

Gorham Community Chorus Invites New Members to Join



GORHAM, ME (January 20, 2022) – Love to sing? Come sing with us - no audition necessary! This lively chorus welcomes vocalists of all levels (ages 12 to 80+ currently) and abilities, who come together to perform a variety of choral music from Bach to Broadway. You'll grow as a singer with professional direction and make a new family of friends!

Rehearsals are Mondays (except during school vacation!) beginning January 9, 7-9PM at the Gorham Middle School Auditorium. (New Members accepted throughout January, no rehearsal Jan. 16, MLK Jr. Day) Our Spring performance will be May 21 at Gorham High School. Please register and pay at the first rehearsal - registration opens at 6:45PM (Please do not send the fee to Gorham Adult Education.)

Director John Rimkunas has a MM in Choral Conducting from UMaine, and has taught in local schools for 35 years.

Questions? Contact John Rimkunas at (207) 653-7683 or gorhamcommunity-chorus@gmail.com

Mondays, Jan.9-May 15, 7:00-9:00PM

Gorham Middle School Auditorium
\$50/adult per semester
\$40/student per semester
\$100/family per semester

Gorham Little League Registration Opens

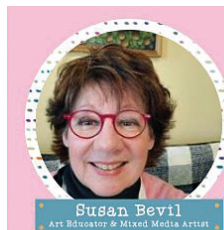
GORHAM, ME (January 20, 2022) – Registration for the 2023 Season is open at gybsa.com. Evaluations will be March 4, 2023. The absolute last day to register is March 3, so don't delay.



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

Valentine's Themed Children's Art Classes

WITH SUSAN BEVIL



Susan Bevil
Art Educator & Mixed Media Artist

"LOVE GROWS IN A GARDEN" (for 4-6 year olds)

When: Saturday, Feb 11th from 9:30-10:30 am

Children will enjoy creating a lovely 3D heart craft. They will create LOVE Flowers growing in a pretty garden planter decorated with, ribbons, sequins markers, oil pastels and jewels. Everyone will also receive a special Valentine's surprise to take home!

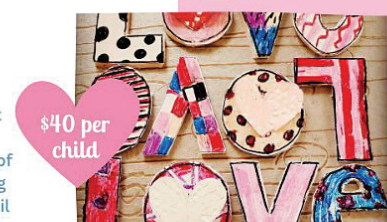


\$30 per child

"LOVE TYPE DESIGN" (for 7-9 year olds)

When: Saturday, Feb 11th from 11 am-12:30 pm

Children will love creating their 3D LOVE ART inspired by well-known artist, Robert Indiana, famous for his LOVE Art Sculpture in NYC. We will use silver metallic paint and different textures / scrapers for a fun background and lots of different materials for a unique graphic Letter Design using the word LOVE. Additional supplies may include markers, oil pastels, ribbons, special papers, lace and beads. Everyone will also receive a special Valentine's surprise to take home!



\$40 per child

Register by February 3rd at www.seedlingstosunflowers.org/courses

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Newsmakers, Names & Faces

AARP MAINE Accepting Grant Applications

PORTLAND, ME (January 20, 2023)—AARP Maine invites local eligible organizations and governments across the country to apply for the 2023 AARP Community Challenge grant program, now through March 15 at 5:00 p.m. Eastern. Grants fund quick-action projects that help communities become more livable in the long-term by improving public spaces, transportation, housing, civic engagement, diversity and inclusion, and more. Now in its seventh year, the program is part of AARP's nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for all residents, especially those age 50 and older.

"AARP Maine is committed to helping communities across the state become great places to live and thrive for people of all ages with an

emphasis on people age 50 and older," said Noël Bonnam, AARP Maine State Director. "The Community Challenge has proven that quick-action projects can lead to long-lasting improvements enhancing Mainers' quality of life and enabling people of all ages to thrive in the places they call home."

Previous Community Challenge grants have led to impressive results with nearly half of grantees leveraging their projects into additional funding support from private and public sector partners and eight in ten overcoming barriers and advancing change.

In 2023, the AARP Community Challenge is accepting applications across three different grant opportunities, two of which are new this year.

All projects must be consistent with AARP's mission to serve the needs of people 50 and older along with other eligibility criteria. AARP will prioritize



proposals that are inclusive, address disparities, and directly engage volunteers age 50 and older.

New this year, the program will provide capacity-building micro-grants paired with additional resources, such as one-on-one coaching, webinars, cohort learning opportunities and more for improving walkability and starting or expanding a community garden.

Also new this year, the Community Challenge will also offer demonstration grants. A portion will be focused on transportation improvements with funding support provided by Toyota Motor North America. Another portion

of demonstration grants will focus on promoting greater awareness of the benefits of accessory dwelling units as a housing solution

AARP will also offer grants under a flagship opportunity to support projects that improve public places; transportation; housing; diversity, equity and inclusion; digital connections; community health and economic empowerment; and new this year community resilience; and civic engagement.

Since 2017, AARP has awarded more than \$12.7 million to over 1,060 projects – including 42 in Maine – through the

Community Challenge to nonprofit organizations and government entities in all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. The program provides direct support to all community types, including rural, suburban and urban communities with a special focus on the needs of those 50 and older.

The Community Challenge is open to eligible nonprofit organizations and government entities. Other types of organizations are considered on a case-by-case basis. Grants can range from several hundred dollars for small, short-term activities to tens of thousands for

larger projects.

The application deadline is 5:00 p.m. Eastern, March 15, 2023. All projects must be completed by November 30, 2023. To submit an application and view past grantees, visit www.AARP.org/CommunityChallenge.

AARP Maine works in collaboration with communities across the state, bringing people together, and providing resources and expertise to help make Maine's counties, towns and cities great places to live and thrive for people of all ages. Highlights of successful age-friendly initiatives include the expansion and enhancement of existing transportation options, the development of inclusive public space improvements that address disparities, the improvement and beautification of roadways, sidewalks and crosswalks, encouragement of safe biking and walking, and the development of home maintenance and support services.

Best-Selling Maine Author Returns From Texas Book Tour

PORTLAND, ME (January 19, 2023) – Best-selling author and acclaimed speaker, John Brubaker, has returned from his book tour to South Texas promoting his new children's book, *Roody Kangaroo Moves Forward*. The tour included book signings, speaking engagements and readings at schools in six towns in the southern most portion of the coastal bend area: Riviera, Falfurrias, Driscoll, Bishop, Ricardo, and Sarita Texas.

Brubaker's children's book, *Roody Kangaroo Moves Forward*, is an inspirational story that

teaches children lessons about the importance of resilience and the power of mindset. Brubaker's previous works have earned him multiple literary awards and recognition as a leader in the publishing world.

"It was thrilling to be able to have the opportunity to meet and interact with readers in South Texas. I grew up in a rural town and specifically wanted to share my message with students who are in a similar environment I was as a kid. They need to know their dreams and goals can extend beyond their county line. This was one of the most meaningful experi-

ences of my career. I hope the teachers and students came away as inspired as I did."

Brubaker's book is available exclusively on the website: www.CUCO-roody.com and he is currently scheduling author visits at schools locally in Maine.

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

Maine Single-Family Home Sales Ease During 2022

AUGUSTA, ME (January 20, 2023)—The real estate market in Maine adjusted during the 2022 sales year due to an increase in mortgage interest rates and a shortage of available homes for sale. Statistics released by Maine Listings indicate a 17.49 percent decrease in single-family existing home sales last year. Home prices, however, continue to rise. The median sales price (MSP) for the year reached \$335,000—up 12.04 percent over 2021. The MSP indicates that half of the homes were sold for more and half sold for less.

"The sales year end-

ed with just over 16,800 homes sold and a median sales price of \$335,000—down 8.5 percent since its peak in June," says Carmen McPhail, 2023 President of the Maine Association of REALTORS® and Associate Broker at family-owned United Country Lifestyle Properties of Maine, with offices in Lincoln, Bangor and Lubec. "Overall, the numbers reflect the impact of mortgage rate increases, the typical fourth-quarter seasonal slowdown and a continued shortage of for-sale housing inventory."

Statistics gathered by Maine Listings for the

month of December 2022 indicate an 8.9 percent MSP increase to \$330,000 compared to December 2021. Sales declined 36.6 percent comparing December 2022 to December 2021.

According to the National Association of Realtors, single-family home sales across the county declined 33.5 percent comparing December 2022 to December 2021, and the MSP rose 2.0 percent to \$372,700. Regionally, December 2022 sales in the Northeast were down 28.8 percent compared to December 2021 and the MSP increased 1.6 percent to \$391,400.



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Newsmakers, Names & Faces

Portland Yacht Services Acquires White Rock Outboard

GORHAM, ME (January 10, 2023) — White Rock Outboard has been acquired by Portland Yacht Services, a full-service boatyard in business for more than 40 years.

White Rock Outboard (WRO) has served the Sebago Lake region since 1969 and will continue to provide sales and service for Maine's multi-season recreational activities at its current location. Customers can enjoy the same friendly service, featuring the highest level of work and profes-

sionalism, now enhanced by an expanding staff and additional service offerings.

"We know what it is to be a family business and are excited to welcome White Rock Outboard to the family," said Jason Curtis, Vice President of Operations at Portland Yacht Services.

Jason is well-known throughout both companies, and will remain in a leadership position with the new merged company. His first job in the marine trades was working

for White Rock Outboard in 1984. Steve Nichols, who worked at WRO for over 20 years and currently runs the outboard shop at PYS, will help to seamlessly bring White Rock Outboard under the Portland Yacht Services umbrella. The history that these employees have at both companies will be a great asset as WRO blends into the PYS family.

Portland Yacht Services (PYS) has retained all of White Rock Outboard's employees, who will benefit from PYS's

excellent benefits package, including 100% health insurance, dental, HRA, educational opportunities and market-leading pay for all trades. Additional employment opportunities are available for marine trades people looking to join a family-style work atmosphere in the Sebago Lake region or greater Portland area. PYS is now hiring at both locations.

White Rock Outboard has long helped its customers choose the perfect boat, outboard, snowmobile or all-terrain

vehicle for their lifestyle and interests. White Rock Outboard prides itself as a one-stop dealership for sales and service, featuring such brands as Mercury, Yamaha, Suzuki, and Honda outboards; Manitou, Alumicraft and Stingray boats; and Arctic Cat snowmobiles and ATV/UTV's. Whether a customer is looking for a specific part or brand-new boat or recreational vehicle, their staff can answer questions and find the best fit.

White Rock Outboard is a perfect fit to

help Portland Yacht Services bring their well-respected service to the Lakes region. PYS, the largest boatyard in southern Maine, provides customers with a full range of services to maintain a motor or sailing vessel - everything from storage and winterization to repair projects to major restoration and refits. With the addition of White Rock Outboard, Portland Yacht Services can expand the world-class service it provides to Maine's freshwater boaters and anglers.

Republicans Seek Change at Office of Child & Family Services

AUGUSTA, ME (January 17, 2023) – Legislative Republicans unveiled a wide-ranging package of solutions on Tuesday to help address the longstanding issues that have plagued Maine's Office of Child and Family Services (OCFS) and its Child Protective Services unit.

The options, presented during the Senate Republican's weekly press briefing, ranged from changing OCFS's perceived retaliatory and defensive culture and assessing supervisory staff to providing better training and moving accountability, quality assurance and decision appeals functions to a third party such as the Maine Child Welfare Services Ombudsman.

For Sen. Trey Stewart, R-Aroostook, who led the press briefing, some of the recent issues involve reunification efforts by OCFS, including families that shouldn't have been reunited due to ongoing child safety risks but were and those who remained apart but should be reunited. Still, he said working in a bipartisan fashion is key to solving the structural issues with OCFS.

"We, as an entire caucus, look forward to working with our colleagues on the other side of the aisle and frankly the Governor's office to come up with real meaningful solutions that are going to get our number of child fatalities down to zero," Stewart said

during the briefing. "Success is not more money in the budget or an expansion of government here or there. Success is when no more children are dying in the State of Maine that are within the system."

One of the major reforms Senate Republicans are advocating for is the complete removal of OCFS from DHHS. This would make it a cabinet level department similar to what existed before the merger of several departments in 2004 as part of a government-wide restructuring.

"I think it's time to separate the [Office] of Child and Family Services from the Department of Health and Human Services and create two different departments that can more easily be overseen" said Sen. Jeff Timberlake, R-Androscoggin. "We need to do everything we can to make sure that we do not lose another child here in the State of Maine."

Timberlake, a member of the Legislature's Government Oversight Committee (GOC), and other lawmakers presented ideas around three policy areas: OCFS operational improvement, oversight and accountability, and ultimately restructuring into a separate agency. The effort comes on the heels of GOC's investigation of OCFS after four children who had some sort of child protective history with OCFS died within months of each other in 2021.

That inquiry led to

a report completed last March by the Legislature's Office of Program Evaluation and Government Accountability that was critical of the operations within OCFS. A subsequent report issued by Maine's Child Welfare Services Ombudsman earlier this month showed the situation has worsened.

"We have had report after report come out and show that Child Protective [Services] really has not made any recognizable improvements as can be measured by outcomes," Sen. Lisa Keim, R-Oxford, said during the press briefing. "So children in Maine are not being kept safe. Children – our children – are dying."

Sen. Marianne Moore, R-Washington, the Senate Republican Lead for the Legislature's Health and Human Services Committee, outlined a host of issues within OCFS that were identified last year and still have not been resolved.

"One of our priorities and has continued to be our priorities is that we want to see operational improvement," Moore said, referring to more caseworker



Senate Republican Leader Sen. Trey Stewart, R-Aroostook (center), flanked by members of the Senate Republican Caucus, kicks off a press briefing at the Maine State House in Augusta on Tuesday, Jan. 17, 2023. The subject of the weekly briefing was the struggles of the Maine Office of Child and Family Services and proposed legislation to help address the issues. (Mike Fern/Senate Republican Office)

access to medical information and expanded training for both caseworkers and supervisors. "We're sending these young caseworkers out there to do a job where they're just out of college. They may not have the experience and we really do need to have that."

Sen. Rick Bennett, who is also a member of GOC as well as the Senate Republican Lead for the Appropriations and Financial Affairs Committee (AFA), said Senate Repub-

licans are looking for bipartisan solutions and child welfare is one area where there should be no partisanship whatsoever.

"It is a tough, tough area of policymaking; and I think at its essence we need better accountability," said Bennett. "We need to fix the lines of accountability in [DHHS]. We've got lots of ideas on how to do that and I stand ready to work with people across the aisle and the Administration to fix this broken system."

Bennett added he'll

ensure there will be available funding to aid the process through his role on AFA. However, he clarified that the funds must be spent wisely to solve the problems instead of just throwing more money at them and it should be done by working across the aisle.

"I prefer to do everything in a bipartisan fashion – there's far too much partisanship in this building," Bennett said. "On this issue, there should be absolutely none."

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Seniors Not Acting Their Age

Challenging Conditions on Doublehead Mountain



Hikers pass washed out areas climbing Doublehead Mountain



Scenic ledges near the summit of South Doublehead provide panoramic views of surrounding mountains



Mountain Pond and the hills of western Maine can be seen from an overlook on North Doublehead

By Ron Chase

Situated south of the Carter Mountain Range, Doublehead Mountain is a twin-peaked prominence in Jackson, New Hampshire. Three hiking trails on Doublehead lead to the summits of North and South Doublehead and offer opportunities for loop and out-and-back hikes. Scenic ledges near the summits provide panoramic views of the taller surrounding mountains and the valleys below.

When our retired friends, Laurie Wunder and Tom Meredith, invited us to join them for a climb of Doublehead, my wife, Nancy, and I readily agreed. A special occasion of sorts, it would be our

first mountain hike of 2023 on the second day of the year.

The four of us met at the Doublehead Mountain Trailhead parking area on Dundee Road on a partly sunny, seasonably warm, breezy morning. When Nancy and I arrived, Tom and Laurie were inspecting trail conditions. Early winter snowstorms, followed by rainy weather, have made predicting trail conditions difficult, particularly at higher elevations. Tom noted that the trail surface at the trailhead was hard-packed snow and they planned to use stabilicers for traction. Nancy and I opted to wear micro spikes. After some discussion, we decided to forego carrying

snowshoes based on the assumption that frequent trail usage would result in packed trails throughout the trek.

Two of the three Doublehead Trails, Doublehead Ski Trail and Old Path, can be accessed from the parking area. The third, New Path, is located about a half-mile farther up Dundee Road but lacks parking.

Initially, we hiked gradually uphill on the wide snow-covered Doublehead Ski Trail in a mixed hardwood and conifer forest. As the gradient increased, scattered wet, washed out areas resulting from recent rains complicated and slowed progress.

After six-tenths of

a mile, we arrived at the junction for Old Path on the right. A decision was needed whether to continue up the Ski Trail to North Doublehead or follow Old Path to the col between the two peaks. We opted to climb the steeper Old Path and possibly descend the more gradual Ski Trail. A final determination on that choice or returning over South Doublehead via New Path was postponed.

Bearing right on Old Path, the trail narrowed and steepened while we continued to grapple with some wet sections. Entering a predominantly conifer forest in deeper snow, the path angled left. We traversed along the west facing slope for a short distance before turning abruptly right and climbing precipitously to the col and the junction with New Path.

Our arrival at the trail junction required more decision-making. The descent on New Path from South Doublehead is even steeper than Old Path and requires walking back to the parking area on Dundee Road. We found that option unappealing and decided on a brief hike to the summit of South Doublehead followed by a return to Old Path for a climb of North Doublehead.

The short jaunt to the summit of South Doublehead was quickly accomplished. Views from ledges just below the summit are phenomenal. Donning parkas for protection from harsh winds, we savored marvelous panoramic vistas of the Carrigan-Hancock region, and the Wildcat and Carter Ranges. Alas, Mount Washington and the Southern Presidentials were enveloped in clouds and hidden from view.

Returning to Old Path, we began the ascent of North Doublehead. The three-tenths mile route required negotiating through some drifted snow before scrambling up icy precipitous ledges. Our micro spikes and stabilicers provided much needed traction on the ice.

Doublehead Cabin, built by the Civilian Conservation Corps in the 1930s, marks the summit of 3,053 foot North Doublehead. Overnight reservations can be made through the U.S. Forest Service. On the opposite side of the cabin is an exceptional viewpoint facing east.

Sheltered from the northwest winds, we relaxed at the top of the overlook for an overdue lunch.

Views of Mountain Pond and the hills of western Maine were a visual delight during our repast. Leftover holiday chocolates were a popular menu item.

Snow conditions while descending the Ski Trail varied. We proceeded easily down sections compressed by sleds used for hauling gear to and from the cabin. In a few areas, badly-rutted snow-pack made travel challenging. Snowshoes would have been helpful in those sectors.

We hadn't seen any other hikers all day until we started descending where we met several climbers including a couple who had reservations at the cabin. I admit pangs of envy.

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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Remaining \$850 Inflation Relief Checks Have Been Mailed

AUGUSTA, ME (January 18, 2023) — The Maine Department of Administrative and Financial Services (DAFS) announced today that all remaining \$850 inflation relief checks have been sent out to waiting Maine taxpayers, thanks to the additional funding provided through the Governor’s Emergency Winter Energy Relief Plan.

The remaining 10,200 inflation relief checks, which had been awaiting the additional funding,

were sent out via US Postal Service today. Qualifying recipients for the inflation checks needed to file their 2021 Maine tax return by October 31, 2022. Those payments that remained resulted from tax returns filed near the deadline.

The original estimate of 858,000 responders assumed a 4 percent increase of tax filers but, as a result of broad encouragement and advertising over the summer, the actual increase was nearly 12 percent for a total of nearly

876,000 recipients. This unanticipated response underscored the program’s success reaching Maine residents who are most at risk; largely those not required to file a return.

In response, Governor Mills transferred an immediate \$8 million in available funding for the program in November 2022 and included an additional \$11.5 million in her proposed Emergency Winter Energy Relief Plan, which the Governor signed into law on January

4, 2023.

“We are pleased to be able to complete this nation-leading inflation relief program and get money into the hands of Maine people who need it,” said Kirsten Figueroa, Commissioner of the Department of Administrative and Financial Services. “With the completion of this program, our office is now shifting gears to process the recently approved energy relief payments, with the goal of beginning to send those out by the

end of this month.”

Maine people who have filed and have not received their inflation relief checks can check the status of their relief check on the Department of Administrative and Financial Services website at <https://portal.maine.gov/refundstatus/payment>.

The inflation relief payments, which began in the spring of 2022, returned more than \$747 million of the state’s surplus to eligible Maine people. The Emergency Winter Energy

Relief Plan will add another \$398 million from the state’s surplus through additional \$450 energy relief checks to help Maine people and their families stay warm, safe and secure this winter amid record high energy prices.

The Department today also announced the launch of a new FAQ website to help Maine people with the forthcoming Winter Energy Relief Payments. The website can be viewed at: www.maine.gov/energyrelief

Report: High Levels of Radon Gas Detected in 37% of Maine Homes

AUGUSTA, ME (January 4, 2023) – Radon is the second leading cause of lung cancer and the “State of Lung Cancer” report reveals that it is detected at high levels in about 37% of homes in Maine. During January for Radon Action Month, the American Lung Association in Maine is urging everyone to test their home for radon.

Radon is a naturally occurring radioactive gas

emitted from the ground. Radon can enter a home through cracks in floors, basement walls, foundations and other openings. Exposure to radon is the second leading cause of lung cancer in the United States and is the leading cause of lung cancer in people who have never smoked.

Here in Maine, about 37% of radon test results equal or exceed the En-

vironmental Protection Agency (EPA) action level of 4 pCi/L, according to the Lung Association’s “State of Lung Cancer” report.

“Radon is responsible for an estimated 21,000 lung cancer deaths every year and is the leading cause of lung cancer in people who have never smoked. Since radon is odorless, tasteless and colorless, the only way to detect radon in your home is

to test the air. This is why it is critical for everyone to test their home,” said Lance Boucher, Director of Advocacy for the Lung Association. “Radon Action Month is the perfect time to learn more about this dangerous gas and take action to protect yourself and your loved ones.”

Do-it-yourself radon test kits are simple to use and inexpensive. EPA urges anyone with radon levels at

or above 4 picoCuries per liter (pCi/L) to take action to install a mitigation system in their homes. Both the EPA and the American Lung Association recommend that mitigation be considered if levels are greater than 2 pCi/L. After high levels are detected, a radon mitigation system should be installed by a radon professional.

A typical radon mitigation system consists of a

vent pipe, fan, and properly sealing cracks and other openings. This system collects radon gas from underneath the foundation and vents it to the outside of your home. If you need to have a radon mitigation system installed, contact your state radon program for a list of certified radon mitigation professionals.

Learn more about radon testing and mitigation at www.Lung.org/Radon.

Warden Service Urges Caution Before Venturing Onto Ice

AUGUSTA, ME (January 13, 2023) – Ice conditions vary across the state, and the Maine Warden Service is urging everyone to check the ice before heading out onto any of Maine’s lakes, ponds and rivers.

“Ice conditions on many of Maine’s larger lakes are still unsafe, and even though smaller ponds may have ice, we are urging everyone to check the ice before heading out,” said Maine Warden Service Colonel Dan Scott.

Today’s warmer weather and rain throughout much of the state, coupled with the warmer than usual early winter, has left many lakes with open water, and other lakes and ponds with varying ice conditions.

“There are waters with areas of safe ice, but ice conditions can vary even on the same body of water, so best practice is to bring along an ice chisel or some means of testing the depth of the ice and check it frequently as you walk to your location,” said Colonel Scott.

For more information on ice safety, and a short video showcasing how to safely check the thickness of the ice, please visit mefishwildlife.com/icesafety.

“Use extreme caution especially if you plan to bring a snowmobile or ATV onto the ice. Not only does the added weight of the machine require thicker ice, but your increased speed causes you to move from safe to unsafe ice much more rapidly,” said



Colonel Scott.

If you are considering going out onto the ice, the Maine Warden Service offers these tips to stay safe on the ice:

Never guess the thickness of the ice - Check it! Check the ice in several different places using an auger or some other means to make a test hole and determine the thickness. Make several, beginning at the shore, and continuing

as you go out.

Check the ice with a partner, so if something does happen, someone is there to help you. If you are doing it alone, wear a lifejacket.

If ice at the shoreline is cracked or squishy, stay off! Watch out for thin, clear or honeycombed ice. Dark snow and dark ice are other signs of weak spots.

Avoid areas with currents, around bridges and pressure ridges. Wind and currents can break ice. Areas around Inlets and outlets always have thinner ice.

Parents should alert children of unsafe ice in their area, and make sure that they stay off areas with unsafe ice.

If you break through

the ice, remember: Don’t panic; Don’t try to climb out immediately - you will probably break the ice again. Reach for solid ice; Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. Once on the ice, roll, DON’T WALK, to safety; To help someone who has fallen through the ice, lie down flat and reach with

a branch, plank or rope or form a human chain. Don’t stand. After securing the victim, wiggle backwards to the solid ice.

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Arts & Entertainment

Bradley Backstage Returns to the LHE/PAC This February

F R Y E B U R G , ME (January 20, 2023)—Bradley Backstage returns! South African musician McCoy Mrubata will be performing at Fryeburg Academy on Thursday, February 2. Mrubata will be joined by his musical collaborator, guitarist Gary Wittner. Once a member of the legendary Hugh Masekela's band, McCoy Mrubata has established himself as a saxophonist, bandleader and touring/recording artist. A recent recipient of the South African Music Association's Lifetime Achievement Award and the Kennedy Center's International Arts Gold Medal, McCoy Mrubata

has released over 20 CDs of original South African jazz and has toured the African continent and Europe extensively. His music blends traditional African roots with American jazz.

Guitarist Gary Wittner, a faculty member at the University of Southern Maine School of Music and Bowdoin College, has performed worldwide on 5 continents. He has officially represented the USA multiple times as a Kennedy Center Jazz Ambassador, Fulbright Specialist, and US Embassy Outreach Artist. Gary has released 7 CDs as a leader. He performs original music, instrumental and vocal jazz,

Blues and Americana, Latin and Middle Eastern music. His book, *Thelonious Monk for Guitar*, published in 1999, has been a favorite of guitarists worldwide.

McCoy and Gary have been performing together since 2006 — 4 times in South Africa, and now, with this tour, 4 times here in the USA.

Bradley Backstage tickets are \$20 for adults and \$5 for students. Purchase tickets online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

Walk with Presumpscot Regional Land Trust at Gorham's Gambo Preserve

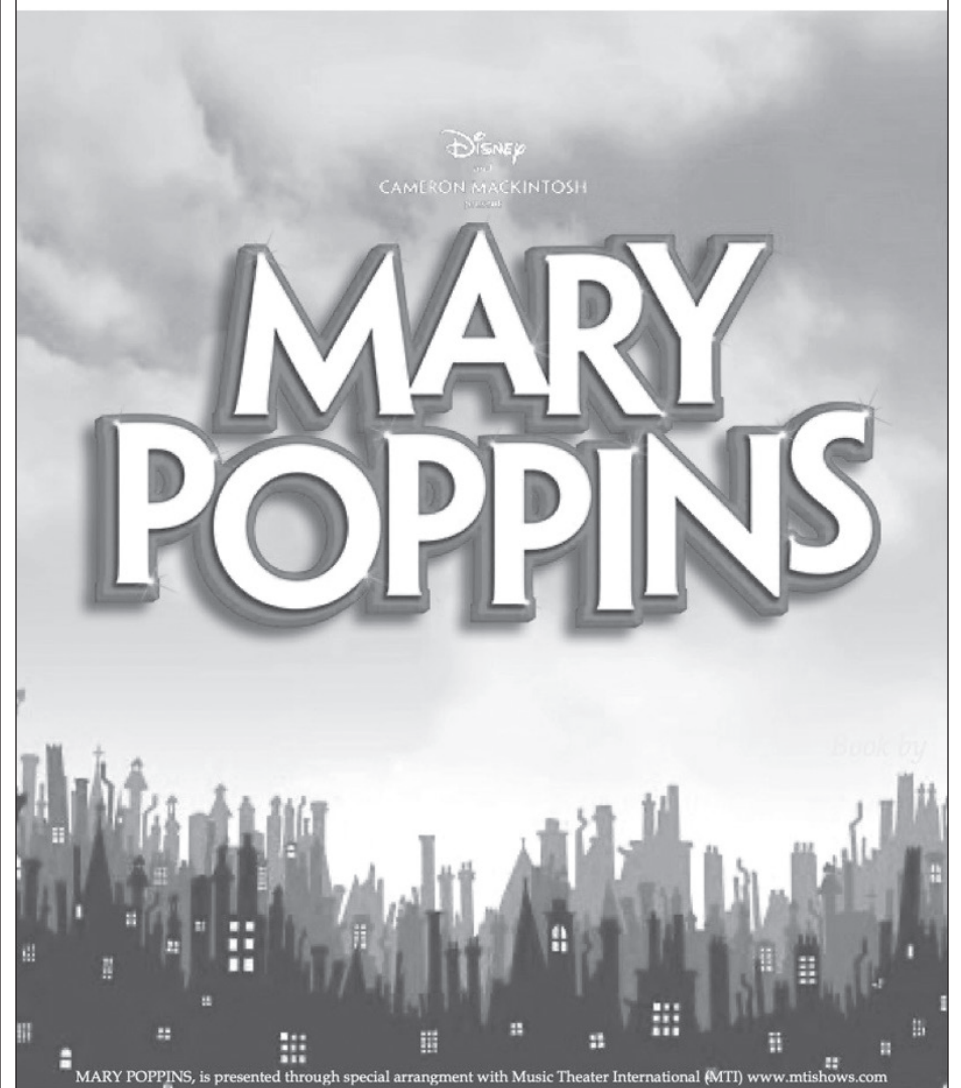
GORHAM, ME (January 20, 2022) – Join the Presumpscot Regional Land Trust for our new monthly series called Wednesday Walks. Each month we will go to a new preserve; this month we will be going for a walk at our Gambo Preserve in Gorham (Wednesday, February 1, 2023 from 10:00 AM - 11:30 AM). Gambo

Preserve in Gorham features the ruins of an old Gunpowder Mill and the Canal Towpath Trails offer a nice diversion from the Mountain Division Rail Trail or a great historic and recreational destination by itself. Wednesday Walks are held monthly; they last about 1.5 hours and include about two miles of walking. This is an adult

program. This event is free, but space is limited, and registration is required. (This walk location was changed from Black Brook Preserve to Gambo Preserve due to winter parking constraints).

RSVP for this event by going to the Gorham Recreation Department's Facebook page and clicking on this event.

GORHAM HIGH SCHOOL presents



February 3, 4, 10, and 11 at 7:00pm
February 5 and 12 at 2:00pm

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Hebert Construction Celebrates 80 Years in Business

LEWISTON, ME (January 17, 2023) – Hebert Construction, a family-owned commercial construction contractor, is proud to celebrate its 80th anniversary. As a new generation takes the helm, the company remains focused on the values and expertise that got them here, while keeping the door open for fresh perspectives.

Hebert Construction started as a small carpentry company based in Lewiston, and over the years evolved into a multi-generational, family-run staple of Maine. Ed Hebert, an independent home carpenter,

launched the business in 1943. Twenty years later, both of Ed's sons, Richard and Dan Hebert, became part of the team. Today, the company remains in the family with Richard's son Michael Hebert as owner/President, Dan's son Tim Hebert as owner/CEO, and Simon Hebert, Michael's son and the fourth generation, now COO.

Hebert Construction is an industry leader in the planning and execution of collaborative, sustainable, and community-forward construction projects. Over the past year in an incredibly competitive job mar-

ket, Hebert added 14 new employees to its team, while also promoting top talent within the current team. As Hebert enters its 80th year, the entire team is united behind building uncompromised value in the communities where they live.

In 2023, Hebert Construction will take on a variety of projects, including restoring Lewiston's Picker House, a 72-unit housing project at the site of the former Continental Mill. The city of Lewiston also looks forward to Hebert's commitment to developing Avesta Housing's Wedge-



wood Block project within the Tree Street neighborhood. The block development includes construction

of eight new multi-family structures and the historical restoration of the existing structure at 111 Pine St.

For more information, please contact us at leads@hebertconstruction.com.

Robert Wozniak Named New Chief Financial Officer



LEWISTON, ME (January 19, 2023) -- Geiger, the world's largest privately held and family-owned promotional products distributor, has promoted Robert Wozniak to the position

of chief financial officer.

Wozniak's promotion is concurrent with the retirement of former CFO Bob Blaisdell, who will join Geiger's Board of Directors.

"Rob's insightful perspective and diverse experience in corporate finance and mergers and acquisitions will position Geiger for long-term growth on a global scale," said Geiger President & CEO Jo-an Lantz.

Wozniak joined Geiger in 2021 and previously held the multifaceted role of vice president

of finance, M&A and FP&A, a role that included deal pipeline creation, advancing Geiger's international footprint through acquisitions, and working with the leadership team on long-range financial planning and analysis.

During his tenure as vice president, Wozniak oversaw four major acquisitions. The most recent of which was announced last week as Geiger acquired Seattle-based promotional products company Incentives by Design.

"Our business has been on a path of tremen-

dous growth, and with significant investments in people, technology, and sustainability, we are well-positioned for an even stronger future," said Wozniak. "I'm thrilled to step into this new role at such an exciting time for Geiger and am confident our team will continue to build on Geiger's industry-leading position." Advertising Specialty Institute ranked Geiger No. 9 of the top distributors in 2022, citing an 18% reported annual growth in revenue.

Before joining Gei-

ger, Wozniak was the senior manager of the investment analysis team at Ahold Delhaize, one of the world's largest food retail groups, where he focused on large-scale investments and strategic projects for U.S. businesses including Hannaford, Food Lion, Stop & Shop, and Giant. Prior to Ahold Delhaize, he was a senior associate at an investment firm, Audax Group.

Wozniak earned a bachelor's degree in business administration from Boston University. He currently resides in Port-

land with his wife and daughter.

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Gorham KofC Invites Community to Free Throw Competition

GORHAM, ME (January 14, 2023) -- 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 champions! 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

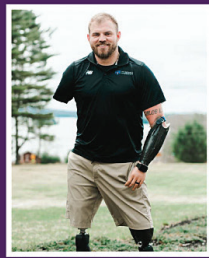
Winners advance to State Competition!

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Veteran Travis Mills to Speak at Portland's Kegs and Issues

Kegs & Issues with Travis Mills



Travis Mills
 U.S. Army SSG (Ret.), Founder
 Travis Mills Foundation

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PORTLAND, ME (January 20, 2023) – On Wednesday, February 8th, 2023 from 4:30 PM – 6:30 PM U.S. Army SSG (Ret.) Travis Mills will speak at Portland's Kegs and Issues. Mills was injured in an IED explosion during his third tour of Afghanistan in 2012, becoming one of only five quadruple amputees from the war to survive his injuries. Support from his family while recovering at Walter Reed for 19 months inspired him and his new mission - to serve fellow veterans and their families. The Travis Mills Foundation Veterans Retreat opened its doors in 2017 and offers various programming that helps families live off the sidelines. Travis is also an author, veterans advocate, and motivational speaker.

Send all items for
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Celebrate Skyline Farm's Sleigh Day

NORTH YARMOUTH, ME (January 20, 2023) – Skyline Farm, 95 The Lane, North Yarmouth, will hold its 23rd annual Sleigh Day from 11:00 a.m. to 2:30 p.m. on Saturday, Feb. 4, in conjunction with the debut of their Carriage Museum's new exhibit. Admission is free. Dress warmly. Storm date is Sunday, Feb. 5.

Starting at 11:00 a.m., Maine Driving Club's Sleigh Rally will feature a competition among drivers with their horse-drawn sleighs in a Reinsmanship Class and a Currier & Ives Class in which sleigh drivers, dressed in period costumes, will show off their antique sleighs.

From 12:00-2:30 p.m.

Alice and Aaron Boyce and their spotted drafts from North Anson will offer sleigh rides through Skyline's fields for \$5 per person or \$15 for a family of four. If there is no snow, there will be wagon rides instead.

If conditions permit, there will be guided walks/snowshoeing on the woods trails and sledding on the hills in the field. Bring your sleds and snowshoes, if you'd like to join in the fun!

From 12-2 p.m. sandwich wraps, chips, desserts, and hot beverages will be sold in the Visitor Center.

From 11:00-2:30 p.m. Skyline's carriage and sleigh exhibit "Evolution

of Comfort-From George Washington to Teddy Roosevelt" will show the evolution of comfort and utility from the early vehicles used on the King's Highway through to the end of the horse-drawn carriage era when they were replaced by automobiles.

The museum exhibit, featuring a variety of rare sleighs and wheeled vehicles, is also open Sundays, Feb. 5 through April 2, from 1-4 p.m. or by appointment.

For more information, contact Pam at (207) 829-5708 or info@skyline-farm.org. Skyline Farm is a nonprofit, all-volunteer organization.

For more information about Maine Driving Club's Sleigh Rally, please contact Paula Leavitt at (207) 478-0184 or dleavitt@uninets.net.



A horse-drawn sleigh being driven in Skyline Farm's 2022 Sleigh Rally.

entry with completed entry form and required immunization information.

Gorham Recreation Department Adds New Programs

GORHAM, ME (January 20, 2022) – Music, Movement, and Mindfulness with Miss Courtney: We'll explore different ways to move our bodies, have fun with some dancing and music, and end the class with some simple mindfulness and breathing practices. Ages 3-5. Starting 1/26 to 2/16 \$40.00. FMI checkout <https://gorhamme.myrec.com>

Gorham Rec has teamed up with Hearts and

Horses to offer a variety of horsemanship classes!

Enjoy a fun filled day of being at the farm! Learning how to Grooming & tacking up horses. Riding classes! Crafts & fun horse related activities! Dress for the weather! Hats & gloves! Hand & foot warmers! Bring a sac lunch & plenty to drink! Available on 2/23 and 4/20. \$95.00/pp. FMI: <https://gorhamme.myrec.com>

Spin on Thursday nights with Jim from

6:15pm to 7:00 starting 1/26. FMI: <https://gorhamme.myrec.com>

Cardio Dance Fitness Class with Courtney starts 1/24 (Tuesdays) 4:30 to 5:30pm. FMI: <https://gorhamme.myrec.com>

And we even have something for "man's best friend": Beginner Manners Dog Training! Join us for fun, reward (food) based training classes for pet dogs. This is a 6 week program beginning on Sunday, January 29th at 11:45am.

January 31 Deadline to Renew Gorham Dog Licenses

GORHAM, ME (January 20, 2023) – The Town loves the dogs of Gorham! They bring immeasurable health benefits to their families and owners, including reducing stress, and serving as fun and loving companions. Folks can return the love and take care of their dogs through annual dog licensing, which ensures that they receive their rabies vaccination, safeguarding their health. Licensing also directly helps fight animal cruelty and abuse, with 90% of dog license fees going directly to the Maine Animal Welfare Program.

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

Renew online by going to the Town's website.

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

Additional information:

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

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

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

To access a breakdown of licensing fees, please visit the Town's website.

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

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

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

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New Law to Help Military Families Save for Retirement

WASHINGTON, D.C. (January 20, 2023) – U.S. Senator Susan Collins (R-ME), announced that the Military Spouses Retirement Security Act that she co-authored with Senators Maggie Hassan (D-NH), James Lankford (R-OK), and Michael Bennet (D-CO) was signed into law as part of the government funding package. Their bipartisan legislation will help spouses of active-duty service members save for retirement by expanding access to employer-sponsored



retirement plans. Many American households struggle to save for their golden years. Spouses of active-duty service members, however, face an additional hurdle to saving for retirement. According to the Department of Defense, about one-third of military service members experience a permanent change of station move

every year. When service members move, their spouses often relocate with them, putting their own careers on hold. “Like many Americans, spouses of active-duty service members often face challenges when it comes to saving for retirement. Military spouses also face one hurdle that many others do not: frequent moves

and changes in employment,” said Senator Collins. “By encouraging small employers to provide military spouses with accelerated access to retirement plans, employer contributions, and vesting, our bipartisan legislation will help to strengthen the financial security of these unsung heroes of our country’s national defense.” Under the Military

Spouses Retirement Security Act: Small employers – with 100 employees or fewer – who offer defined contribution plans will be eligible for a tax credit of up to \$500 per year per military spouse. The credit will be available for three years per military spouse. The amount of the credit will be equal to \$200 per military spouse plus 100 percent of all employer contributions for that spouse, up to \$300.

To receive the credit, small employers must meet the following criteria:
 o Make a military spouse immediately eligible for retirement plan participation within two months of hire, and
 o Upon plan eligibility, a military spouse must be eligible for any matching or non-elective contribution available to a similarly situated employee with at least two years of service, and must be 100 percent immediately vested in all employer contributions.

Gift will put 56 More Nurses to Work Caring for Maine Patients

PORTLAND, ME (January 19, 2023) – During her mother’s final days, Cindy Morris saw first-hand what it’s like when there aren’t enough nurses to care for those who need them. Morris’ mother, Helen, needed nursing care at her home in California, but finding such care proved difficult. Equally frustrating, Morris learned that among the home care aides supporting her moth-

er, three of four wanted to train to be nurse, but were stuck waiting for a spot in an accredited program. “It can have such an impact on a family to have a good nurse available when they are needed to care for a loved one,” says Morris. That experience, along with the fact that Morris’ mother was herself a nurse, led her and her husband, Cuyler Morris to join with Cindy’s father, Paul

Baszucki, to make an impactful gift in the name of nurse education in the Morris’ home state of Maine. The family has pledged \$300,000 to MaineHealth for the purpose of funding additional faculty so that 16 more nurses per semester can receive training through the Maine Community College System and MaineHealth through 2025. All told, the gift will make it possible to train an additional 56 nurses

through the fall semester of 2025. “This comes at a critical time for our health system and the entire health care industry,” says Sharon Baughman, DNP, RN, chief nursing officer of MaineHealth. “The data is clear that we don’t have enough nurses to provide the care that is needed, and the problem is only going to get worse as our population ages.” The gift follows a

recent \$2.5 million state investment – matched by MaineHealth and Northern Light Health – that doubles the capacity of nursing programs at Maine’s community colleges across the state, increasing the number of graduates to about 480 people a year. “We are very grateful for this generous gift and will immediately put it to good use in our expanded nursing programs. Demand for nursing education is at

an all-time high in Maine,” says David Daigler, president of the Maine Community College System. “This will make a real difference in the lives of our students and the people they go on to care for.” “We just think this is so important,” says Cindy Morris. “Nurses are the main caregivers when people get sick, and our population is getting older. The need is only going to grow.”

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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:

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Applications Open for Free, In-Person Entrepreneurship Training

BRUNSWICK, ME (January 19, 2023)—New Ventures Maine (NVME) has an open call for Venturing Forth: Business Planning for Entrepreneurs, a tuition-free, comprehensive course starting March 20, 2023. The course will be offered in person at the University of Maine Augusta, Brunswick Center with additional weekly lunchtime Zoom meetings for networking, topic lectures and

professional development sessions. For new entrepreneurs or existing business owners, Venturing Forth helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The 60-hour course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, legal aspects, and more. In-class

activities, guest speakers, and homework assignments lead to the completed business plan and road map for success. This course also includes three follow-up networking sessions. The Venturing Forth class will meet in person on Mondays from 9:30 a.m. to 2:30 p.m. at the UMA Brunswick Center (12 Sewall Street, Brunswick Landing) and on Zoom on Wednesdays from 12:00 –

1:00 p.m., March 20 through June 12. Individuals complete an online application and attend an orientation and individual interview to participate in the class. Applications are due by noon on Friday, March 10, 2023 and are accessible online. Class size is limited. "This is an intensive class for business owners to engage with not only the content so they can success-

fully write their business plan and launch their business, but also participate in a supportive environment in which students feel connected and supported by one another," said NVME Small Business Advisor, Jenn Dobransky. "The Venturing Forth learning experience is unique and transformative and I look forward to welcoming the next round of students into the classroom." Anyone with a busi-

ness idea or current business is welcome to apply. The in-depth course also qualifies for three pass/fail credits from the University of Maine at Augusta upon approval of a completed business plan. To learn more, contact Small Business Advisor Jenn Dobransky at New Ventures Maine (jenn.dobransky@maine.edu) or visit the New Ventures Maine website.

Lewiston Welcomes 70,000 Square Foot Expansion of F.W. Webb



LEWISTON, ME (January 20, 2023) – The City of Lewiston welcomes the expansion of F.W. Webb's new warehouse and showroom, 9 Lexington Street, Lewiston. The 70,000 square foot project is anticipated to be completed by early fall.

"This location will be the largest F.W. Webb building in the central part of the State. It is very close to (I)95, will provide easy access to our customer base, and allow us to support some of the smaller locations in our area," said Viel. "It is also approximately a fourth of a mile from our current location, which will make the transition to the new building much easier. We plan to expand our staff and product offering to better support the contractors in our area. On the retail side, we will have a 6,000 square-foot Frank Webb Home Center, nearly double the size of the one in our cur-

rent building. This will encompass the latest designs in bath, kitchen, and lighting products." "Expansions like this one are a reminder of the ongoing growth, development, and opportunities that are alive and well right here in Lewiston. I am also pleased to hear that the expansion will lead to additional staff offerings. We are proud to be home base for F.W. Webb and look forward to the expansion opening," said Mayor Carl L. Sheline. "The fact that F.W. Webb wanted to remain here and expand here speaks extremely well of Lewiston's business environment."

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Calendar

Send your submissions to the Editor. More online.

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 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 limitations, 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 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 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!

January 28

BUXTON -- Haddock Supper Buffet - Saturday, January 28, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family. Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

January 28 and Thursdays

ZOOM -- Writing Your Life Story, Date: Thursdays, January 19 and 26, February 2, 9, 16 and 23. Time: 10 a.m., Facilitator: Connie Jones, Location: Zoom

We've all got stories! Wouldn't it be great if we wrote them down - for ourselves and our families and friends? This online, informal class will get you on the road to writing about your life, from the mundane to the marvelous. You

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don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all. 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.

3135; www.LPLonline.org
Fridays February 3-24 and March 3 and 10
LEWISTON -- Opening Minds through Art at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

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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.

Medical Closet Serves Gorham Residents

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

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

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

Winter Gear at United Methodist's Clothes Closet in Gorham

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

first and third Saturdays of each month from 9 to 12 noon for anyone in need to select from any clothing we might have. We have a se-

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

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