

Gorham's Coach Berthiaume gets 200th Career Win



Land Trust, Gorham High School Create Outdoor Classroom



GORHAM, ME (January 2, 2022) – We are excited to announce our Land Trust and Gorham High School have collaborated to create an outdoor classroom at Frazier Preserve, which is adjacent to Gorham High School. Thank you to Catherine Paul, English teacher at Gorham High School, for her leadership in this project. Catherine writes “we created outdoor seating so teachers can feel comfortable incorporating the outdoors into their

teaching.” Students, teachers and the Land Trust staff together decided a location and developed a plan for the classroom. We are so grateful to collaborate with Gorham High School staff and students to create this beautiful space for learning.

Frazier preserve is located right in downtown Gorham, and it is part of the Cross Town Trail. For more information about Frazier preserve: <https://www.prlt.org/frazier>

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Names & Faces
to the editor.
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Friday by five pm.

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Newsmakers, Names & Faces

OHCHS NHS Donates Comfort Items for Cancer Patients



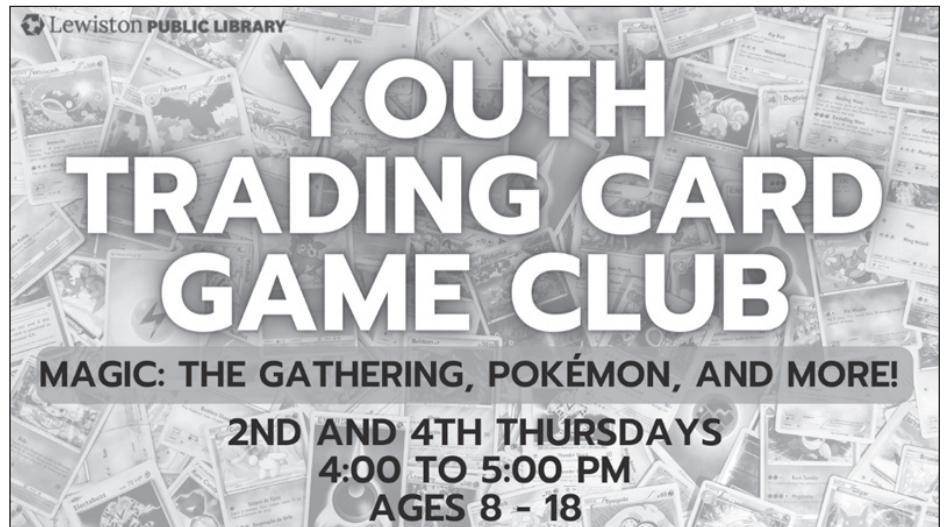
Carlee-Mae Cash, president, OHCHS National Honor Society.

(January 5, 2023) -- Carlee-Mae Cash, senior at Oxford Hills Comprehensive High School (OHCHS), stopped by the Cancer Resource Center of Western Maine (CRCofWM) just before Christmas to present a box of

assorted comfort items for cancer patients such as hats, scarves, blankets, puzzle books, games, socks, and ear warmers - all collected by students during a holiday drive organized by the OHCHS National Honor Society, of which

Carlee-Mae is the current president. In 2022, this same National Honor Society Chapter presented the CRCofWM with a check for \$4,000, the total raised by students as a result of year-long fundraising activities.

Youth Trading Card Games Club At LPL



LEWISTON, ME (January 1, 2022) -- The Lewiston Public Library will host a twice monthly Youth Trading Card Game Club for kids & teens ages 8-18 beginning on Thursday, January 12th and every second and fourth Thursday of the month thereafter. This free program will take place from 4 PM to 5 PM in the IDEA Lab on the second floor.

Games will include Pokémon, Magic: the Gathering, and more. Library staff and volunteers will be available to teach new players and coach developing ones. Players are encouraged to bring their own decks for casual dueling. A limited number of decks are available to borrow for gameplay. Free beginner MtG decks are available for new players to keep, and Pokémon and Magic cards will be

offered as competition prizes.

Admission is free and no reservations are required.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Thursday's lecture is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

Maine CASA to Hold Training on March 21-24, 2023

MAINE, STATE-WIDE (January 6, 2023) -- Interested in advocating for the best interests of a child? The Maine Court Appointed Special Advocates (CASA) program is holding its spring training for volunteer advocates on March 21-24, 2023.

This free, four-day training is designed to prepare attendees for certification as volunteer guardians ad litem (GALs) in Maine child protection cases. Trainees may participate virtually or in person. For those who wish to participate in person, the training

will be held in Augusta. Accommodations may be available. The foundation of a CASA's work is learning about the case and then advising the court what the CASA believes is in the child's best interest. CASAs come from a wide variety of professional and personal backgrounds and are guided throughout the process by CASA program staff. CASAs bring their own unique perspectives to their work as volunteers.

you to apply to become a CASA volunteer. Those interested in the training must complete an application and, if invited to participate, must also complete criminal and child protection services background checks.

Are you ready to advocate for a child's best interests? If so, we hope you can join us for our March 21-24, 2023 training. For more information about becoming a volunteer, please contact Maine CASA Legal Services Advisor Darren Defoe at 213-2864 or by e-mail at casa@courts.maine.gov.

If you are willing to advocate for a child's best interests, we encourage

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Newsmakers, Names & Faces

Author Talks, Art Projects, Book Club at Gorham's BML

GORHAM, ME (January 6, 2022) – This month, Baxter Memorial Library will be hosting a variety of events:

Philip W. Mason Author Event, Tuesday, January 17th 6pm

Philip W. Mason grew up on small family farm in Gorham, Maine. Farm life instilled in him a strong sense of values, including resilience, responsibility, and the necessity of teamwork. He attended Worcester Polytechnic Institute and Lehigh University, earning a PhD in physics. He has also suffered with serious mental health

issues, has had numerous treatment sessions, and has come to accept it, has received medical care for it, and is now going through the process of healing from it. It is a very emotional recovery at times, and he now has hope for a much brighter future. He says, "I am now able to love who I am and want to share that sense of hope and love with the rest of the world."

His book, *Compassion for Life*, is intended as a roadmap towards reducing one's suffering from the pain. Having the emotions of compassion and self-com-

passion is a road that leads towards healing and becoming a happier person.

War Pigeons: They Got Their Messages Through, Wednesday, January 25th 6pm

Based on her book, *WAR PIGEONS: Winged Couriers in the U.S. Military, 1878-1957*, Elizabeth's presentation traces the remarkable service of homing pigeons in the U.S. Military, from its beginnings after the Civil War to the birds' invaluable communications role in every branch of the military. For 75 years, through four wars on

AUTHOR VISIT
ELIZABETH MACALASTER AND JON BERNHARD
War Pigeons: Winged Couriers in the U.S. Military, 1878-1957
Wednesday January 25th 6:00pm
 Baxter Memorial Library
 71 South Street
 Gorham, ME 04038
 www.baxterlibrary.org
 (207) 222-1190

four continents, these one-pound birds were the military's most reliable means of communication, carrying messages in and out of gas, smoke, exploding bombs and gunfire. They flew through jungles, across deserts, mountains and large expanses of ocean. Sometimes they arrived at their lofts nearly dead from wounds or exhaustion, but they got their messages through. Interspersed among the slides will be opportunities for the audience to learn about homing pigeons' superpowers.

*Featuring live local homing pigeons raised by Jon Bern-

hard!*
Keychain Art Project, Wednesday, January 18th 12:30pm

Join us for an early release day craft. We will be creating art on shrink paper and then taking the finished project to make a one-of-a-kind key-chain! (Ages 8-18)

Book Club!
 Thursday, January 12th -- *The Night Watchman* by Louise Erdrich

Thursday, January 26th -- *A Man Called Ove* by Fredrick Backman

We will meet in person at 10:15am in the Schneider Great Room – Masks op-

tical. No registration necessary. All are welcome!

The Baxter staff would like to send this little note of gratitude to all who helped us through the year in doing what we love to do.

Our Friends group and our volunteers, our donors and Trustees, all Town Departments and the Schools, Town Council, patrons... all of these.

Without you we would not be here (or if we were, we'd have no fun)

We wish you all, "Happy New Year!" and once again, thanks everyone!

AUTHOR VISIT
PHILIP W. MASON
author of Compassion for Life
Tuesday January 17th 6:00pm
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 71 South Street
 Gorham, ME 04038
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Support Local Causes with Westbrook Gorham Rotary

GORHAM, ME (January 6, 2022) – It's the perfect time to replace those worn-out, grubby reusable bags with a fresh supply for 2023. If you purchase these bags from the Westbrook Hannaford in January, \$1 from each bag is donated to the Westbrook Gorham Rotary Charities fund benefitting more than a dozen local causes we support.

Or, purchase several to donate to a local food pantry, school or daycare where bags are always in demand.

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Frazier preserve is located right in downtown Gorham, and it is part of the Cross Town Trail. For more information about Frazier preserve: <https://www.prlt.org/frazier>

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New England Sports Review by Karver Jordan

Patriots Overpower Dolphins

Written By Karver Jordan class of 2024

(January 6, 2023) -- The Patriots are back in the playoffs due to their win vs the Miami Dolphins 23-21! The Patriots move to 8-8, and the Dolphins fall to 8-8. The Patriots would have lights out on the defensive side of the ball. Rookie Tyquan Thornton has finally hit top speeds. The Patriots will need to win vs the Buffalo Bills to make playoffs. (Game time unknown at time of printing).

Heading on over to the offensive side of the ball, Mac Jones would have a great day. Jones would go 20/33 for 203 yards with 2 touchdowns and no interceptions. Mac Jones is looking like that first-round quarterback we drafted. Tyquan Thornton the rookie had a stellar day of 3 catches for 60 yards

with 1 touchdown. Tyquan Thornton showed great speed after the catch and getting open. Hunter Henry the tight end would have a good day as well with 5 catches for 52 yards. Jakobi Meyers has still been that guy that comes in the clutch, with 6 catches for 48 yards with 1 touchdown. Rhamondre Stevenson would carry the ball 8 times for 42 yards, averaging 5.2 yards a carry.

Moving on to the defense, the Patriot's would have a stellar game, shutting down the pass, shutting down the run. Teddy Bridgewater the quarterback would go 12/19 for 161 yards with 1 touchdown and 1 interception. Bridgewater would get hurt and would have to leave the game in the 3rd quarter, causing Skylar

Thompson to step up. Thompson would go 12/21 for 104 yards with 1 touchdown and 1 interception. Kyle Dugger, the Patriot's star safety would get an interception and return it to the endzone as a pick-6. Jonathan Jones would have an interception late in the game.

The Patriots will continue to fight for a playoff spot, when the Patriots face the Bills (Unknown due to Damar Hamlin situation).

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!

What do you think?

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

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Law Expands Access to Assistive Tech for Seniors

SUSAN COLLINS
U.S. SENATOR FOR MAINE

WASHINGTON, D.C. (January 5, 2023) – U.S. Senator Susan Collins announced that the 21st Century Assistive Technology Act, bipartisan legislation she introduced with Senators Maggie Hassan (D-NH), Bob Casey (D-PA), and Kevin Cramer (R-ND), was signed into law as part of the National Defense Authorization Act.

The 21st Century Assistive Technology Act will expand access to affordable assistive technology for seniors and individuals with disabilities. Assistive technology is any piece of equipment, device, or system that makes it easier for someone with a disability to live more independently and safely, work at a job, learn in school, get around their community, or pursue play and leisure.

“As our population ages, the need for care and support is increasing,” said Senator Collins. “Advances in technology are working to bridge the ‘care

gap,’ improving function in activities of daily living, helping to manage multiple chronic conditions, reducing risk of hazards, and making homes safer for seniors. In support of the disability and aging communities, this legislation will make assistive technology more available to Maine children, adults, and seniors who need access to these life-changing technologies to maintain their independence.”

Specifically, the legislation reauthorizes state assistive technology grant programs for the first time since 2004 to improve access to assistive technology for people across the country with disabilities. It also clarifies that the program serves all people with disabilities, including veterans and older adults who developed disabilities later in life, and will increase the funding authorized for programs that serve rural areas.

The Maine CITE Program, located at the University of Maine Au-

gusta, is Maine’s statewide AT program that provides information, training, and services about AT, manages the statewide device demo, loan, and reuse programs, and provides technical assistance to organizations and individuals. The reauthorization of the AT Act will provide the supports and capacity building necessary for Maine’s AT program to address identified gaps in services, including plans to grow their device demonstration and loan program to rural areas in the state.

Maine CITE oversees a centralized inventory of more than 1,000 AT devices available through select partner across the state. The inventory includes devices such as tablets with communication apps, medication management devices, smart home tech, remote door lock devices, vision/magnifiers, adapted keyboards, hearing/personal amplifier devices, and vibrating/alerting watches.

Free Computer Trainings Offered through CMCC

AUBURN, ME (January 4, 2023) – The Center for Workforce and Professional Development (CWPD) at Central Maine Community College (CMCC) continues to offer free Computer Support Specialist training featuring CompTIA Information Technology Fundamentals + and A+, CompTIA Network +, CompTIA Security +, and a 4-course bundle training which includes all four, called Computer Information Specialist.

The 4 courses are offered with ongoing enrollment (continuing application review and flexible acceptance). The courses will be offered in-person on Mondays and Wednesdays from 8:30 AM – 12:30 PM or Tuesdays and Thursdays from 4:30 – 8:30 PM. Additionally, Security+ will be offered Tuesday evenings from 5:00 – 9:00 PM beginning January 17, 2023 and will follow the semester schedule.

Students who successfully complete the 150-hour, 13-week Computer Support Specialist (IT Fundamentals+ and A+) course, will learn both the-

ory and practical skills in Computer Support CompTIA Fundamentals+, A+, IT (Information Technology) concepts and terminology, Windows operating systems, infrastructure, software troubleshooting, applications and software, networking, software development, hardware and networking troubleshooting, database fundamentals and security.

Both CompTIA Network + and CompTIA Security + are both 60 hours in length. Security+ is the first security certification a candidate should earn. It establishes core knowledge required in any cybersecurity role and provides a springboard to intermediate-level cybersecurity jobs. Training includes assessing security of hybrid environments and recommending solutions, learning principles of governance, risk and compliance, and identifying, analyzing and responding to security events.

Network+ provides training for the corresponding CompTIA certification. Course material covers networking fundamentals,

implementations, operations, security, and troubleshooting. It also covers configuring and managing networks. Learners will be prepared to earn the internationally recognized certification CompTIA Network+, which also carries a digital badge. Starting wages trend at \$40,500. For more information or to register please visit <https://bit.ly/CWPDRegistration>

The four-course bundle, entitled Computer Information Specialist, includes all courses, and runs for approximately 32 weeks.

These trainings join several other free training courses currently offered at CMCC including, Behavioral Health Professional, Certified Pharmacy Technician, as well as the Welding Academy.

These free courses are made possible by the Maine Jobs and Recovery Plan and Harold Alfond Foundation. Participants 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 Maine.

Seniors Not Acting Their Age

Traversing Spruce Mountain



Hikers encounter snow on the Georges Highland Path

By Ron Chase

The Georges Highland Path has been one of my favorite hiking venues for more than three decades. Built and maintained by the Georges River Land Trust, the network of footpaths in the mid-coast region includes a ten mile sector of trails that lead to three summits on the southern end of the Camden Hills called the Ragged Mountain area.

As one travels along Route 17 in West Rockport, the open summit of rugged Ragged Mountain dominates the landscape north of Mirror Lake. The spectacular rocky ledges and impressive ridgeline attracts large numbers of mountain enthusiasts and is one of the most popular hiking destinations in the Camden Hills. Less well-known and barely visible from the highway are two southern neighbors, Spruce Mountain and Mount Pleasant.

Spruce Mountain, closest to Ragged, can be reached from trailheads on Route 17 and Mount Pleasant Street. The relatively short hike to the summit takes only a few hours from either direction.

When my wife, Nancy, and I were invited to a holiday dinner in the mid-coast area by long-time friends, Diane and John

Stoking, a trek on Spruce Mountain seemed the perfect accompaniment. Usually up for an adventure, they readily agreed. We decided on a traverse from Mount Pleasant Street to Route 17, with a side trip to the summit.

The four of us met at the Route 17 trailhead on a gray, breezy day. This location is also the beginning of a southern approach to Ragged Mountain. We left a vehicle there and shuttled south to the Mount Pleasant Street trailhead.

It was the first full day of winter and we had wintry conditions: scattered snow and ice at the trailhead and snow cover at higher elevations. Anticipating minimal snow accumulation, we decided to forego snowshoes but packed micro spikes.

Initially, we hiked effortlessly on a scenic rolling path in a predominantly hardwood forest. Skirting patches of ice, we progressed northerly on the western slope of Spruce Mountain. Several wooden bridges and log crossings facilitated our trek.

After perhaps a half-mile, an unusual trail sign captured our attention. It jocularly forewarned, "West base of Spruce Mtn...it's all uphill from here!" The trouble-free

hiking appeared to be over.

The flippant message overstated the difficulty. We hiked gradually up a snow-covered path. A couple of inches of snowpack were not an impediment; however, concerns about the possibility of ice under the snow slowed our progress. Shortly after, we arrived at the .3 mile spur trail to the summit.

We followed the path southwesterly towards elevated terrain that could be observed in the distance. The prominence was a continuum of rocky ledges that required careful negotiation to avoid icy spots. We considered using micro spikes but the slick areas were too short and sporadic to justify the inconvenience of putting them on and taking them off soon after.

At the top of the ledges, we emerged onto an open bluff with a phenomenal view of the entire Ragged Mountain massif. We lingered for snacks savoring the panoramic vista. According to John's GPS, the true summit is located in a wooded area a short distance from the viewpoint.

After returning to the main trail, we descended gradually in a northerly direction before climbing a steep ledge to an overlook. That vantage point offered an exceptional view of Mirror Lake and Penobscot Bay beyond.

That's when I recklessly announced, "It's all downhill from here." Hopefully, that will be my last inaccurate prediction for 2022. After dropping down for a short distance, we encountered a precipitous escarpment that required careful maneuvering when ascending. There was a silver lining in my misstatement, more exceptional views were experi-



An overlook on Spruce Mountain provides a phenomenal view of the Ragged Mountain massif



A climber ascends a bluff near the summit of Spruce Mountain

enced at the top.

From that point, it truly was all downhill to the Route 17 trailhead. We all agreed that the most challenging activity of the day was crossing the highway dodging the speeding holiday traffic.

John's GPS measured our trek to be almost exactly three miles, including the side trip to the summit. The timing of our outing

was perfect as healthy appetites eagerly anticipated the elegant dinner that was next on the agenda.

Many more exciting mountain adventures are related in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*.

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

Adventures in Maine is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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Arts & Entertainment

Get Fit in Gorham with Cardio Sculpt

GORHAM, ME year? Join Dawn Stevens Recreation Center!!! \$5.00 (January 2, 2022) – Looking to get fit in the new Sculpt at 8:45 at Gorham Drop In! All Fitness Levels!

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Chinese & American Friendship Association Celebrate 2023

WESTBROOK, ME (January 6, 2023) -- The Chinese and American Friendship Association of Maine (CAFAM) will ring in the Year of the Rabbit, Saturday, February 4, 2023, at the Westbrook Performing Arts Center, 471 Stroudwater Street, Westbrook, ME. This always popular and exciting event is in its 32nd year and is the oldest and largest Lunar New Year celebration in Maine.

Performance by a professional arts group, Boston Chinese Folk Art Workshop, (CFAW Boston) called The Legend Reborn, which will include traditional Chinese music, drumming, and dance, as well as a lion dance and dragon dance, and diabolo (Chinese yoyo) perfor-

mance. This performance begins at 1:00 p.m. First come, first served seating.

There will also be Lion Dancers performing all day.

There will be a Chinese Cultural Village: Open from 9:30 a.m. to 3:30 p.m. with crafts for kids, vendors, and more. The village will also be open during performance intermission.

Chinese food from the Panda Garden Restaurant will be available beginning at 11:00 a.m.

Admission prices: Adults \$15, Children 12 to 5 \$5, Children under 5 Free. There are discounts for CAFAM members and students. Tickets are available in advance from Eventbrite.com. Day of event tickets: Only cash or check. No credit or debit

cards.

CAFAM is watching the pandemic status carefully and we will be adhering to the guidelines of Westbrook Performing Arts Center) and any required changes in the event plans as the winter unfolds. Currently, Masks and Vaccination for all Recommended for 12 and older (adhering to Vaccination for 5-11-year-olds also recommended.)

PLENTY OF FREE PARKING.

If the live event is cancelled all of the tickets purchased will automatically be fully refunded.

Sponsored the Chinese and American Friendship Association of Maine (CAFAM). For more information go to www.cafam-maine.org.

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MICHAEL G.

Explore Allagash Wilderness Waterway as a Visiting Artist

AUGUSTA, ME (January 5, 2023) -- The Maine Department of Agriculture, Conservation and Forestry (DACF) today announced the opening of its 2023 Allagash Wilderness Waterway (AWW) Visiting Artist Program application period. The program invites visual artists to the remote wilderness of Maine for two consecutive weeks of solitude. One artist and a guest will receive lodging at the AWW Lock Dam Camp for two weeks of the artist's choosing during August and an orientation and regular visits from AWW Rangers. Visual artists may apply on the AWW webpage. The application period ends Monday, February 6, 2023.

"Each year, we invite artists to the Allagash Wilderness Waterway with the hope that the unique experience in a place of such natural beauty will propel their careers forward while contributing to the enduring legacy of the Allagash," said DACF Commissioner Amanda Beal.

"The Waterway is a spectacular place, and the opportunity to spend time there as an artist is as unique an experience as you can find. The rangers and I look forward to this opportunity and work to make the artist comfortable and confident in this en-

deavor," said AWW Superintendent Mark Deroche.

Here's what past artists had to say:

The 2021 AWW Visiting Artist Marty Cotter of Columbus, Ohio, shared that her Maine experience led to two national park residencies, Capital Reed National Park in Utah and Great Basin National Park in Nevada.

"I look back at my AWW Visiting Artist experience as a time of creative growth. The solitude gave me the freedom to explore my surroundings in detail. My resulting pieces were more developed in capturing the detail and mood of the scenes and creatures of the waterway." -- AWW Visiting Artist Marty Cotter.

Michael Vermette of Indian Island, Maine, the 2020 AWW Visiting Artist, used the experience to further his skills and connected the journey to his mission to "reveal the currents and energy of his surroundings."

"There is no better adventure, no greater teacher, and no inspiring awakening that is more profound than to find yourself isolated and able to create on 92 miles of Maine's wildest lake and river system. The Allagash Wilderness Waterway Visiting Artist Program gives the

artist that unique opportunity to be immersed in a raw beauty that will not only cause any painter to evolve productively but to have their soul washed, as Henry David Thoreau's writings continue to wash our spirits, even today!" -- AWW Visiting Artist Michael E. Vermette.

A video conversation with Vermette about his experience in the Allagash is found on the AWW Visiting Artist Program webpage. Vermette includes more about his mission at Lock Dam Camp and describes 50 Plus One, the book he produced following his residency.

Interested visual artists should learn more and apply on the AWW webpage. Or contact Mark Deroche at (207) 941-4014, (207) 557-1372, or by email.

About the AWW
The AWW, which stretches 92 miles, was established by the Maine State Legislature in 1966 and designated by the U.S. Department of the Interior in 1970 as the first state-administered component of the National Wild and Scenic River System. Explore the Allagash at <http://maine.gov/allagash>, discover the AWW Foundation and order a copy of the Allagash Explorer.

Help Honor Maine Teachers



The Teacher of the Year journey starts with your nomination!

Nominate someone from your school, county, or region today!
mainetoy.org/nominate - The deadline to nominate is 2/5/23 at 5pm.

MAINE (January 5, 2023) -- Nominations are now open for the 2023 County Teachers of the Year and 2024 State Teacher of the Year. Members of the public are encouraged to nominate educators who demonstrate a commitment to excellence and who inspire the achievement of all students.

"Maine's Teacher of the Year Program is unique," said Maine Education Commissioner Pender Makin. "In addition to much-deserved recognition of the incredible educators in Maine classrooms, it is also a year-long journey that gives educators from each county in Maine a platform to share their passions and knowledge. This program is a growing network of dedicated and caring education colleagues from across our State and nation, so please

take a few minutes and nominate someone today."

Nominations can be made through a nomination form on the Maine Teacher of the Year Website now through 5:00 pm on Feb. 5, 2023. Nominations will be accepted from students, parents, caregivers, community members, school administrators, colleagues, college faculty members, and associations/organizations (self-nominations, and nominations from family members are not accepted).

To be considered for the County and Maine Teacher of the Year award, a person must:

Hold the appropriate professional certification for their teaching position;

Be a full-time, certified, in good standing, PK-12 teacher in a state-accredited public school, including a career and

technical education and adult education center, a public charter school, or a publicly supported secondary school (a private school that enrolls 60 percent or more publicly funded students, sometimes referred to as "town academies");

Be actively teaching students at least fifty percent of the workday at the time of nomination and during their year of recognition.

Maintain their teaching position and remain in the County for which they are selected throughout the year of recognition.

Have a minimum of five years of teaching - three of which are in Maine.

Maine's County and State Teachers of the Year serve as advocates for teachers, students, and public education in Maine. See Teachers, page 12


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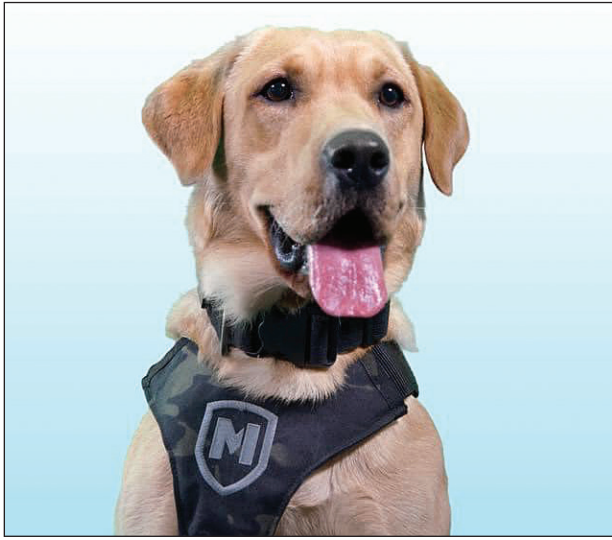
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Highland Lake Grange Supports PD K-9 Unit

WESTBROOK, ME (January 6, 2022) – Highland Lake Grange is proud to support the Westbrook Police Department K-9 unit. Joann Levesque, our Community Service chair, presented Officer Colby Clarke and Tony items purchased by the Grange for the K-9 unit. Many more items are on the way! The success of our turkey supper fundraisers helped finance this project. Colby and Tony attended our meeting and educated our members about K-9!



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Gorham School District Provides PD for Substitute Teachers

GORHAM, ME (January 2, 2022) – Whether you are just thinking about subbing or are a seasoned veteran looking to add some fresh ideas and “tools” to your repertoire, you’ll thoroughly enjoy this professional development opportunity. You will get to tour several schools within the Gorham School District and will meet various Gorham School District staff members. Learn about the required substitute paperwork and protocol, strat-

egies to keep students on task, tips to make lessons more appealing to reluctant learners along with tried and true behavior modifiers. Participants completing the training will receive a differential upon subbing for Gorham School District. Instructor: Brian Porter
Session 1: Monday, February 6, 2023, 5-7:00 p.m. Central Office Classroom 2nd Floor
Session 2: Tuesday, February 7, 2023, 5-6:30 p.m. Orientation to GMS

and GHS
Session 3: Monday, February 13, 2023, 5-6:30 p.m. Orientation to Village & Narragansett Schools
Session 4: Tuesday, February 14, 2023, 5-6:30 p.m. Orientation to Great Falls School & Wrap Up
Gorham Municipal Building
February 6th to 14th, 2023
Mon, Tue for 1 week from 5:00 - 7:00 pm
For more information, see <https://gorham.maineadulted.org>

Town of Gorham Seeks Input for Robie Park Uses, Improvements



GORHAM, ME (January 5, 2022) – The Town of Gorham is in the process of updating the Robie Park Master Plan, and is seeking public input regarding desired uses and

improvements for the park. Citizens can complete the survey via the following link:
<https://69e6.short.gy/ah2TtC>
Public input will be

shared with the Robie Park Master Plan Steering Committee as the Master Plan process moves forward. The Town will be collecting surveys until Friday, January 27, 2023 at 4pm.

Senate Republicans Issue Statement on Passage of LD 3

S T A T E HOUSE (January 5, 2023) – Senate Republicans issued the following statement after today’s vote by the Legislature to enact LD 3, known as the “Winter Energy Relief Payment Program,” and send it to the Governor for signature.
“Senate Republicans insisted on and will continue to insist on transparency and accountability in how this state operates; and today represents a victory for Maine’s people – their voice was heard at the public hearing held last month due to our persistence. However, this bill isn’t what Republicans would have crafted were we in control – it doesn’t go far enough to address the targeted needs of this crisis and that of our nursing

homes and those with intellectual disabilities,” said Senate Republican Leader Trey Stewart, R-Aroostook. “While our Caucus believes this bill is far from perfect – and the testimony presented during the public hearing proved that – we recognize the urgency of the situation created by failed government policies and allowed the bill to move forward in a spirit of pragmatism.”
“Senate Republicans appreciate the fact that both parties came together to hold a public hearing during the holidays. As we turn to the future, you can expect that our Caucus will take the public’s input we received at the hearing to heart and continue to advocate for long-term solutions to the problems

we heard,” said Sen. Lisa Keim, R-Oxford. “We had five hours of testimony and over 200 written pieces of testimony submitted and it’s obvious the short-term bailouts provided by this bill are not the answer. We will continue advocating for those who are most vulnerable in our State.”
Senator Trey Stewart, R-Aroostook, is the Senate Republican Leader and is serving his second term in the Maine Senate representing the communities of District 2.
Sen. Lisa Keim is the Assistant Senate Republican Leader and is serving her fourth term representing the communities of District 19. She is the Senate Republican Lead on the Government Oversight Committee.

Gorham Adult Education

Ever thought about Substitute Teaching but you don't know where to start? Enroll in our *free* 4 session workshop to learn more, tour the schools and be qualified for a pay differential!

Gorham Schools Prepare for Kindergarten Parent Meetings

GORHAM, ME (January 6, 2022) – Please help us spread the word regarding Gorham’s Kindergarten Parent Information Meeting for our incoming 2023 Kindergarten students!

Our parent information meetings will be held on Thursday, March 9th at 5:30pm in person at your neighborhood school. At this meeting, parents will meet school staff, learn about a day-in-the-life of a Kindergarten student, and receive information about the enrollment process. Families will pick up enrollment packets and receive information on how to schedule their student

for a Kindergarten screening.
Please click on your neighborhood school by going to Gorham School District’s webpage or Facebook page and pre-register using the kindergarten registration link. If you are unsure of your neighborhood school, please call any of the elementary schools directly for this information.
Great Falls Elementary School – Thursday, March 9th, 2023; Parent Information Meeting at 5:30 pm; School Contact - Julie Murray (julie.murray@gorhamschools.org or 222-1050)
Narragansett Elementary School – Thurs-

day, March 9th, 2023; Parent Information Meeting at 5:30 pm; School Contact - Sarah Palmer (sarah.palmer@gorhamschools.org or 222-1250)
Village Elementary School – Thursday, March 9th, 2023; Parent Information Meeting at 5:30 pm; School Contact - Andrea Nault (andrea.nault@gorhamschools.org or 222-1300)

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

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Diocese of Portland Raises Awareness of Slavery, Trafficking



PORTLAND, ME (January 5, 2023)—January is National Slavery and Human Trafficking Prevention Month, created over a decade ago by President Barack Obama to raise awareness about human trafficking, particularly how this crime can be prevented.

Calculated as a \$150 billion industry, human trafficking is a form of modern-day slavery and

occurs when a trafficker uses force, fraud, or coercion to control another person for the purpose of soliciting labor or services against his/her will. There are an estimated 40.3 million victims of human trafficking worldwide. The elimination of human trafficking is a priority issue for the Catholic Church as every life is a gift from God and is sacred, it deserves to be protected and

nurtured.

Convened by the U.S. Conference of Catholic Bishops' Migration and Refugee Services, the Coalition of Catholic Organizations against Human Trafficking (CCO-AHT) consists of over 35 national and international agencies working to end human trafficking and support survivors. CCO-AHT members advocate for stronger state and federal legislation, promote trauma-informed and survivor-centered services for victims, raise public consciousness, and press the private sector and consumers to prioritize slave-free supply chains.

Here are outreach resources and online education regarding this topic:

Assist Courage-LIVES (<https://courage-livesme.org>), Maine's first residential program for women over the age of 18 who have experienced commercial sexual exploitation and need a safe secure place to heal, receive treatment, and start to rebuild their lives.

Assist Stop Trafficking US (www.stoptraffickingus.org). Based in Standish, the organization was established to stop the sexual abuse and exploitation of children in Maine.

Donate to national trafficking prevention and

intervention programs:

https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=57.

Learn about the Amistad Movement: Like the captives aboard the Amistad slave ship who revolted and won their freedom, the Amistad Movement seeks to empower immigrants in at-risk communities with the educational tools to protect their community members from falling victim to human trafficking. Link: <https://www.usccb.org/offices/anti-trafficking-program/amistad-movement>.

Bridging Refugee Youth and Children Services (BRYCS): Recognizing that survivors of trafficking have unique vulnerabilities and require specialized treatment and care, BRYCS works closely with the U.S. Conference of Catholic Bishops' department of Migration and Refugee Services (USCCB/MRS) to support its mission of providing outreach, education, services, and advocacy on behalf of victims of trafficking-including the most vulnerable-child victims of trafficking: <https://brycs.org/blog/anti-trafficking/>.

Join the Become a SHEPHERD pro-

gram (www.brycs.org/become-a-shepherd/) and incorporate anti-trafficking into your ministries and activities.

Learn About COM-PASS (Coalition of Organizations and Ministries Promoting the Abolition of Slavery at Sea): <https://www.usccb.org/offices/anti-trafficking-program/coalition-organizations-and-ministries-promoting-abolition-slavery>.

Visit the human trafficking section of the Justice for Immigrants website at www.justiceforimmigrants.org/what-we-are-working-on/anti-trafficking.

A prayer to end human trafficking: www.usccb.org/prayer-and-worship/prayers-and-devotions/prayers/prayer-to-end-trafficking.

Dates to remember:

Tuesday, February 7: A webinar by the USCCB will be held entitled "St. Josephine Bakhita: A Saint for Victims and Survivors of Human Trafficking" from 2 p.m. to 3 p.m. Participants will learn more about human trafficking issues, including policy issues, trends, and awareness. To register for the free webinar, visit https://usccb.zoom.us/join/register/WN_NAk60Y9HRiGkEVwW-FqB23Q.

Wednesday, February 8: Feast Day of St. Josephine Bakhita. Born in the Darfur region of Sudan in 1869, St. Bakhita was kidnapped and enslaved as a child. Eventually she was sold to an Italian diplomat and taken to Italy, where she valiantly asserted her freedom with the help of the Cannossian Sisters of Venice. Through her faith, St. Bakhita realized the promise of liberty inherent in the human spirit. She lived out the rest of her life as a Cannossian sister, sharing her empowering testimony of human freedom and dignity. The Catholic Church has designated her feast as the World Day of Prayer, Reflection, and Action against Human Trafficking.

All the above resources can also be found at www.portlanddiocese.org/HumanTraffickingAwareness. With encouragement from Pope Francis, the Pontifical Council for Justice and Peace and the International Union of Superiors General encourage all to remember and pray for survivors and victims of modern-day slavery, praying that we may "work together to remove the causes of this disgraceful scourge that is present in all our cities and neighborhoods."

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
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Big Brothers, Big Sisters Needed for 100 Waiting Littles

MAINE (January 6, 2023) -- Big Brothers Big Sisters of Mid-Maine (BBBSMM) kicks off the New Year and National Mentoring Month in January with an effort to recruit adult volunteers in the community to serve as mentors to 100 children waiting to be matched.

"Bettering yourself in the New Year is a fantastic goal," Big Brothers Big Sisters of Mid-Maine Interim Executive Director Mae Slevisky, says. "This year, we encourage people to think about how they can do that by also bettering their community—by becoming a Big Brother or Big Sister."

According to Slevisky, there has never been a more critical time for mentoring.

"The events of the past few years have taken their toll on our most vulnerable citizens—our children. The isolation brought on by the COVID-19 pan-

demie has hampered the social and academic progress of many kids, and many more are experiencing mental health challenges," she said. "Kids need mentors now more than ever, to help them navigate challenges, open up doors of opportunity, and give them additional support they may need to excel in school and in their communities."

According to Slevisky, BBBS of Mid-Maine currently has 100 youth in its seven-county service area waiting to be matched with a mentor. Becoming a Big means committing to spending a couple of hours a week with a young person doing things you and your Little like to do, like playing outside, visiting the library, or taking a walk, she said. Matches also explore new activities together, like visiting a museum or skiing for the first time. "It's about having fun, being a friend, and

nurturing a child's greatest potential."

Adult mentors are interviewed, screened and trained, and receive ongoing support from BBBS of Mid-Maine professional staff, including regular match support meetings to ensure safety and help strengthen relationships. Successful volunteers are responsible, caring adults, who enjoy working with youth of all ages and backgrounds, have excellent listening and communication skills, are patient, willing to learn, and share in the BBBS mission of igniting the power and promise of local youth.

To learn more about Littles waiting, follow BBBS of Mid-Maine's weekly "Waiting Wednesday" Facebook posts. For information on how to become a Big or enroll a child, visit bbbsmidmaine.org, email info@bbbsmidmaine.org or call 207-236-BBBS.



Little Sister Ryder Perkins meets with her Big Sister Hayley SooHoo once a week to chat while they draw, color, takes walks, and sometimes even learn new dances together. Their friendship was created through Big Brothers Big Sisters of Mid-Maine's longstanding, one-to-one mentoring program that matches children facing adversity with positive role models. Ryder and Hayley are part of BBBS of Mid-Maine's January promotion of National Mentoring Month, encouraging adults to make a New Year's resolution to help local kids by becoming a mentor to one of 100 kids waiting for a Big. For more information about becoming a mentor, email info@bbbsmidmaine.org, call 207-236-BBBS (2227) or visit bbbsmidmaine.org.

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Teachers
Continued from page 7

They serve as advisors to the Department of Education and state-level education stakeholders across Maine. Additionally, County and State Teachers of the Year join a cohort of teacher leaders that actively work together for the betterment of education in Maine. They also receive on-going professional learning and participate in many state and county leadership opportunities.

The 2023 County Teachers of the Year will be announced in May. The 2024 Maine Teacher of the Year will be selected from the 16 county honorees. Through a selection process designed for educators by educators, the field will be narrowed to semi-finalists and then state finalists before the Maine Teacher of the Year is announced by Maine's Education Commissioner at a school assembly in the fall.

Each year, State and County Teachers of the Year are honored at the annual Teacher of the Year Gala also held in the fall.

On behalf of, and in partnership with Maine Department of Education, the Maine Teacher of the Year program is administered by Educate Maine, a business-led organization whose mission is to champion college, career readiness, and increased education attainment. Funding is provided by Bangor Savings Bank, Dead River Co., Geiger, Hannaford, the Maine Lottery, the Silvernail Family, and Unum, with support from the State Board of Education and the Maine State and County Teacher of the Year Association.

"We are proud to administer the Maine Teacher of the Year program in col-

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laboration with the Maine Department of Education," said Dr. Jason Judd, Educate Maine Executive Director. "Now more than ever, we need to recognize the excellence within our educator workforce, amplify the voices of classroom teachers, and elevate the teaching profession in Maine. The 2023 County Teachers of the Year will be the tenth cohort to engage in this reflective and rigorous process and join the growing network of teacher leaders teaching, learning, and leading in Maine."

The Maine Teacher of the Year program is committed to a nomination and selection process that ensures people of all backgrounds are represented. Educate Maine and the Maine Department of Education champion that commitment by encouraging the nomination of educators from all culturally diverse experiences and backgrounds.

Through the generous support of Maine businesses, there is no cost to the local district when the Teacher of the Year is out of the classroom on their official duties, which includes representing educators statewide and nationally through safely distanced in-person and virtual events that highlight the important work of Maine schools, communities, and educators.

For more information about the Maine Teacher of the Year program, visit the Maine Teacher of the Year website. Help us promote the Teacher of the Year Program by using the promotional materials on our website! Our goal is to expand and diversify our nomination pool!

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LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11-11:45 a.m. (no class Jan. 16); Day/time: Wednesdays, 11-11:45 a.m.; Day/time: Fridays, 10:15-11 a.m. Instructor: Linn Morin, Certified Trainer. Cost: See below. Location: Education Center, 8 Falcon Road, Lewiston

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances, call Linn for more details.

Tuesdays, Fridays

LEWISTON -- Chair Yoga In Person and Zoom. Day/time: Tuesdays, 9-10 a.m. Day/time: Fridays, 9-10 a.m. Instructor: Mary Bishop, RYT. Location: Zoom and in person at Education Center, 8 Falcon Road. Cost: \$5 per class. Payments exchanged directly with Mary.

Must-haves: If on

Calendar

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Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in person, then just yourself.

Join Mary for this class offered both in person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size is limited. If you are interested in the class availability or are unable to afford the payment, still reach out so we can discuss specifics/concerns with you further.

Every second Monday

LEWISTON -- Caregiver Support Groups, Date: Monday, January 9 (every second Monday); Time: 5:30-7 p.m. Facilitator: Dana Morrell, SW. Location: SeniorsPlus, 8 Falcon Road, Lewiston.

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 12, Second and fourth Thursdays

LEWISTON -- **YOUTH TRADING CARD GAME CLUB** held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

January 14

LEWISTON -- The Midcoast Symphony Orchestra presents "Favorite Music for All Ages" with conductor Rohan Smith. Highlights include the story of "Tubby the Tuba" Jan 14 at 7:00 p.m. at The Franco Center, 46 Cedar St., Lewiston. For info and tickets visit <https://www.midcoastsymphony.org/tickets> or call 207-

481-0790. Tickets \$24.50 (advance) \$25 (cash or check) at the door. Under 18 and college students with ID are free. Limited free tickets are available for adults accompanying children.

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 18 and Wednesdays

LEWISTON -- Knitting Group, Dates: Wednesdays, Time: 4:30-7:30 p.m., Facilitator: SeniorsPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit seniorsplus.org.

January 19

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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 19

LEWISTON -- Medicare Made Simple, Date: Thursday, January 19, Time: 3-5 p.m., Instructor: Kerry Faria, Location: Education Center, 8 Falcon Road, Lewiston

This is an in-person class with Medicare expert, Kerry Faria. Learn how to navigate Medicare in this introductory class. You will learn about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare, or

anyone who currently has Medicare and would like to learn more. There will be time for questions and answers. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit seniorsplus.org.

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/>

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



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Halls Wild Blueberries for sale: Peter Blunda 839-8466; Kings Farm 839-5844; Standish Hardware 642-2771 Available after 7-25-22

BOOKS

Spiritual Books to Learn From. New! Open Up and Find Yourself – the Treasure Chest of My Existence. New! Song of the Climate Change – Every Country has Its Stanzas. New! I Pray to the Power of Love www.gabriele-publishing-house.com Toll-Free: 844-576-0937

CLEANERS

CC Island Cleaning Company. Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

FOR SALE

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

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

Turboclean Powerbrush Pet Pro

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

Back Hoe

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

Exercise Bike, Coffee table

Recumbent bike with heart & mileage monitor \$75. Lt oak coffee table with 4 glass panes & shelf. Call 782-1456

GENERATOR

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

SENIOR CARE ASSISTANT

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

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and

much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569.

TRAVEL TRAILER

2020 Keystone Sprinter

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

WANTED

Odd jobs and Gig work
Retired teacher and counselor looking for odd jobs and Gig work. Trained and experienced in babysitting, Petsitting, senior/adult care and cleaning. Contact: Missy 207-539-3204 or allinoneservices1@yahoo.com.

I am using a 40-year-old computer and my wife and I would like to buy a "wow" computer to communicate with our

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

Classifieds \$25 per week

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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.

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*Earn \$30 bonus for each \$1,000 transferred to a new or existing ECU Sun Select Credit Card during the promotion period, not to exceed \$450. Balance transfers must occur during the promotional period ending 3/31/2023, in order to be eligible. The bonus is payable 60 days after the month-end in which the balance transfer took place and the credit card must remain open. ¹Annual Percentage Rate as of 12/22/2022. Not all applicants will qualify for the lowest rate. Promotion and rate subject to change without notice. For more information, including bonus eligibility, visit egcu.org/credit.

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.

UMaine Extension 4-H Introduces Youth to Engineering Concepts



Stock photo of marshmallow and spaghetti building from shutterstock.com

ORONO, ME (January 6, 2023) — University of Maine Cooperative Extension 4-H is accepting registrations for a special interest club where youth ages 9-18 can explore basic engineering concepts. This online club will be held on Thursdays, Jan. 26–March 2 from 4–5:15 p.m. Required registration closes Jan. 17.

The 4-H Engineering Club will introduce basic engineering skills by exploring a different topic each week. Participants will work through a hands-on engineering challenge and will have an opportunity to connect with other 4-H engineers across the state. UMaine Extension 4-H staff will lead the challenges. The club is free and limited to 20 participants. Register by Jan. 17 on the event webpage to receive the link and at-home materials. For more information or to request a reasonable accommodation, contact 207.581.8206 or sarah.sparks@maine.edu. Additional information also is available on the Extension 4-H Virtual Learning webpage.