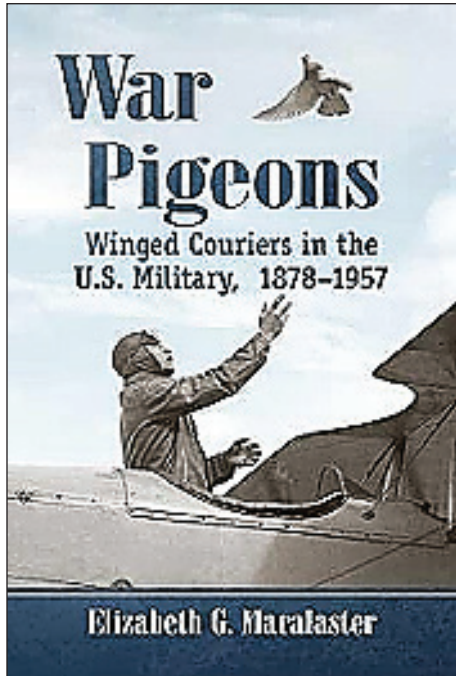


Gorham's BML Hosts Author Talk: *War Pigeons*



GORHAM, ME (January 14, 2022) -- 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 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.

Wednesday, January 25th 6pm

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Gorham Businessman Honored for Dedication to Building Workforce



GORHAM, ME (January 10, 2022) -- Former Maine gubernatorial candidate and founder of Moody's Collision Center, Shawn Moody, has earned two major awards for his lifelong commitment to building Maine's economy and workforce. This December, Moody earned both the 2022 Freedom and Opportunity Award from the Maine Policy Institute and the 2022 Excellence Award in Workforce Partnership from MEMIC. Moody was selected for his demonstrated ability to create jobs; his continued commitment to expand Maine's workforce; and for his innovative solutions to engage Maine's unemployed and underemployed.

"With the need to replenish an aging workforce, Shawn has worked all the levers to help bring the next generation of skilled workers into the Maine economy. We are pleased to recognize him -- he's earned it," said Michael Bourque, President and CEO, MEMIC.

Since founding the company in 1977 while still in high school, Moody has grown it into the largest independent collision center in the northeast with 14 location and 240 co-worker owners. In 2003, as an early adopter of the increasingly popular ESOP model, Moody transitioned ownership to his coworkers so they could begin building equity and success in their own careers. Each year since then, Moody's Collision Center has grown roughly 17-percent year over year.

Speaking on his behalf via video message at a December ceremony, United States Senator Susan Collins (R-ME) said, "Shawn has provided opportunity to his employees and quality service to his customers -- he exemplifies the very best of our business community."

In 2022, Senator Collins co-sponsored the Asylum Seeker Authorization Act, which would shorten the waiting period from 180 days to 30 days before legal immigrants could receive work au-

thorizations. To build upon that, Moody developed a partnership with the Community College System and CTE schools, and together they are constructing a program that will assess skill, regardless of industry experience. The program will improve professional opportunities available to Mainers changing careers, and for new Mainers with prior career experience from their home countries. The SOAR program will be rolled out in Spring 2023.

In 2010, Moody founded the Blue Collar Scholarship Foundation, which annually awards scholarships or tool-ships for those continuing education or entering the workforce. The foundation has since delivered over \$385,000 in awards to 286 deserving Mainers.

"Shawn has created hundreds of well-paying jobs in Maine, embodies entrepreneurship and leads by example -- selecting him was an easy choice," said Matthew Gagnon, CEO, Maine Policy Institute.

A lifelong resident of Gorham, Moody is a father to four children and has three grandchildren. Moody's son, Nate, was named to MaineBiz's 40 Under 40 for his work in advancing financial literacy among younger generations; and his daughter Danielle and son Ben are both in leadership positions at Moody's. Moody twice ran for Governor of Maine, and he was the first Mainer to ever serve on both the UMaine System and the Maine Community College Boards of Trustees with a goal of improving communication and collaboration between our public institutions.

"As Mainers, I believe we're all working toward the same goals -- to build a strong future full of opportunity for our young people and to position our state to thrive for decades to come," Moody said.

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.

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

Newsmakers, Names & Faces

\$8M Invested in Maine Community Colleges

AUGUSTA, ME (January 13, 2023) – More than \$8 million in federal funding for Maine’s community colleges was included in the recent federal omnibus funding bill, led by a \$2.2 million investment for a new wind turbine safety training program at Northern Maine Community College.

“We deeply appreciate the hard work of the delegation in securing the funds for these important projects,” said David Daigler, president of the Maine Community College System. Senators Angus King and Susan Collins were instrumental in secur-

ing these investments benefiting Maine’s students, parents, environment, and businesses.

The wind turbine safety training program establishes Northern Maine Community College as the first internationally certified training provider in the wind power industry in the northeastern United States. It builds on the existing wind power training program at the Presque Isle college and will be launched in collaboration with Maine Maritime Academy to serve both land-based and offshore wind industries.

“Maine has an im-

portant role to play in the development of renewable energy. This program will help grow Maine’s wind power workforce, which is essential to addressing climate change and developing a clean energy economic force for Maine and beyond,” said Northern Maine Community College President Tim Crowley.

MCCS projects funded in the FY23 Appropriation bill are:

\$2.2M to Northern Maine Community College, for developing a wind turbine safety training program.

\$1.5M to York County Community College,

to expand and renovate a welding training facility.

\$1.35M to Eastern Maine Community College, to expand remote health care training programs that provide hands-on and remote training to rural health care students.

\$1M to Southern Maine Community College, to purchase a facility and launch a new certificate program in greenhouse management and horticulture.

\$750K for Southern Maine Community College, to support the college’s new electric vehicle repair certification program.

\$660K for Kennebec Valley Community College, to make repairs on historic buildings on campus and create a student success center.

\$500K for Central Maine Community College, to install solar panels on campus buildings.

\$115K for Northern Maine Community College, to expand enrollment in the early childhood degree program.

Maine’s community colleges are also involved in other congressionally directed spending projects in Maine, including \$8M for the University of Maine to create three new manufac-

turing training centers. Two of the new centers will be located at Southern Maine Community College, one at the college’s Brunswick campus and one at South Portland.

“We couldn’t be happier to partner with the university and Maine Maritime Academy on these critical projects that support the manufacturing and wind power industries in Maine,” Daigler said. “Once again, Senators King and Collins, along with Representative Jared Golden saw and understood how funding will benefit Maine’s students, our heritage industries and the Maine economy.”

MCPKids! to Perform *Magic Tree House* Musical



The cast of MCPKids! Production of “Pirates Past Noon”

MONMOUTH, ME (January 12, 2023) – Cumston Hall will stow-away to the Caribbean when MCPKids! presents its production of Magic Tree House: Pirates Past

Noon KIDS February 17-19, 2023. The family-friendly musical follows the adventures of Jack and Annie, a brother and sister who draw on their love of reading to travel to amaz-

ing places.

In Magic Tree House: Pirates Past Noon KIDS, two siblings, Jack and Annie, return to visit a magic tree house filled with a magnificent collection of

the “mysterious ‘M’ person” has sent them a message that they deserve a vacation. Jack and Annie soon discover they have arrived in the 18th century – the time of pirates. They are immediately captured by the dastardly Captain Bones, the “dirtiest, scurviest, most evil-eyed, nefarious, rottenest rat on the sea,” with no hope of release unless they can somehow locate a legendary hidden treasure.

The production is being helmed by Danny Gay, with assistance by Ashley Hodgkins as Music Director, Hannah Hanson as Stage manager, Nancy Kenneally as costumer, Amy Hamlin as props mistress, and Josie French as producer. The cast of 24 students include: Avery Hamlin, Hannah Hoke, Anna Nguyen, Liz Barus, MaKenzie McCann, Louise Turner, Stella Dietrich, Audrey Blake, Sophie Knowles, Mackenzie Gallo, Levi Stevens, Allie Eagers, Grace Mills, Ronan

Sawyer, Alice Hoke, Iana Helczyk-Postole, Rowan Bowden, Alivia Siderio, Sophie Fenwick, Nevaeh Brown, Arya Iannotti, Sophia Pinard, Isabel and Zoey Mason.

YO HO! YO HO! YO HO! Now go! MCPKids! Monmouth will present Magic Tree House: Pirates Past Noon KIDS February 17-19 at 7pm on Friday, and 2pm Saturday and Sunday at Cumston Hall. Tickets are \$10.00 for adults and \$5.00 for students, or three gold pieces, parrots are free of charge. Tickets may be purchased by visiting their website at www.monmouthcommunityplayers.org.

Magic Tree House: Pirates Past Noon KIDS is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. 421 West 54th Street, New York, NY 10019 Phone: 212-541-4684 Fax: 212-397-4684 www.MTIShows.com.



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Newsmakers, Names & Faces Help Prevent Lung Cancer at Gorham's Indoor Insanity 5k

GORHAM, ME (January 13, 2023) – Indoor Insanity 5k is back for 2023! Join us in January for a race event unlike any other in Maine! Get out of the cold and head indoors: no ice underfoot, no frigid gusts in your face, and no snow overhead. Who knew running in circles was SO much fun? Music, camaraderie, and running (for a cause!)

Indoor Insanity is a fundraiser to prevent lung cancer in Maine. Exposure to radon causes lung cancer: Radon is the second leading cause of lung cancer nation-wide, and the number one cause of lung cancer in non-smokers; High levels of radon gas move up through Maine soil and water, where it can get trapped inside buildings; 1/3 of the homes in Maine (2/3 in Cumberland County!) have radon above the EPA recommended action levels.

The money that YOU raise through your Indoor Insanity registration fees and additional donations will be used to fix radon problems in low-income



Maine households. The Maine Indoor Air Quality Council works with established non-profit organizations here in Maine to identify these households, as well as facilitates the work via registered Maine radon mitigators to install the systems. With your help, we hope to make the indoor air in 1-5 homes in 2023 a whole lot safer to breathe!

You can be a cancer-preventing superhero. Please consider making an extra donation when you register for Indoor Insanity—or even better—set up a fundraising page so that your family, friends, neighbors, and colleagues can join you in preventing lung cancer right here in Maine.

How Indoor Insanity Works

To minimize injury and “traffic jams”, runners pick their preferred heat based on their general run-

ning speed.

Heat # 1 – for the fastest runners (15-20 minute 5k) Field will be limited to 30 runners.

Heat # 2 – for the intermediate runners (21-28 minute average 5k) Field will be limited to 75 runners.

Heat # 3 – for runners of any level willing to take on the challenge that only chaos can bring!

Walkers are welcome (we will have a dedicated lane for walkers).

1/2 mile Kids Fun Run, too!

Ribbons and bragging rights will be awarded to winners of the various heats. All participants have opportunity to win some terrific door prizes. Special prizes for top male and female runners TBA.

Race Timing and Lap Counting – Get Great Running Data

Indoor Insanity will be professionally chip-



timed for accurate individual lap and finish times. Unlike other 5k races which give you just one finish time, Indoor Insanity 5K participants get 25 pieces of running data – split times for each lap completed.

Lap Counting: Hand tally counters will be available to help runners keep track of lap numbers. Please note: In-

door Insanity participants should not rely on the chip timing company to provide individual lap counts during their heat. (It's just not possible – it's too insane!) If runners would like that level of support during their race, please bring a spotter. Spotters will be available at the event on a first come, first served basis. Cost: \$20 donation to

the Indoor Insanity radon mitigation fund.

Race Fees
\$30.00 per person.

Thanks to our event sponsors, all proceeds from registration fees and supplemental donations will help support radon mitigations in low income households in Maine. Please consider making an extra donation at checkout, or even better, set up a fundraising page so that your family, friends, and colleagues can support your efforts to prevent lung cancer.

Event Information:
Date: Sunday, January 22, 2023, Location: Field House, USM, Gorham, ME

Schedule:
Registration Opens at 7:15 a.m.

Heat #1 at 8:00 a.m.
Kids Fun Run at 8:25 a.m.

Heat #2 and Walkers Start at 8:45 a.m.

Heat #3 at 9:30 a.m.
See you on the January 22nd!

Registration link: <https://runsignup.com/Race/ME/Gorham/IndoorInsanity5K>

Westbrook-Gorham Rotary Selected as Hannaford Beneficiary

WESTBROOK, ME (January 13, 2023) – Westbrook-Gorham Rotary Club Charities has been selected as a beneficiary of the Hannaford Community Bag Program for the month of January 2023 at the Westbrook Hannaford store location.

The Hannaford Community Bag Program, which launched in October 2015, is a reusable bag program that facilitates community support with the goal to make a difference in the communities where shoppers live and work.

Westbrook-Gorham Rotary Club Charities was selected as the January beneficiary of the program by store leadership at the Hannaford located at Han-

naford Dr, Westbrook. Rotary will receive a \$1 donation every time the \$2.50 Hannaford Community Bag is purchased at this location during January, unless otherwise directed by the customer through the Giving Tag attached to the bag.

“We are thrilled at this opportunity to work with Hannaford to broaden our charitable fundraising in 2023,” said Crystal Brown, President-Elect of Westbrook-Gorham Rotary. “Funds raised will be put directly to work serving our community. Rotarians are people who believe that, together, we can make a difference locally, nationally, and globally through service.”



Westbrook-Gorham Rotary Club Charities is a nonprofit based in Westbrook, ME. Founded in

1926, Westbrook-Gorham Rotary serves the Westbrook and Gorham Communities in a variety of

ways, including providing scholarships, promoting literacy, fighting food insecurity, and supporting the

environment. Learn more about Westbrook-Gorham Rotary Club Charities by visiting our website at wgorham.org

For more information on the Hannaford Community Bag Program, visit hannaford.2givelocal.com.

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

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Seniors Not Acting Their Age

Phenomenal Views on Rumford Whitecap



Hikers ascend the Rumford Whitecap Orange Trail



Climbers negotiate snow-covered bedrock on Rumford Whitecap ridge



A hiker approaches the summit of Rumford Whitecap

By Ron Chase
There's a good reason why I keep returning to Rumford Whitecap Mountain in North Rumford. Enjoying wonderful views is my favorite part of the mountain hiking experience. The panoramic vistas from the extensive Rumford Whitecap ridge top are simply unparalleled in western Maine. The 360 degree views of the surrounding mountains and valleys from the summit are phenomenal.

Another benefit of the prominent mountain is the relative ease of obtaining the visual rewards. Only about 1,600 feet of elevation gain on a well-designed 2.5 mile trail brings

the hiker to the 2,214 foot open summit. The entire trek can be accomplished at a moderate pace in three or four hours.

Thirty-five years ago when I first started hiking on Rumford Whitecap, the route to the ridge consisted of unmarked badly eroded logging roads that connected with glorified herd paths at higher elevations. That changed dramatically after Mahoosuc Land Trust purchased much of the summit and some of the south and east slopes in 2007. Rumford Whitecap Mountain Preserve was established and a network of quality trails constructed. From the parking lot on the East Andover Road, two marked

trails lead to the ridge.

In need of a mountain fix, I announced a Penobscot Paddle & Chowder Society mountain hike shortly after Christmas. I suggested Rumford Whitecap and two other possible options. I'm not the only Rumford Whitecap enthusiast. Almost immediately, two club members expressed a preference for the wind swept exposed summit. That became my selection.

Five of us, all retirees, met at the East Andover Road trailhead on a gray, seasonably warm early winter morning. Given two recent rainstorms, I was surprised by the depth of the remaining snow-

pack. An inspection of the trail indicated a hard-packed snow surface as a result heavy hiking traffic. We decided to forego snowshoes which was a good decision overall.

Four of us wore micro spikes from the outset while the fifth participant added them before the trek was over. We ascended steadily following orange blazes on Orange Trail in a predominantly hardwood forest. It soon became apparent that we needed to stay on the packed trail as any deviation resulted in sinking deep into the snow; a tiring inconvenient technique called post-holing.

What appeared to be an old logging road was the first section of trail. The wide route rose almost straight up on a moderate grade. After crossing a couple of open streams, the path angled left and we began ascending more gradually in a canopy of softwoods and hardwoods. When the trail turned right, we trekked along the west shoulder of steeper terrain. Here, a hiker descending on snowshoes advised us that the Black Mountain and Yellow Trails were not broken. This was helpful information as I had con-

templated a return on Yellow Trail.

The gradient diminished as we proceeded through a sparsely wooded sector to Black Mountain Trail junction. Just beyond, we dropped into a small ravine and crossed a stream. Partially exposed ledges led to the Yellow Trail junction where a trail sign indicated the summit was sixth-tenths of a mile.

Some minor post-holing occurred as we traveled through an open area to an abrupt left turn where a narrow icy route was carefully negotiated to the beginning of the exposed ridge. From that point, the remarkable views were constant as we followed cairns while climbing ice and snow-covered sloping bedrock to the summit.

In addition to the breathtaking views, the summit area is the habitat for what is believed to be the largest red pine woodland in the State of Maine. The distinctive trees decorate the lower portion of the ridge line where they root in shallow soil. They probably originated in this area as a result of forest fires in the past.

The highpoint was free of ice and snow. From

that vantage point, we lingered to enjoy the remarkable panoramic vistas despite a frosty breeze. Afterwards, we retired to a lower location protected from the wind for a lunch break.

The mountains and valleys of western Maine were the backdrop for our ridge descent. Numerous parties of enthusiastic hikers were met during our return. All seemed thrilled to spend one of the final days of the year on that exceptional peak.

Many more exciting mountain escapades 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.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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Maine Director of CDC Dr. Nirav Shah Appointed to U.S. CDC

PORTLAND, ME (January 12, 2023) -- MaineHealth's chief executive officer, Dr. Andy Mueller, issued the below statement today following the news that Dr. Nirav Shah, director of the Maine CDC, will be leaving his position to become the principal deputy director of the U.S. CDC:

"Staying true to

Maine's motto of "Dirigo," Dr. Shah's leadership through the worst pandemic in a century propelled Maine to top-tier performance for COVID response among the states. Working closely with DHHS commissioner, Dr. Jeanne Lambrew, Dr. Shah's calm and sensible advice, as well as his leadership during our

vaccination efforts, saved countless lives. We at MaineHealth are grateful for his contributions and sad Maine is losing him. However, we are also proud that he is stepping into a leadership role with the U.S. CDC, where he will no doubt once again distinguish himself as a public health champion. Congratulations Dr. Shah."

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Don't miss our
weekly giveaways!**

Travel: Abroad & Within with Longfellow Days

BRUNSWICK, ME (January 12, 2023) -- Longfellow Days is Brunswick's month-long celebration of the great American poet, who lived here while he was a student and, later, as a faculty member at Bowdoin College. Throughout February - Henry Wadsworth Longfellow's birth month - entertaining cultural events all over town will explore themes that are suggested by the poet's life and work. This year's event is titled "Travel: Abroad and Within."

Henry Wadsworth Longfellow was inspired by traveling, whether internationally or close to home. His adventures shaped his writing, even when his subject had nothing to do with journeys or locales - thus providing evidence that travel can happen over great distances or within our thoughts.

Thursday, February 2, 2:00-3:00 PM ~ EXHIBITION EXCURSION

A docent-led tour of two BCMA exhibits illuminating aspects of HWL's time in Italy. Antiquity & America: The Ancient Mediterranean in the United States features sculpture and paintings that influenced artists like Longfellow. In Light of Rome: Early Photography in the Capital of the Art World,

1842-1871 reveals the eternal city's impact on the development of early photography. Co-sponsored by the Pejepscot History Center. Bowdoin College Museum of Art

Sunday, February 5, 1:00 PM ~ THE COURSEN READINGS, PART ONE

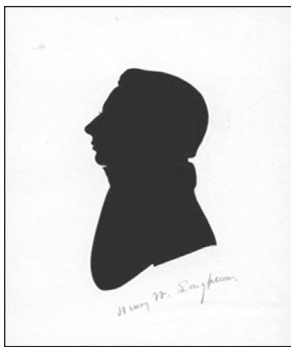
Many superb writers have graced Brunswick and its vicinity through the years. We feature twelve of them in a four-part Sunday series named for the late poet and Longfellow Days' friend, Herbert Coursen.

We begin with Maine poets Jen Walker Grace, Claire Hersom, and Marcia Simmons. Refreshments. Fireplace Room, Curtis Memorial Library

Tuesday, February 7, 6:30-8:30 PM ~ PARSING A POEM: DEVILISH DANTE

A literary and social event hosted by Gary Lawless, who guides us in exploring the First Canto of Dante's Inferno, translated by Longfellow, as well as "Mezzo Cammin," Longfellow's sonnet written while grieving the sudden death of his first wife. Refreshments and cash bar. OneSixtyFive, The Inn on Park Row

Friday, February 10, 1:00 PM ~ POETRY READING WITH WESLEY MCNAIR



Wes, the Poet Laureate of Maine from 2011-2016, will read from his recently published volume Late Wonders: New and Selected Poems. Unitarian Universalist Church, 1 Middle Street

Saturday, February 11, 11:00 AM ~ MORNING AT THE MOVIES

Be transported back to Victorian America by I Heard the Bells, the 2022 film about Longfellow and the inspiring story behind the beloved Christmas carol. Introduced by Tricia Welsch, Bowdoin College Professor of Cinema Studies. Eveningstar Cinema, 149 Maine Street

Sunday, February 12, 10:00 AM ~ A LYRICAL SERVICE

Poetry is the focus of this ecumenical service, led by Rev. Kharma Amos and with music from Jud Caswell. Visit the Bible that Longfellow signed and donated to his church in 1878. Unitarian Universalist Church, 1 Middle Street

Sunday, February 12, 1:00 PM ~ THE COURSEN READINGS, PART TWO

Maine poets Cate Marvin, Jefferson Navicky, and Jonathan Pessant are featured. Refreshments. Fireplace Room, Curtis Memorial Library

Wednesday, February 15, 12:00 PM ~ POETRY AND TRAVEL: LONGFELLOW IN EUROPE.

As a Professor of Modern Languages, Longfellow toured Europe, expanding his worldview and his art. Gary Lawless, another continental traveler, speaks about HWL, poetry, and the value of travel in strengthening the creative arts. This event is part of the Midcoast Senior College's Winter Wisdom program. Morrell Room, Curtis Memorial Library

Friday, February 17, 1:00 PM ~ LONGFELLOW TRIVIA CHALLENGE

We bet you know more than you think you do and, either way, you are sure to have fun. Trivia master Andrew Hamilton emcees, and there'll be prizes! Unitarian Universalist Church, 1 Middle Street

Saturday, February 18, 12:30 & 2:00 PM ~ TOURS OF THE JOSHUA L. CHAMBERLAIN

MUSEUM

Longfellow Days and the Pejepscot History Center co-host visits to one of Longfellow's residences in Brunswick - later home of Maine Governor and Civil War General Joshua Chamberlain. 226 Maine Street

Sunday, February 19, 1:00 PM ~ THE COURSEN READINGS, PART THREE

Maine poets Dennis Camire, Jim Donnelly, and Anna Wrobel are featured today. Refreshments. Fireplace Room, Curtis Memorial Library

Wednesday, February 22, 2:00 PM ~ COMMUNITY POETRY READING AT THE HIGHLANDS

Local bard David Sloan will read from his work and host this informal poetry-sharing gathering for the community. Bring yours or favorites by others. Refreshments. Georgetown Parlor, Maine Lodge, The Highlands, 30 Governors Way, Topsham

Thursday, February 23, 12:30 ~ COMMUNITY POETRY READING AT THORNTON OAKS

Poet David Sloan shares his own writing and hosts this informal verse-sharing session for the community. Bring yours or favorites by others. Refreshments. Merry-meeting Room, Thornton

Oaks, 25 Thornton Way (off Baribeau Drive)

Sunday, February 26, 1:00 PM ~ THE COURSEN READINGS, PART FOUR

Maine poets Kara Douglas, Valerie Lawson, and John Reinhart are on deck for our final Coursen Reading. Refreshments. Fireplace Room, Curtis Memorial Library

Monday, February 27, 6:30 PM ~ HAPPY BIRTHDAY, HENRY!

He's a mere 216 today - and always deserving of a fuss. Ren Bernier hosts our popular poetry open mic, and we invite you to add your voice! Come share your poem or another's that you love, and enjoy some delicious cake, courtesy of Union Street Bakery. Unitarian Universalist Church, 1 Middle Street

Longfellow Days is an annual program of the Brunswick Downtown Association, with support from Bowdoin College, Nathaniel Davis Fund, Eveningstar Cinema, OneSixtyFive: The Inn on Park Row, Union Street Bakery, and the Unitarian Universalist Church of Brunswick.

Information online at brunswick-downtown.org/longfellow-days-2023-travel/ or facebook.com/longfellowdays/.

Get Ready to Celebrate the Read to ME Challenge

MAINE (January 13, 2023) -- For the 8th consecutive year, the Maine Department of Education will collaborate with community organizations and schools to promote the Read to ME Challenge, a month-long public awareness campaign held during February across Maine.

The Read to ME Challenge is intended to

bolster enjoyment in reading and to support children's literacy growth by challenging adults to read to and/or with children for at least 15 minutes during the month of February. Challenge readers are invited to capture the moment via a photo or a video to post on social media platforms such as Facebook, Instagram, and Twitter with the hashtag #Read-

toME. They are also encouraged to continue the impact by challenging social media friends to read to children and spread the impact across the state. Maine DOE hopes that social media posts include Twitter tag at @mdoe-news and/or a Facebook tag @MaineDepartmentofEducation1!

While anyone can participate in the Read to

ME Challenge, this initiative offers a wonderful opportunity for schools, child cares, libraries, and many other community organizations to plan engaging strategies for completing the challenge and demonstrating commitment to reading to children. In the past there have been a variety of student and adult groups that have organized impactful reading events.

These include college and high school sports teams, civic organizations, library programs, recreation departments and educational organizations. If you have a school or community organization that plans on participating in this challenge, please let us know by signing up at this link.

The Read to ME Challenge will run for the month of February, lead-

ing up to Read Across America Day on March 2, 2023. Learn more about the Read to ME Challenge on the Maine DOE Website and be looking for more details about the kick-off soon.

For additional information, contact Dee Saucier (danielle.m.saucier@maine.gov), Maine DOE Inclusive Education Literacy Specialist.

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Arts & Entertainment

Gorham Kids can Develop Skills with Musical Theater Classes

STANDISH, ME and Thursday! -7PM
(January 10, 2022) – Crescendo School of Performing Arts' Kids, Tweens, and Teens Musical Theater classes start Wednesday
KIDS (6-8) Wednesdays 5:15PM -6PM; **TWEENS (9-11)** Wednesdays 6PM - 7PM; **TEENS (12 - 15)** Thursdays 6PM -7PM
 Register at www.crescendoschoolofperformingarts.com/register2023 or Call us at (207) 274 - 7115!

Mary Poppins Coming to Gorham High School

GORHAM, ME in just under a month!
(January 14, 2023) -- This performance will feature classic songs and state of the art fly- ing for MORE than one character (can you guess who??) Get your tickets at Eventbrite.

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This 10-Week class meets once a week, and has separate sessions for KIDS, TWEENS, and young TEENS.

Over the course of the class, students will build foundational dance and movement skills needed as an actor, learning to sing and dance to multiple songs from Musical theater shows! At the end of the semester, they will put on a final Musical performance for family and friends!

KIDS (AGES 6- 8) WEDNESDAYS - 5:15PM-6PM COST - \$55 PER MONTH	WINTER SESSION: JANUARY 11TH - MARCH 23RD PERFORMANCE WEEKEND: MARCH 24TH- 25TH
TWEENS (AGES 9- 11) WEDNESDAYS - 6PM-7PM COST - \$70 PER MONTH	SPRING SESSION: APRIL 5TH - JUNE 8TH PERFORMANCE WEEKEND: JUNE 9TH-10TH
TEENS (AGES 12- 15) THURSDAYS - 6PM-7PM COST - \$70 PER MONTH	

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Registration Open for WinterKids' Downhill 24

(January 4, 2023) – Registration is open for the 11th annual WinterKids Downhill 24 at Sugarloaf on March 2-3, 2023. Presented by Agren and Zachau Construction, the WinterKids Downhill 24 is a 24-hour ski and snowboard challenge to raise money for WinterKids programs – to help more kids build healthy habits through outdoor, winter activity. This is the only night of the year to ski under the lights at Sugarloaf.

This year, the Downhill 24 will start at 8 p.m. on Thursday and end at 8 p.m. on Friday with a closing ceremony party in the King Pine Room at Sugarloaf. Teams can register to ski, ride, or skin up for 24 hours. There are registrations for corporate teams and individual teams, with teams of up to twelve people. There will be a full

schedule of events including a race arena, inflatable obstacle course, trivia, raffles, all night mid-mountain party, music, food and more!

For the 11th annual event, the organization aims to raise \$650,000. “The success of this event has changed the trajectory of our organization and allowed us to serve thousands more kids each year,” says Julie Mulken, WinterKids’ Executive Director. “Our goal is \$650,000 this year and proceeds from the event help us to reach over 50,000 kids in all sixteen counties of Maine!”

This event will sell out. The first 50 people to register by January 31, 2023, will receive a WinterKids fleece headband. To register your team and learn more, visit www.winterkids.org/downhill-24.

This event also supports the Carrabassett Valley community with local beneficiaries each year. This year’s beneficiaries include the Sugarloaf Region Charitable Trust, Sugarloaf Ski Club, and the Western Maine Center for Children. Created in 2022, the WinterKids Downhill 24 Outdoor Fund supports organizations statewide through a community voting process in September. In the inaugural year of the fund, 4 schools received \$25,000 to get more kids outside and active, including Noble Middle School, Bruce Whittier Middle School, Auburn Middle School, and Mt. Abram Regional High School.

The 11th annual Downhill 24 is presented by Agren and Zachau Construction. Additional sponsors include L.L.Bean, Pape Subaru, Kittery Trad-

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ing Post, Franklin Printing, Patra Company, Pike Industries, United Rentals, Portland Pie Company, Sugarloaf Inn, Three Rivers Whitewater, Capozza Floor Covering Center, Martin’s Point Health Care, ACE Painting, Orono Brewing Company, Mountainside Real Estate, Ware Butler, Winterstick, West Mountain Ski Company, Vigilante Capital, Swen-

son Group, AAA Northern New England, Northern Light Health, Family Chiropractic Associates, Main Health, Eighty8 Donuts, and Maine Drone Imaging.

WinterKids is an independent 501(c)(3) non-profit organization. Our mission is to help children develop healthy lifelong habits through education and fun, outdoor winter activity. This year, Win-

terKids will reach 50,000 children through our family programs, school programs, and community events. WinterKids’ Major Community Sponsor is L.L.Bean. WinterKids’ Supporting Sponsors are Agren, Central Maine Power, Harvard Pilgrim Health Care, WEX, and WMTW Channel 8 and The CW. Learn more at WinterKids.org.

Republicans Call for Tax Cuts Amid Historic Price Increases

AUGUSTA, ME (January 11, 2022) – Legislative Republicans received a state budget briefing from the Governor’s Office today. Republican leaders listened intently and have issued the following Joint

Statement:

“State government has over-collected \$1.5 billion from taxpayers who are struggling to heat their homes, buy groceries, fill their gas tanks and pay rising prices on everyday items. We

need to stop the cycle of over-collecting money from people. Current revenue projections allow us to explore ways of letting people keep more of their hard-earned money to address inflation.

“Republicans are committed to working with Democrats to achieve a two-thirds budget in keeping with legislative tradition and the people’s desire that we all work together. We are pleased the Govern-

or’s proposed budget addresses several priorities Republicans communicated during the recent discussions and public hearing on the energy bill, including fulfilling our commitment to protect those who are most vul-

nerable. We stand ready to serve Maine’s people during the appropriations process. We also want to explore ways to lower taxes - while we have the opportunity – so that our people can prosper.”

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Mission of Hope Clothes Closet Offers Free Clothes

GORHAM, ME (November 1, 2022) -- The Mission of Hope Clothes Closet is located at the Cressey Road United Methodist Church at 81 Cressey Road & Route 25. We offer FREE clothes of all kinds and sizes to those in need. Feel free to drop by. We are open from 9 AM to 12 noon on the 1st and 3rd Saturday of every month. If you have an emergency, you can call 839-3111.

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

Mission of Hope
CLOTHES CLOSET
Open 1st & 3rd Saturday
9am - noon
Donations accepted during Clothes Closet hours.

Portland's Blue Invites You to Hear Some Acid Blues

PORTLAND, ME (January 13, 2023) -- Boston's British-American modern blues band Bees Deluxe invade Portland Maine for their debut at Blue. The band has won fans from Bar Harbor to Boca Raton with their distinctive and highly musical take on the blues. We are psyched to play at Blue," said Paul Giovine, the band's drummer. "We drive through Portland every time we tour up to Rockland, Maine, and we've been dying to stop here on the way

and share our live music with friends and fans in the Portland area! Bees Deluxe have played with Ronnie Earl, Joanne Shaw Taylor, Matt Schofield, Roomful of Blues, Walter Trout and David Maxwell. The band celebrates the music of Billie Holiday, Etta James, Albert Collins, Robert Cray, Tinsley Ellis and the Three Kings with respect and innovation and brings an infectious enthusiasm to their addictive originals. Receiving rave reviews wherever they play,

Bees Deluxe takes the road less-travelled. Their music is not ordinary. If you're looking for brainless, beer-guzzling background music, Bees Deluxe might not be your cup of tea. But, if you appreciate creativity, stunning musicality and tight arrangements, Bees Deluxe delivers the musical goods. Blues Blast Magazine says of Bees Deluxe "...what might happen if Freddie King took a lot of acid then wrote a song with Pat Metheny and asked a strung-out Stevie Ray

Vaughan to take a solo." Bees Deluxe is fronted onstage by British guitarist Conrad Warre with Carol Band on keyboards, harmonica and vocals. Jim Gildea plays bass guitar and sings, and Paul Giovine on drums and percussion provide the foundation of the band on stage and in the studio. The musicians each bring their own experience to the mix. Band was recruited from jazz bands that were playing the Boston circuit, Giovine was discovered by the band playing rock and roll in a slew of punk rock clubs in New England

and Gildea was drafted to Bees Deluxe by drummer Giovine after sharing the stage with him at several country music festivals. Warre, was in a high-school band in London, with Paul Kossoff, of the band Free, and has toured Europe with the English Beat and the Joe Jackson Band. The band gives it all at every performance and continues to push the limits of the blues, coloring outside the lines of convention with musicality, originality and a touch of insanity. WHAT: Bees Deluxe Swarm Blue in Portland WHERE: Blue, 650A

Congress St. Portland, ME WHEN: Friday January 20, from 8:00 - 9:30 PM COST: No cover, donations gratefully accepted

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Great Falls and Community come out for Celtics' Gorham Night



Gorham Asked to Stay off Ice, Try Other Outdoor Activities



GORHAM, ME (January 14, 2023) -- We at Gorham Rec Department are sad that it is mid-January and 50 degrees (and very little snow). We wish we had everyone out snowshoeing, ice-skating, cross-country

skiing, and making snowmen. However, these are not the cards we were dealt. We are asking you to stay off the "ice" water of the skating rinks. Even with colder temps in the overnight hours, it's

not consistent enough to freeze the water to a solid, smooth ice-skating rink. Looking at the weather forecast, it may be a bit before they are ready. Please look for alternative opportunities to get outside!

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

St. Anne Church in Gorham "Socking" Community Issue

GORHAM, ME (January 10, 2023)—Many community organizations, shelters, and charitable clothing groups have noted a lack of socks among the most pressing issues facing their continuing commitment to serving those in need this winter.

What has become an annual January tradition at St. Anne Church in Gorham takes on even more importance and relevance in 2023.

"The parish is collecting socks for those in need, especially the homeless," said Fr. Lou Phillips, pastor of the parish. "It's a drive that we've had for many years, and it has been quite successful."

Over the course of time, parishioners have do-

nated thousands and thousands of pairs of socks for community members in need. In 2022, parishioners donated around 1,000 pairs. The recipients, ever grateful, have included veterans' groups, shelters, food pantries, and local organizations such as Amistad, Preble Street, and St. Vincent de Paul Soup Kitchen in Portland.

"We've also distributed the collected items to schools in Buxton, Gorham, and Limington, as needed," said Teresa Ledue of St. Anne Parish.

Hats and mittens for men, women, and children are also collected.

The collection takes place in the narthex of St. Anne, located on 299 Main

Street in Gorham. Donations can be dropped off before and after all January Masses (Sundays at 8 a.m. and 11 a.m.; Mondays, Tuesdays, and Fridays at 9 a.m.) or at the St. Anthony of Padua Parish's pastoral center on 268 Brown Street in Westbrook on Mondays through Thursdays from 9 a.m. to 3 p.m. and Fridays from 9 a.m. to 1 p.m.

The effort to assist those in need is ever present at Maine parishes. One inspiring initiative after another, and all done for the right reasons.

"We do not give to be recognized," said Ledue. "Only to provide for the need."

For more information, call 207-857-0490.

Medical Closet Serves Gorham Residents

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

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


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

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Vivid Motion Dance Holds Auditions for Spring Show

Tales From The End Of The World

DANCE AUDITIONS
for Vivid Motion's Spring Show
Sat Feb 4
9:30-11:30
Scarborough Dance Center
FMI vividmotion.org

THE YELLOW WALLPAPER

PORTLAND, ME (January 12, 2022) -- Local non-profit dance company, Vivid Motion, will hold auditions for its spring show double feature: "The Yellow Wallpaper" & "Tales From The End Of The World" on Saturday February 4 from 9:30-11am (ages 9+) at Scarborough Dance Center, 26 Oak Hill Terrace, Scarborough ME.

Two amazing concepts in one great dance show! "The Yellow Wallpaper," Charlotte Perkins Gilman's classic short

story, is often cited as an early feminist work that asks difficult questions about the role of women, particularly regarding their mental health and right to autonomy and self-identity. "Tales From the End of the World" is an original concept from Trevor Bean, detailing the moments leading up to, during, and after an apocalyptic event.

Auditions are held in a class format: a warm up followed by several combinations at center. Please wear clothes you can move in and have your hair out

of your face. Pre-registration is recommended and opens on Friday, January 20th. Registration closes at 8 a.m. on Saturday, February 4th.

Rehearsals will be on Saturdays & Sundays, February 11-April 30 from 9:30am - 2:30pm at Scarborough Dance Center. Time spent in rehearsals is dependent on individual casting. Shows are May 5-7, 2023 at St. Lawrence Arts in Portland.

More information, including a complete list of roles (description of pieces, dance levels, gender) and registration will be available at vividmotion.org

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Gorham Youth Invited to Develop Baseball Skills with Ed Flaherty

GORHAM, ME (January 14, 2023) -- A legend Ed Flaherty, his coaching staff and players.

USM WINTER BASEBALL CLINIC
HITTING – PITCHING – FIELDING – CATCHING

This clinic will feature elite instruction from Coach Ed Flaherty, the USM Coaching Staff and USM players from the local area!

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Gorham KofC Invites Community to Free Throw Competition

GORHAM, ME (January 14, 2023) -- Compete in the Knights of Columbus Free Throw Competition on Saturday, January 28th at Shaw Gym (75 South St, Gorham) Registration begins at 3:30pm.

Boys/Girls ages 9-14 (proof of age at sign up)

Best score out of 15 free throws! Winners advance to state championships! Call Ben @ 1-207-436-0223 or Mike @1-207-400-1814

Knights of Columbus Free Throw Competition

January 28, 2023
Shaw Gym, Gorham

Registration begins @ 3:30pm

Where: Shaw Gym, 75 South Street (adjacent to Town Hall), Gorham
Who: Boys and Girls ages 9-14 (need to provide proof of age at sign up)
What: Best Score out of 15 free throws

Winners advance to State Competition!

FMI: Call Ben @ 1-207-436-0223 or Mike @1-207-400-1814

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

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

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Get your Camping Trip Locked in for 2023 with Maine State Parks

AUGUSTA, ME (January 10, 2022) -- The Maine Department of Agriculture, Conservation and Forestry's Bureau of Parks and Lands (BPL) Director Andy Cutko announced a record set during 2022 for camping nights. During 2022, Maine State Park campgrounds recorded over 319,000 visitor nights. 2022 was BPL's second-highest ranking year for total state park

visitation, with more than 3.28 million people spending time at the bureau's 48 parks and historic sites. In 2021, Maine State Parks welcomed more than 3.3 million visitors and more than 315,000 campers.

"The credit for this record-breaking growth goes to every staff member in our Maine State Parks system. Their dedication to caring for our parks and the people who

choose to recreate with us is unmatched," said DACF Commissioner Amanda Beal. "Whenever I visit a Maine State Park, I always discover something new that reminds me how amazing these places are and the impact that spending time in nature can have on people."

"Many of us have been interested to see whether the pandemic spike in outdoor activity

would be sustained," said BPL Director Andy Cutko. "Our 2022 statistics show that Maine people and our visitors continue to love our State Parks."

Lock in your Maine State Parks camping trips starting February 1

On February 1, 2023 at 9:00 AM, the Maine State Park campground reservations center opens to accept online and phone reservations for Lily

Bay and Sebago Lake State Parks.

Then on February 6 at 9:00 AM, the campground reservation center opens to accept phone and online reservations for all 12 Maine State Park campgrounds.

Book camping reservations online (www.CampWithME.com) or reach the camping reservation call center by dialing (800) 332-1501 from

a Maine (207) area code; or (207) 624-9950. Seasonal reservation call center hours are 9:00 to 4:00, Monday to Friday, excluding holidays.

Group Campsite and Picnic Shelter Reservations are by phone only and begin February 1, 2023. Find park phone lines, instructions, and fees on BPL's Group Camping and the Group Shelters web pages.

Sen. Collins' PREVENT Pandemics Act Signed into Law

WASHINGTON, D.C. (January 12, 2023)—U.S. Senator Susan Collins, a member of the Senate Health Committee, announced that large portions of legislation she helped author to strengthen the nation's public health and medical preparedness and response systems were signed into law as part of the year-end government funding bill. The Prepare for and Respond to Existing Viruses, Emerging New Threats, and Pandemics Act (PREVENT Pandemics Act) was sponsored by Health Committee Chairman Patty Murray (D-WA) and Ranking Member Richard Burr (R-NC) and included key provisions authored by Senator Collins.

"The past three years

have clearly demonstrated that we must work to ensure that our country is better prepared for future epidemics and pandemics," said Senator Collins. "This bipartisan legislation represents an important step forward that will address a number of shortcomings that were exposed during our nations' response to COVID-19. It will also strengthen our public health systems and better protect our communities."

The omnibus includes portions of the PREVENT Pandemics Act that will, among other provisions,

improve strategy and coordination among our public health preparedness agencies; strengthen the supply chain and government stockpiles of medical products, such as masks, drugs, vaccines, and tests; and authorize the Advanced Research Projects Agency for Health (ARPA-H) to accelerate innovation in health and medicine by investing in novel, broadly applicable, high-risk, high-reward research projects.

The legislation includes sections that Senator Collins authored or co-led that will:

Increase Domestic



preparedness expertise.

Alleviate Drug Shortages. The Drug Shortages Shelf Life Extension Act, legislation authored by Senators Collins and Ben Cardin (D-MD), which directs the FDA to extend the shelf life of prescription drugs in scarce supply.

Strengthen Requirements for Foreign Manufacturers. The Registration of Certain Foreign Establishments Act, legislation authored by Senators Collins and Gary Peters (D-MI), which would strengthen requirements for foreign manufacturers of medical products that are distributed in the United States to register with the FDA.

Increase Behavioral Health Resources. The Securing Uninterrupted Pandemic Preparation of Resources & Therapies (SUPPORT) Act, legislation authored by Senators Collins and Ben Ray Lujan, which will strengthen the federal government's mission to ensure the nation is prepared to address the behavioral health needs that follow natural and human-caused disasters and emergent events, including public health emergencies.

Manufacturing of Generic Medicines. Language authored by Senator Collins authorizing a feasibility study regarding how to reward domestic production of certain generic medicines and their active pharmaceutical ingredients through federal health care programs.

Increase Domestic Manufacturing of Medical Supplies. Language authored by Senator Collins to require that federal funds used to implement the pilot program for state-based stockpiles of medical supplies conform with the domestic preference requirements of the Buy America Act.

Expand Public Health Workforce. The Strengthening the Public Health Workforce Act, legislation authored by Senators Collins and Tina Smith (D-MN), which reauthorizes and improves the Public Health Workforce Loan Repayment Program to help expand the public health workforce at

the state, local, and tribal levels and support the COVID-19 response effort.

Student Loan Relief for Health Professionals. The BIO Preparedness Workforce Act, legislation authored by Senators Collins and Tammy Baldwin (D-MN), which establishes a Bio-Preparedness Workforce Pilot Program to provide for loan repayment for health professionals with expertise in infectious diseases and emergency preparedness and response activities to ensure an adequate supply of such professionals.

Improve HHS Preparedness. Language authored by Senator Collins creating a leadership exchange pilot program to provide for two-year fellowships, details, or other relevant placements with federal agencies or state or local health departments that will help employees in HHS leadership gain field experience and develop public health and medical

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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 lpference@lewistonmaine.gov.

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

Wednesdays

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

Calendar

Send your submissions to the Editor. More online.

iston

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

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 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/>

January 26

LEWISTON -- Estate Planning, Date: Thursday, January 26, Time: 3:30-4:30 p.m. Presenter: Attorney Martha McLean, of McLean Law, Location: Education Center, 8 Falcon Road, Lewiston

Topics include MaineCare planning, including protecting assets while qualifying for MaineCare, asset and income limita-

tions, excluded assets, transfer penalties, and estate recovery. The Estate Planning segment of the presentation will include understanding how assets pass at death, probate and non-probate transfers, an explanation of wills and powers of attorney for healthcare and finances, the role of personal representatives, agents and trustees, and trust-based planning. 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 27

LEWISTON -- 10 Warning Signs of Alzheimer's, Date: Friday, January 27, Time: 1-2 p.m. Instructor: Valerie Cole, LSW, Location: Education Center, 8 Falcon Road, Lewiston

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more. Classes are free, unless noted. SeniorsPlus

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January 28

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

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

January 28

LISBON -- Dine In/Take Out Bean Supper from 4:30pm until SOLD OUT. Lisbon United Methodist Church 14 School Street, Lisbon Falls, ME. Sponsored by

the Methodist Women. Adults \$9.00. Menu: Pea Beans, Hot Dogs, Potato Salad, Cole Slaw, dinner roll and a slice of pie! FMI-Gwen Rioux 353-6814

January 28

MINOT -- Take-Out Baked Bean Supper at the: Minot United Methodist Church, Rt. 121, Corner of Minot Ave and Empire Rd., Minot, Me. Pick-up time will be from 11 a.m. to 1 p.m. Choose from the following: Red or Brown Hot dogs, Pea or Calico Baked Beans, Macaroni and Cheese, Biscuit or Corn Bread and dessert is Brownies.

Please call Joan @ 207-998-2819 to place your order by Thursday, Jan 26th, if no answer, please leave a message with your name, your order and return phone number. The supper is \$7.00 per person. Hope to see you there!



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Gorham SnoGoers Widen Trails, Ready for Snow

GORHAM, ME (January 8, 2022) -- Despite the lack of snow, Gorham SnoGoers are still out there improving our trails. Today we widened and took out some sharp turns in the trail by Little Falls. Thanks to Clarke, Kevin, Jeb, Dan, Blaine, Ethan, and Tom.



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