. "For-sale inventory remains historically low with 13 percent fewer homes on the market in November 2022 compared to last month — and 58 percent fewer homes for sale than pre-pandemic November 2019."

Nationally, sales are down 35.2 percent in November 2022 compared to November 2021. The National Association of Realtors today also reported that the national MSP reached \$376,700 in November, an increase of 3.2 percent in a year. Sales in the regional Northeast dipped 28.4 per-

cent and the regional MSP of \$394,700 represents a rise of 3.5 percent comparing November 2022 to November 2021.

"REALTORS® continue to educate sellers and buyers about their local market conditions in terms of the availability of for-sale inventory, housing

values, financing costs, and the long-term advantages of home ownership," adds Hill. "For qualified buyers, home ownership remains a solid financial and quality of life investment. With nearly 1,300 sales, November 2022 was the 7th best November in the 22 years of available records."

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Free Classes in Career, Business, Financial Ed Offered

MAINE, STATE-WIDE (December 19, 2022)—New Ventures Maine (NVME) has announced tuition-free online workshops and classes for winter 2023. NVME self-paced and interactive online workshops are designed to help people in Maine gain the skills, knowledge, and confidence to start a business, build a career, and manage money.

The full class schedule with new class offerings for January and beyond is accessible at bit.ly/NVMEClasses.

Most winter 2023 classes will be held online. Single- and multi-session workshops are offered, including:

My Next Career

Move (self-paced, online): Assess your skills, interests, and experiences and relate them to career options. Runs January 9 – March 31, 2023. Enroll by March 1. Work at your own pace.

Matched Savings Information Session (interactive, online): Monday, January 9, 4:00 – 5:00 p.m. Learn about matched savings programs that can help you save for a goal by matching your savings with additional funds. Find out how the programs work, check on eligibility, and ask questions.

Making Career Choices (interactive, online): Tuesday, January 10, 10:00 – 11:00 a.m. Ready for a career change but

don't know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered Jan. 17, 2023)

Introduction to Self-Employment (interactive, online): Tuesday, January 10, 12:00 – 1:00 p.m. This class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed. (Also offered Jan. 10, 2023)

Money Management Workshops (interactive, online): Wednesdays, January 11 - 25, 6:00 – 7:00

p.m. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three workshops. January 11: Budgeting Basics; January 18: Let's Talk About Credit; January 25: Build Your Savings.

Job Search Workshops (interactive, online): Thursdays, January 12 – 26, 6:00 – 7:00 p.m. Ready for a new job or a career change? Join us for one, two, or all three workshops. January 12: Job Search Strategies; January 19: Resume Strategies; January 26: Interview Strategies.

Tax Readiness for the Self-Employed (interactive, online): Tuesday, January 24, 12:00 – 1:00

p.m. Learn how to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors. (Also offered Feb. 9, 2023)

Changing Jobs: Finding Work That Fits (interactive, online): Tuesdays, January 24 – February 7, 10:00 – 11:30 a.m. Are you considering a job change? This online class for women will help you identify work options and benefits that align with your interests, skills, and values.

Building Confidence (interactive, online): Wednesdays, January 25 – February 8, 6:00 – 7:30 p.m. Whether you are nav-

igating recent changes, looking for a job, starting a business, or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong.

Business Basics (interactive, online): Thursdays, January 26 – February 9, 10:00 – 11:30 a.m. This class covers the basics of a business plan, marketing, and cash planning. It will help you assess the feasibility, desirability, and viability of your business idea and get you started with your plan.

To sign up for any of the above classes, visit bit.ly/NVMEClasses or call 207-621-3440.

Letter to the Editor

Gov. Mills stands on the Shoulders of Sen. Smith

To the Editor, Governor Mills will be sworn in on Jan 4th. She had a very special role model as a little girl, former US Senator Margaret Chase Smith.

Senator Smith inspired Governor Mills to public duty, to earn her leadership skill set with service, and Smith's role model taught

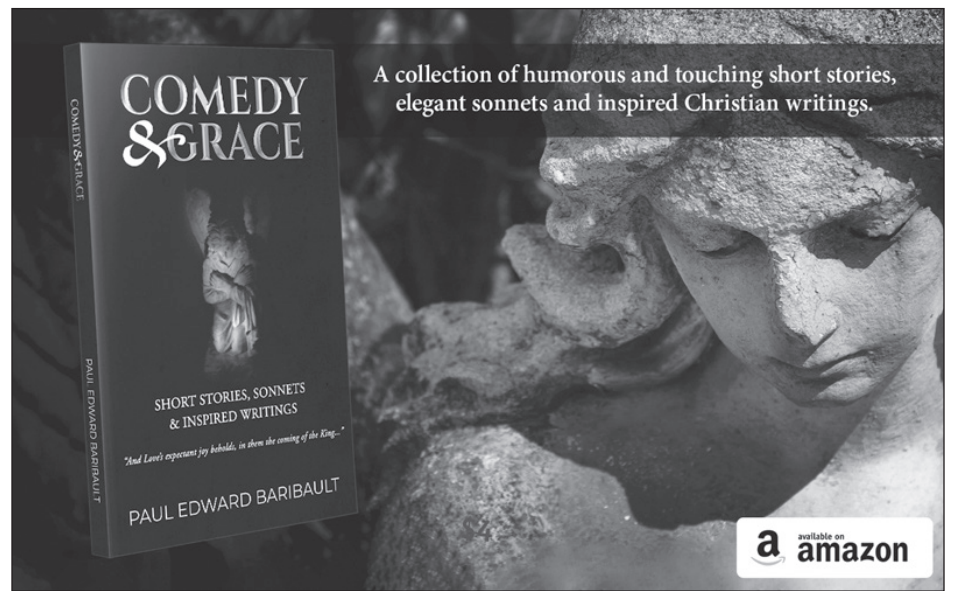
Mills to be a pioneer, a ground breaker. It would be too simplistic to think of Gov Mills' service exclusively while she has been Governor. Her service is so much bigger, longer, and more distinguished than that!

Most people don't remember Senator Smith's votes. We sure can't miss the fruits of her role model

- all these generations later - when Governor Mills is sworn in as Maine's first - successful and reelected - woman Governor. Gov Mills stood on Senator Smith's shoulders, and we get to watch, in real time, as Maine's future women leaders now stand on Gov Mills' shoulders.

Bob Jean
Lubec, ME

Lewiston Author Releases Newest Book, *Comedy & Grace*



LEWISTON, ME (December 30, 2022) -- 'Comedy & Grace', Lewiston playwright Paul Baribault's sequel to his first work in non-fiction, 'Our Brilliant Eternity', is now available on Amazon. Following on that first book's themes, it further explores the "what if" of things, of our lives here on Earth and what awaits us beyond it.

Through its touching and often comic retellings early in the book, like 'The

Christmas Canteen', 'Invention of the Thin Crust Pizza' and 'Three Corvettes', to outright fables like 'Twins Separated at Birth' and 'Space Odyssey, 2021', it's clear the writer's intent is to warm up his readers with smiles and laughter before the more serious Grace portion of the book begins - with its polished sonnets and the closing Inspired Writings, which the back cover testimonial describes as com-

ing from "the soul-resting whispers of Eternal Mind". One thing throughout is evident: the writer's hope is to entertain, engage and inform us about who we are in Eternity - that we are brothers and sisters on a consciousness and soul-expanding journey, back to our true Home.

In September Mr. Baribault also made his short story debut, in the latest issue of the 'Chicken Soup for the Soul' series titled, "Mysteries and the Unexplainable", with the submission title 'Midnight Rider'.

'Comedy & Grace' is now available on Amazon, and at www.Ourbrillianteternity.com.

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Projects

Continued from page 2

Amount: \$833,000
 Purpose: To support facility improvements and equipment for the medical and dental clinic, which provides free services to patients.

3. Southern Maine Community College Facility Purchase and Certificate Program (Brunswick)
 Recipient: Southern Maine Community College
 Bill: FSGG
 Amount: \$1,000,000
 Project Purpose: To purchase a facility to support Controlled Environment Agriculture and to initiate a certificate program in greenhouse management and horticulture. This programming will help educate Maine businesses, communities, and citizens about ways to foster year-round food and plant growth, including through workforce skills training and industry workshops.

4. University of Maine-Augusta Aviation Maintenance Technician School (Brunswick)
 Recipient: University of Maine System
 Bill: LHHS-Ed
 Amount: \$400,000
 Purpose: To launch a higher education degree program at Brunswick Landing in aviation maintenance where students will learn how to repair and maintain certified air-

craft, expanding the pipeline of aviation professionals to fill in-demand jobs.

5. Cumberland County Public Safety Communications Equipment Upgrade (Cumberland County)
 Recipient: Cumberland County
 Bill: CJS
 Amount: \$1,000,000
 Project Purpose: To upgrade and replace public safety communications equipment that is nearing the end of its life.

6. Town of Gorham Feasibility Study for Sewer and Water Distribution System (Gorham)
 Recipient: Town of Gorham
 Bill: Interior
 Amount: \$240,000
 Project Purpose: To fund a feasibility study to connect the Route 22 commercial corridor with sewage and water distribution services to prepare for future development.

7. Maine Turnpike Crossing Water Main Replacement (Gray)
 Recipient: Gray Water District
 Bill: Interior
 Amount: \$1,416,000
 Project Purpose: To replace the 1950s-era water main that runs under the Maine Turnpike.

8. Town of Long Island Mariners Wharf Project (Long Island)
 Recipient: Town of Long Island
 Bill: THUD

Amount: \$477,000
 Project Purpose: To repair and reinforce a town wharf that has been damaged by severe winter storms and which serves as the embarkation/debarkation point for ferry service to the island.

9. Maine Irish Heritage Center Building Restoration (Portland)
 Recipient: Maine Irish Heritage Center
 Bill: THUD
 Amount: \$3,000,000
 Project Purpose: To fully restore and weatherize the Maine Irish Heritage Center building and prevent further interior damage and deterioration of the exterior structure.

10. Maine Law School Legal Aid Clinic (Portland)
 Recipient: University of Maine System
 Bill: LHHS-Ed
 Amount: \$17,000
 Purpose: To expand Maine Law's public service legal aid clinic to prepare students for professional practice, including by acquiring essential technology items for the clinic.

11. Mobile Life Sciences Education (Portland)
 Recipient: Educate Maine
 Bill: LHHS-Ed
 Amount: \$1,000,000
 Purpose: To acquire and operate a state-of-the-art mobile lab to instruct K-12 students and engage

them in hands-on interactive learning in the life sciences. Funding would also be used for curriculum development and lab equipment.

12. Implementing Smart Home and Telehealth Technologies to Promote Independent Living for People with Disabilities (Scarborough)
 Recipient: 3i Housing of Maine
 Bill: LHHS-Ed
 Amount: \$509,000
 Purpose: To implement user-friendly technology at approximately 45 supportive housing units for individuals with disabilities to help improve residents' independence and quality of life.

13. Scarborough River, ME (Scarborough)
 Recipient: Army Corps
 Bill: E&W
 Amount: \$2,700,000
 Project Purpose: To dredge the Scarborough River to address significant shoaling that has impeded access to the commercial pier, moorings, and boat launches.

14. Direct Support Professionals Workforce Readiness Program (South Portland)
 Recipient: Port Resources
 Bill: LHHS-Ed
 Amount: \$30,000
 Purpose: To fund a health care training program to fill much-needed direct support profes-

sional roles.

15. Electric Vehicle Automotive Certification Expansion (South Portland)
 Recipient: Southern Maine Community College (SMCC)
 Bill: E&W
 Amount: \$750,000
 Project Purpose: To fund the newly implemented electric vehicle repair certification

16. STRIVE World-WIDE (South Portland)
 Recipient: Peregrine Corporation
 Bill: LHHS-Ed
 Amount: \$300,000
 Purpose: To increase educational opportunities designed to teach independent living and employment skills to individuals with intellectual and developmental disabilities.

17. Child Exploitation Prevention (Standish)
 Recipient: Stop Trafficking Us
 Bill: LHHS-Ed
 Amount: \$300,000
 Purpose: To expand trauma programming to improve awareness and prevention of child sexual abuse.

18. St. Joseph's College Front Line Health Care Workforce Training (Standish)
 Recipient: Trustees of St. Joseph's College
 Bill: LHHS-Ed
 Amount: \$1,165,000
 Purpose: To renovate a facility to train nursing

students to enter the home care workforce serving Maine's elderly population.

19. Landslide Vulnerability Assessment of Presumpscot River Corridor, ME (Westbrook)
 Recipient: City of Westbrook, ME
 Bill: DHS
 Amount: \$996,000
 Project Purpose: To study causes of Presumpscot River landslides and develop mitigation strategies for future development planning.

20. Improving Access to Substance Use Disorder Treatment for Adolescent Girls (Windham)
 Recipient: Day One
 Bill: LHHS-Ed
 Amount: \$443,000
 Purpose: To support facility renovations to increase access to substance use disorder treatment for adolescent girls.

21. North Windham Wastewater Treatment Facility (Windham)
 Recipient: Town of Windham
 Bill: Interior
 Amount: \$2,000,000
 Project Purpose: To install a sewer and wastewater treatment system using a Membrane Bio Reactor, which would clean the water to a much higher standard than the existing subsurface waste disposal systems and accommodate business and residential growth.

Barrett Foundation Gives Grant to Pine Tree Camp

ROME and BATH, ME (December 28, 2022) -- Pine Tree Camp's innovative new Dirigo Experience program has received a \$20,000 grant from the Evelyn S. and K.E. Barrett Foundation. The Barrett Foundation funds organizations that benefit children in need, which makes the Dirigo Experience a perfect fit.

Pine Tree Camp is a program of Pine Tree Society which is headquartered

in Bath.

"This program fills a real gap in services," said Pine Tree Camp director, Dawn Willard-Robinson. "Most Deaf youth have never had the chance to meet another Deaf person their own age. The Dirigo Experience breaks that cycle by bringing Deaf and hard of hearing young people together at Pine Tree Camp for a life-changing experience."

The immersive pro-

gram consists of a mixture of outdoor activities, team building and facilitated discussions and is designed to help youth build interpersonal skills, learn how to resolve conflict, navigate communication barriers and increase confidence and self-esteem.

"These are all important tools to have as they grow older and navigate life independently as adults," said Joshua Seal, director of Pine Tree So-

ciety's Interpreting Services. "We want to invest in the future by stepping up to help Deaf youth develop a sense of connection and community now."

Thanks to the support of the Barrett Foundation, Pine Tree Camp's Dirigo Experience will be able to provide a combination of in-person and virtual connections all year long for Deaf and hard of hearing youth statewide.

The Dirigo Experi-

ence is designed for ages 11 to 15 and limited to 30 participants. The first session in 2023 will be held Friday, February 17 through Monday, February 20. Registration is required and full scholarships are available. Register at this link: <https://pinetree.camp-intouch.com/ui/forms/application/camper/App>

On January 11th at 7:00pm, parents are invited to join a special Virtual Info Session hosted on Zoom by

Dawn Willard-Robinson and Joshua Seal. Register at this link: pinetreesociety.org/Dirigozoom

www.pinetreesociety.org

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

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Arts & Entertainment

Mary Poppins will Take Flight in Gorham High School's Musical

GORHAM, ME (December 30, 2022) -- Gorham High School has always had a reputation for its annual musical. The Gorham Musical has a long standing history of turning out top quality productions that the whole community can support. Countless students from GHS have

left the theater program and gone onto Broadway and other regional theaters. This year GHS may be swallowing a bigger 'spoon full of sugar' than they expected.

In the beginning of 2022, Joshua Hurd (the musical's director) announced the 2023 musical

would be Disney's Mary Poppins, and that "yes, Mary is going to fly!" Since that time the production team for the high school musical has been working tirelessly to raise the funds needed to pay for Flying By Foy to come to the school and install the flying system that will allow Mary Poppins soar above Cherry Tree Lane. Flying By Foy is a professional stage flying company out of Las Vegas that has flown celebrities and stage productions all over the world. When they first announced the production they also announced a very ambitious fundraising goal of \$15,000. That amount was only to help cover the cost of the flying. "It's not just the system itself that you pay for. It's the cost of someone to install it, the travel and lodging and then the shipping. We've been coordinating with Foy since summer started" said Jocelyn Miller the show's Production Manager and Producer.

The production is less than a month from opening, and still falling short of their goal. "Ultimately we wanted to keep ticket costs low, but we have had to consider raising the price to help with the expenses this year" said Hurd. The team behind the the mu-

sical has been fundraising most of the year. They partnered with The Desert of Maine in Freeport and hosted a Mini Golf Tour-

nament that they hope to make an annual event. They have been reaching out to ask for donations from local businesses and

so far have raised about \$10,000. Major contributors have been Lisa Lists Maine, Ryan Senatore Ar- See *Mary Poppins*, page 8



Abby Fieore (Nelius), Maddie Downey (Mary Poppins), and Patrick Delaney (Bert). Photo by Molly Breton of Molly Breton & Company. www.mollybretonandco.com

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Bangor Savings Bank Foundation Awards 25 Local Grants

(December 19, 2022) -- The Bangor Savings Bank Foundation is celebrating its 25-year anniversary and awarding grants totaling over \$200,000 to New England organizations that are helping to make their communities vibrant and strong.

These 25 nonprofit grant recipients are engaged in diverse efforts to foster healthy and vital communities throughout New England, from providing affordable housing to literacy services and educational support for families, to life-changing services for survivors of abuse, to recreational and outdoor opportunities for communities, and more.

The Bangor Savings Bank Foundation was created in 1997 to help fulfill Bangor Savings Bank's commitment to improving communities. Based in Bangor, Maine, the Foundation was originally organized and operated for advancing scientific, literary, education, and other community initiatives. Today, the Foundation continues this stewardship by giving to initiatives that make our communities more prosperous, livable, and vibrant, and has expanded its giving in the areas of economic and workforce development, education, social and civil services, culture and

arts, and health and well-being.

"The Bangor Savings Bank Foundation has kept its steadfast commitment for over 25 years to support the critical work of nonprofits in the region," said Bob Montgomery-Rice, President and CEO of Bangor Savings Bank. "Looking forward, we are eager to learn how each of these organizations further their respective missions to build on the betterment of our communities throughout New England."

The Coast Guard Foundation received a \$25,000 grant (\$12,500 over two years) to provide the Coast Guard Station in Eastport, Maine with a multi-function recreational area for Coast Guard members and the community.

"We are extremely grateful to The Bangor Savings Bank Foundation for their generous support of this project," said Marc Cregan, Coast Guard Foundation Regional Director of Philanthropy for New England. "The addition of a picnic pavilion and outdoor recreation area at the Eastport housing complex will give 25 Coast Guard members a place to relax with their families and each other when they are not on the water serving the citizens of Maine. And the nearby hiking trails that

will be built on the property will allow them to build comradery with the broader community while they enjoy the beauty Downeast Maine has to offer."

Four additional recipients who represent the positive community impact of all the grant recipients are:

\$7,500
Crisis Center of Central New Hampshire
Concord, Merrimack County, New Hampshire

The Crisis Center of Central New Hampshire provides services to victims and survivors of domestic violence, sexual violence, elder abuse, stalking, human trafficking, and child abuse. Their services include court advocacy, education and outreach, emergency shelter, housing assistance, and more. This grant will help them modernize their facility to make it more secure and reliable, and to increase programming for their clients.

Friends of River Valley \$10,000; Rumford, Oxford County, Maine

Maine Coast Heritage Trust \$10,000; Machiasport, Washington County, Maine

Step Up Parents \$10,000; Portsmouth, Rockingham County, New Hampshire

Appalachian Mountain Club \$5,500; Green-



Left to right: Marc Cregan, Regional Director of Philanthropy, Northeast, Coast Guard Foundation; Scott Blake, Chief Information Officer, Bangor Savings Bank; Mindy Rivello, Chief Petty Officer, U.S. Coast Guard; Gavin Robinson, Community Relations Manager, Bangor Savings Bank; Diane Hunnewell, Consumer Banking Relationship Manager, Bangor Savings Bank; Rebecca Perkins, Calais Branch Manager, Bangor Savings Bank; Jaclyn Fish, Director of Marketing and Community Relations, Bangor Savings Bank.

ville, Piscataquis County, Maine

Bangor Area Homeless Shelter \$15,000; Bangor, Penobscot County, Maine

Bangor Historical Society \$5,500; Bangor, Penobscot County, Maine

Calais Community Hospital \$10,000; Calais, Washington County, Maine

Center Theatre Inc. \$10,000; Dover Foxcroft, Piscataquis, Maine

Community Dental \$5,500; Biddeford, York County, Maine

Down East Family YMCA \$7,500; Ellsworth, Hancock County, Maine

Friends in Action \$5,500; Ellsworth, Han-

cock County, Maine

Habitat for Humanity of Greater Bangor \$7,000; Bangor, Penobscot County, Maine

Habitat for Humanity of Greater Portland \$7,000; Portland, Cumberland County, Maine

Habitat for Humanity of Waldo County \$7,000; Belfast, Waldo County, Maine

Jesup Memorial Library \$5,500; Bar Harbor, Hancock County, Maine

Mad Horse Theatre Company \$6,000; South Portland, Cumberland County, Maine

Marguerite's Place, Inc. \$6,500; Nashua, Hillsborough County, New

Hampshire

Mid Coast Hunger Prevention Program \$7,500; Brunswick, Cumberland County, Maine

Moosehead Marine Museum \$5,500; Greenville, Piscataquis County, Maine

Northeast Hearing & Speech \$7,500; Portland, Cumberland County, Maine

Penobscot Bay YMCA \$10,000; Rockport, Knox County, Maine

Preble Street \$7,500; Portland, Cumberland County, Maine

The Courageous Steps Project \$7,500; Stillwater, Penobscot County, Maine

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Mary Poppins

Continued from page 6

chitecture, Jordan's Furniture, MK Kitchen, Casco Federal Credit Union, and Hannford. Hillside Lumber is also donating the material to build the massive set for the show.

The production itself is such a challenge to produce that many local theaters will not take it on. There have even been a few local community theaters that announced they would do the show, and then canceled due to production support. There are over 40 students involved with show, both on stage and behind the scenes this year. The orchestra has 12 performers, there are over 100 costumes, over 100 props, over 20 songs that include Jolly Holiday, Let's Go Fly a Kite, Step In

Time, Spoon Full of Sugar, Feed the Birds and yes Supercalifragilisticexpialidocious which also is being performed to the original Broadway choreography. "It's a massive undertaking of a show. We are so excited to perform it and learn all the songs" said junior Nick Tinkham who plays George Banks.

"We couldn't be more excited this year. The whole district is working so hard to make this happen. We want the whole community to come and enjoy the show" Said Hurd.

Tickets can be purchased this year in advance online at eventbrite.com. All tickets are the same price for all performance and all seats this year. All seats are first come first serve general seating.



Jenny Miner (Jane Banks), Maddie Downey (Mary Poppins), Patrick Delaney (Bert) and the Cast of Mary Poppins at Gorham High School. Photo by Molly Breton of Molly Breton & Company. www.mollybretonandco.com



Patrick Delaney (Bert) and the Cast of Mary Poppins at Gorham High School. Photo by Molly Breton of Molly Breton & Company. www.mollybretonandco.com



The cast of Mary Poppins at Gorham High School. Photo by Molly Breton of Molly Breton & Company. www.mollybretonandco.com



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Maddie Downey (Mary Poppins). Photo by Molly Breton of Molly Breton & Company. www.mollybretonandco.com

Gorham Rec Dept Reflects on 2022, Thanks Community



The Beach



Surfing



Couch to 5K



Zumba with Barbara

GORHAM, ME (December 30, 2022) -- Thank you for an amazing 2022!

So many youth programs ran: Skiing at Shawnee Peak, Youth Soccer, Basketball, Softball/Baseball, floor hockey, Gorham Grinders running, and ultimate frisbee!

Before and After the Bell ran all school year long followed by several summer camps: Junior Kids Camp, Kids Camp, Xtreme Teen Camp, Proj-

ect Adventure Camp, School based camp, and Gorham Grinders running. Thank you to all of the camp counselors!! All of the day trips, adventures, and friendships created will leave lasting memories for all!

We also partnered with organizations to run weekly camps including golf, lacrosse, soccer, basketball, tennis, Mad Science and USM art lab!

Camp 911 was another favorite thanks to Gor-

ham Police Department and Gorham Fire Department and Gorham Department Of Public Works

There are several fitness classes thanks to Theresa, Dawn, Barbara(s), Melissa, Courtney and Jim. We all look forward to seeing you in 2023.

So many fun day trips, laughs, and socialization. The County (unforgettable thanks to Cindy and her sisters), Gardens Aglow, Magic of Christmas
See Gorham Rec, page 16



Whitewater Rafting



Gorham Hockey with Santa and Mrs. Claus

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Seniors Not Acting Their Age

An Icy Surprise on Mount Blue



An icy trail is encountered high on Mount Blue



The beginning of the Mount Blue Trail was rocky but dry



There is a new tower at the summit of Mount Blue

By Ron Chase
People are busy during the holiday season. So when no one expressed interest in my scheduled Penobscot Paddle & Chowder Society mountain hike in early December, my wife, Nancy, and I were undeterred.

After considering the various options that appealed to us, we decided on Bald Mountain near Weld. Since the area had experienced heavy rain the day before, we assumed any ice on the notable Bald Mountain exposed ledges would be washed away. A cool, sunny, and breezy morning on our arrival at the trailhead, we packed and dressed for predicted gusty conditions at higher elevations.

What we didn't dress for was an unanticipated obstacle encountered a short distance from the trailhead. Tiny Wilson Stream was almost overflowing its

banks. Getting wet during a traverse was a near certainty. Not a little damp, but serious wet. We needed waders but they hadn't been on the checklist. In fact, we haven't owned waders since I discarded a pair that leaked while completing a misguided winter crossing of Hancock Stream in New Hampshire en route to Scar Ridge about twenty years ago.

We were all dressed up with no mountain to climb. Tumbledown and Little Jackson Mountains were fairly close but I'd hiked them a couple of weeks earlier. I thought of Mount Blue; so it's my bad. Decades since I'd climbed the nearby 3,187 foot peak; my senior recollection was the hike on Mount Blue was comparable to Bald in length and difficulty but less scenic.

On the map, Mount Blue was a short distance away. However, the drive

was more complicated than it appeared. After passing Mount Blue State Park Headquarters on the Center Hill Road in Weld, the signage was confusing. Following a wrong turn, we located the poorly marked, narrow dirt Mount Blue Road and drove 2.5 miles through a couple of rough sections to the trailhead.

A sign next to the kiosk indicated it was 1.6 miles to the summit. Although there was no indication of ice or snow anywhere in the area, as a precaution we added micro spikes to our packs.

From the trailhead, we hiked steadily uphill on a wide, well-worn, rocky path in a mixed hardwood and conifer forest. The collapsed remains of the old Fire Warden's Cabin were passed on the left after about a half-mile. The steep gradient continued for perhaps another half-mile to an open area where

there was a partial view of the forested summit cone which appeared to be more than .6 of a mile away.

Shortly after, the trail angled right and we entered a dense conifer forest. Patches of ice unexpectedly pockmarked the surface. As we progressed, the path narrowed and steepened. The sporadic ice worsened to a continuous carpet that completely covered the increasingly boulder-strewn route.

Nancy and I stopped to discuss our options. Believing the summit was close, our choice was to add micro spikes and carefully continue. After persisting for some distance, two hikers were met who were descending with difficulty. They implied we were nearing the top. We weren't – at least traveling at our snail's pace.

Emerging onto a clearing where the sun was brightly shining on what

appeared to be a relatively new tower, we finally reached the summit. On our last visit, the dilapidated remnants of an old fire tower were an unsightly welcome. The new structure is a marked improvement.

Winds were gusting, so we quickly donned our parkas and found a sheltered location to relax and consume much needed snacks. Given the blustery weather, we decided to forego the panoramic vistas presumably afforded by the observation deck on the new tower. Fortuitously, superb views were available from our lunch spot.

Our descent on the icy surface was tediously slow. Dry ground was a welcome relief. When we reached the trailhead, the outing had taken an hour more than expected. Even factoring in the ice delays, the hike seemed longer than 3.2 miles. An elevation gain of

1,774 feet is a possible explanation. Old age is more likely.

Although enduring more adversities than expected, we had the satisfaction of completing the challenging hike despite the precarious conditions. And, much of the journey was thoroughly enjoyable. Our experience was a stark reminder that warm clothing and micro spikes are a must this time of year.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England." Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.

2023 is the Year for Mainers to Quit Tobacco

AUGUSTA, ME (December 29, 2022) – While tobacco use has been declining for decades, 16.5% of Maine residents still smoke and tobacco is the leading cause of death and disease in the state. Through the new "Tobacco-Free '23" campaign, the American Lung Association in Maine is sharing key reasons why 2023 is the year to quit tobacco, as well as sharing

tips and resources.

"Each year, quitting smoking is listed as one of the top New Year's resolutions. While quitting smoking is extremely difficult, it is possible. In fact, it typically takes a person 8-10 attempts to quit smoking for good, which is why we call it a journey," said Lance Boucher, Director of Advocacy for the American Lung Association. "It is important to have sup-

port during this process, including family, friends and your doctor, to help keep you on the right path."

Here are four important reasons why 2023 is the year to start your journey to become tobacco-free:

Your Health: Tobacco use remains the leading cause of preventable death and disease in Maine, killing 2,390 people each year. Currently, 16 million Americans live

with a tobacco-related disease. While it's best to quit as early as possible, quitting tobacco use at any age will enhance the length and quality of your life.

Your Wallet: If your New Year's resolution is to save money, quitting smoking can save you between \$2,230-\$4,360 annually.

FDA is Preparing to End Sales of Menthol Cigarettes: Currently, the Food and Drug Administration (FDA) is in the process of finalizing rules to end the sale of menthol cigarettes and flavored cigars in the U.S. If you use one of these

tobacco products, this is an optimal time to begin your quit journey. In fact, after Canada stopped selling menthol cigarettes in 2017, the country saw an increase in quit attempts and cessation among people who smoked menthols.

Be An Inspiration! Last year, the American Lung Association relaunched the "Super Stoppers Club" with award-winning journalist Bob Levey to celebrate people who have quit smoking for good and inspire those who are trying to quit. Read inspiring quit stories and submit

your own at Lung.org/Super-Stoppers.

Here are some of the tips and resources the American Lung Association recommends to successfully quit tobacco:

Lung Helpline: Not sure where to start? Call the Lung Association's free Lung Helpline and Tobacco Quitline at 1-800-LUNGUSA, which is staffed with licensed registered nurses, respiratory therapists and certified tobacco treatment specialists.

Talk to your healthcare provider: Talking to a healthcare provider about your plan to quit smoking is an important step. With your doctor's help, you can include cessation medication into your tobacco treatment plan, which can double your chances of quitting successfully. There are seven FDA-approved medications that are proven to help you quit.

Get help from a proven resource: The American
See Tobacco, page 12

- Landscaping
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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.



GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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Nominees to US Military Service Academies Announced

WASHINGTON, D.C. (December 12, 2022) — U.S. Senators Susan Collins and Angus King today announced their nominees to the United States Military Academies. To be considered for an appointment to a service academy, applicants must be nominated by an authorized nominating source, which includes

Members of Congress. Admission to the United States Coast Guard Academy, also a federal service academy, does not require a congressional nomination. “We are proud to have the honor to nominate such an impressive group of Maine students to our nation’s distinguished service academies,” said Senators

Collins and King in a joint statement. “The young people we have nominated have earned this honor through a commitment to strong scholarship, leadership, and character.” The following students from Maine have received nominations as candidates to the military academies from Senators Collins and King:

United States Air Force Academy – Colorado Springs

Name	Home Town	High School
Jarek Fryzlewicz	Alfred	Massabesic High School
Austin Sellinger	Auburn	Edward Little High School
Avery Theriault	Augusta	Cony High School
Benjamin Beckerman	Bethel	Burke Mountain Academy
Nora Spratt	Castine	George Stevens Academy
Thomas Brearly	East Baldwin	Sacopec Valley HS
Sarah Neal	East Machias	Washington Academy
Camden Hamilton	Falmouth	Falmouth High School
Matthew Bellatoni	Gorham	Cheverus High School
Leonardo Mlynski	Hampden	Hampden Academy
Emma Richard	North Yarmouth	Greely High School
James Jones	Oakland	Messalonskee High School
Katelynn Kinney	Sebec	Bangor Christian Schools
Roman Thomas	Windham	Windham High School
Ryan Cole	Woodland	Washburn District HS
Jonathan “Jack” Curtis	Woolwich	North Yarmouth Academy
Joseph Neal	York	York High School

United States Merchant Marine Academy - Kings Point

Name	Home Town	High School
Addison “Tadd” Nelson	Bath	Cheverus High School
Julian Henderson	Camden	Camden Hills Regional HS
Jameson Buck	Hampden	Hampden Academy
Benjamin Cloutier	Lewiston	Lewiston High School
Nicholas Biberstein	Orrington	Bangor High School
Amber Scholten	St. Albans	Nokomis Regional HS
Katherine Mason	Whitefield	Lincoln Academy

United States Military Academy - West Point

Name	Home Town	High School
William Price	Anson	Carrabec High School
Taylor Coombs	Bangor	Bangor High School
Thomas Brearly	East Baldwin	Sacopec Valley HS
Sarah Neal	East Machias	Washington Academy
Matthew Bellantoni	Gorham	Cheverus High School
Nolan Garey	Minot	Poland Regional HS
Emma Richard	North Yarmouth	Greely High School
Nicholas Biberstein	Orrington	Bangor High School
Maclain Lowe	Saco	Thornton Academy
Katelynn Kinney	Sebec	Bangor Christian Schools
Jonathan “Jack” Curtis	Woolwich	North Yarmouth Academy
Cora Birknes	Yarmouth	St. Andrew’s School
Joseph Neal	York	York High School

United States Naval Academy - Annapolis

Name	Home Town	High School
Austin Sellinger	Auburn	Edward Little High School
Avery Theriault	Augusta	Cony High School
Liam Sullivan	Berwick	St. Thomas Aquinas
Leonard “Michael” Kenyon	Brunswick	Brunswick High School
Nora Spratt	Castine	George Stevens Academy
Carolyn Carter	Freeport	Freeport High School
Matthew Bellantoni	Gorham	Cheverus High School
Jameson Buck	Hampden	Hampden Academy
Benjamin Cloutier	Lewiston	Lewiston High School
Nolan Garey	Minot	Poland Regional HS
Nicholas Biberstein	Orrington	Bangor High School
Malachi Cummings	Presque Isle	Presque Isle High School
Scott Turney	Readfield	Kents Hill School
Jacob Lavi	South Thomaston	Oceanside High School
George Ferland	Stockholm	Caribou High School
Katherine Mason	Whitefield	Lincoln Academy
Cora Birknes	Yarmouth	St. Andrew’s School
Steven Fulton	Yarmouth	Yarmouth High School

Tobacco

Continued from page 10

Lung Association offers resources to help adults and teens to quit all tobacco products, including:

Freedom From Smoking® helps individuals create their own unique quit plan, as well as tips and techniques to stay successful in the long run. Freedom From Smoking can be accessed online, at a group class and through a self-guided workbook. Those looking to quit smoking are encouraged to

use the method that works best for their learning style, schedule and unique quit tobacco use plan.

Not-On-Tobacco® (N-O-T) is a teen smoking/chewing/vaping cessation program for teens who want to quit. The 10-session program provides the tools, information, and support for teens to end their addiction to tobacco. Teens can participate in NOT in-person, virtually or online at NOTforMe.org.

Switch. E-cigarettes are tobacco products, and the FDA has not found any e-cigarette to be safe and effective in helping smokers quit. Switching to e-cigarettes does not mean quitting. Quitting means ending your addiction to nicotine.

For more information about quitting tobacco for “Tobacco-Free ’23,” visit the American Lung Association website at Lung.org or call the Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).

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

What do you think?

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

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

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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.com/whiterockcommunityclub

Wednesdays, January 11-February 15 LEWISTON -- The

Calendar

Send your submissions to the Editor. More online.

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 18 and

third Wednesday of every month

LEWISTON -- The Third Wednesday of Every Month starting January 18, 2022 at 4:30 pm at the Lewiston Public Library: CRAFTING CIRCLE. Bring a craft to work on while meeting and learning from like-minded people. Free and no registration is required. Contact info. 513-3135; www.LPLonline.org

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 23

LEWISTON -- Board Game Night happening The Lewiston Public Library on Monday, January 23, 2023, from 4:30- 6 pm. The event listing can also be found on our website at https://lplonline.org/events/board-game-night/

January 28

GRAY -- Supper -

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Saturday January 28, 2023, 5:00 PM First

Congregational Church, Gray, Parish House, 5 Brown St., Handicapped Accessible. Seating Capacity 50 - Doors open at 4:30 PM Meals - Single sized \$10.00 each. 657-4279

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.

What do you think?

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

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

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

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Turboclean Powerbrush Pet Pro

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

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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.

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grandchildren and our children. Please call (207) 650-7224.

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Gorham Rec

Continued from page 9

mas, Stone Mountain Arts Center, and more!

And what about all the fun community events! So great to have everyone enjoy the ice skating/co-coa gatherings, Memorial Day Parade, summer concert series, bike rodeo, couch to 5k, Glow Run, Scarecrow Festival, 25th Annual Burn Off The Turkey, and Holiday festivities with Mr. and Mrs. Santa Claus!

And we built a few things, including a brand-new Gorham Skate Park & Multi-sport Court. Fun!! Be on the lookout for more opportunities there next year!

Including in this mix is a wide variety of activities from kiddie gym, knitting groups, archery, rock climbing, pickleball players, adult softball and basketball leagues all mixed in. Thank you to all the volunteers who put on the lunches on Wednesday at St. Anne's Church!

A big thank you to all of our colleagues in the other departments, including community development, finance, Gocam, Baxter Memorial Library,



Hiking

Police, Fire, Public Works, Town Clerks, school department and town man-

agers office! Thank you to all of our past and current town councilors. Town of

Gorham Cheers to a healthy, active, and wonderful

2022. We are excited for all of this and more in 2023. Thank you Gorham!

Best Wishes, Cindy, Julio, Travis, Zach, Jen and Jim

Gorham: Explore your Inner Mermaid this January

WESTBROOK, ME (December 28, 2022) -- The next two sessions of 'Explore Your Inner Mermaid' group aquatics classes with The Maine Mermaid at the Westbrook

Community Center's Davan Indoor Pool are now open for registration.

Sunday and Monday morning sessions available beginning January 16, 2023. Five classes

for just \$120 if you sign-up by the end of the year. FMI, or to register, please contact Linda Holmes at TheMaineMermaid1@yahoo.com or call 207.956.1094.

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Sunday Session
1/22, 1/29, 2/5, 2/12, 2/19

\$120/session if paid by 12/31/22
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