

Gorham Enjoys Stevens' Farm for Sledding and Tubing

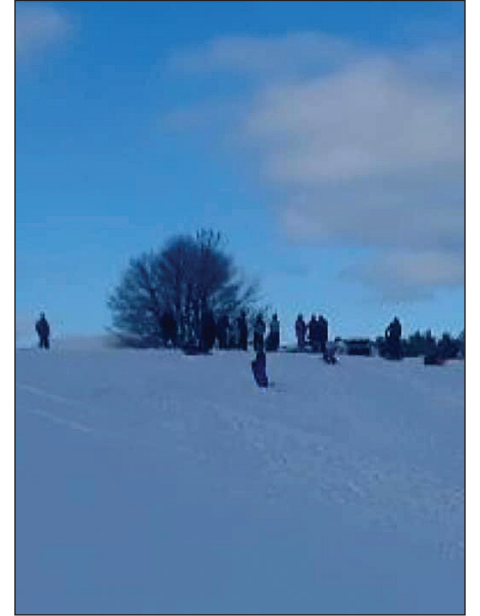
GORHAM, ME (January 25, 2023) -- Stevens' farm would like to welcome the community to use their land for sliding, tubing, snowboarding etc. It's been so great to see all the families sledding recently.

you will see a hill and ranch on the right. This is family land, and we welcome the school and community to enjoy it.

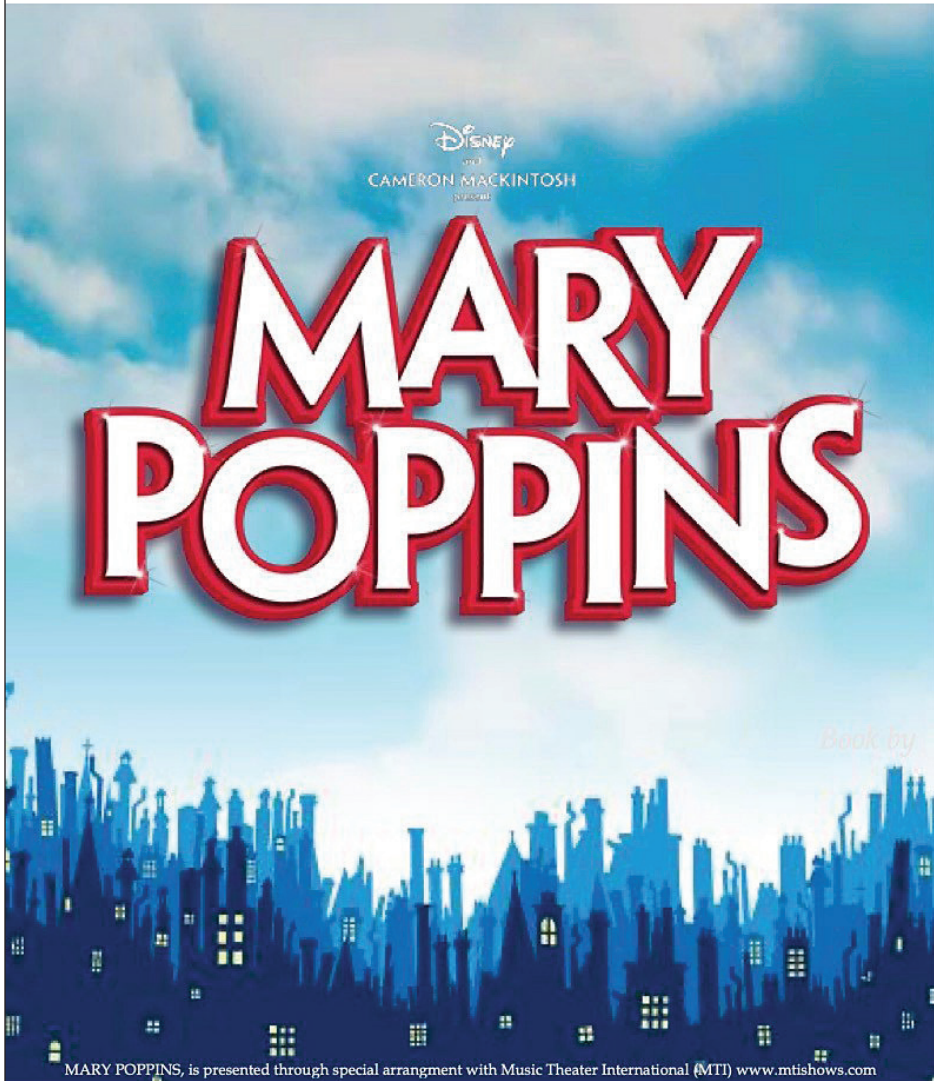
You are welcome to park to the left on Pit Rd. Enjoy!

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February 5 and 12 at 2:00pm

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Scan for Tickets



Gorham Announces Facade & Leasehold Improvement Grant

GORHAM, ME (January 27, 2023) -- The Department of Community Development is pleased to announce a new competitive matching grant opportunity for Gorham businesses. The program provides a 50% match up to a total of \$5,000 for projects addressing

facade improvements, energy efficiency, and public accessibility. The deadline for applications is February 24th. Please see the application, which will be published on the Town website and posted on Facebook during the week of January 30th.



The Center Community Presents:
Little Folks, Big Feelings: Understanding and Supporting Early Childhood Grief

Register below for our upcoming webinar
Thursday, February 9, 2023
3:30-5pm EST

Join Sara Asch and Danielle Alexander, Bereavement Service Coordinators at the Center, in a webinar to assist parents and early childhood service providers in supporting young children experiencing the serious illness or death of important people in their lives. We will discuss early childhood development and grief, and ways adults can support and be role models for children experiencing these events. Strategies for helping children develop language and physical skills for expressing feelings in difficult times will also be discussed.

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Newsmakers, Names & Faces

Maine: One of Best in Nation for Policies to Reduce Tobacco Use

AUGUSTA, ME (January 25, 2023) – Maine is listed as one of the states with the best policies to prevent and reduce tobacco use, according to the American Lung Association’s 21st annual “State of Tobacco Control” report, released today. The state earned mostly passing grades on this year’s report, with only one exception: an F on Flavored Tobacco Products.

The “State of Tobacco Control” report evaluates state and federal policies on actions taken to eliminate tobacco use and recommends proven-effective tobacco control laws and policies to save lives. This is critical, as tobacco use remains the leading cause of preventable death and disease in America and takes the lives of 2,390 Maine residents each year.

“Last year, we were pleased to see the state

legislature significantly increase funding for the Maine tobacco control program to the level recommended by the Centers for Disease Control and Prevention. As a result, Maine’s ‘State of Tobacco Control’ grade in the funding category improved from a C last year to an A this year,” said Lance Boucher, Director of Advocacy at the American Lung Association in Maine. “This is important progress, and the Lung Association calls on the legislature to continue to provide funding at this level as there are still too many Maine residents who are impacted by tobacco use, like the 15.6% of adults who smoke and the 33% of high school students who use tobacco.”

Maine’s Grades

The “State of Tobacco Control” report grades states and the District of Columbia in five areas

that have been proven to prevent and reduce tobacco use and save lives. In the 2023 report, Maine received the following grades:

Funding for State Tobacco Prevention Programs – Grade A

Strength of Smoke-free Workplace Laws – Grade A

Level of State Tobacco Taxes – Grade C

Coverage and Access to Services to Quit Tobacco – Grade A

Ending the Sale of All Flavored Tobacco Products – Grade F

This year’s report noted the need for Maine policymakers to focus on ending the sale of all flavored tobacco products, including menthol cigarettes. According to the 2022 National Youth Tobacco Survey, more than 2.5 million high school and middle school students use e-cigarettes, and

more 85% of those kids use flavored e-cigarettes. In addition, menthol cigarettes continue to be the major cause of tobacco-related death and disease in Black communities, with over 80% of Black Americans who smoke using them. Ending the sale of flavored tobacco products, including menthol, will not only help end youth vaping, but will also help address the disproportionate impact of menthol cigarettes and flavored cigars have on many communities, including Black Americans, LGBTQ+ Americans and youth.

Additionally, the report notes that Maine is due to increase tobacco taxes. One of the most effective ways to reduce tobacco use, not only among low-income individuals but also for youth, is to significantly increase the tax on all tobacco products, includ-

ing e-cigarettes. Multiple studies have shown that every 10% increase in the price of cigarettes reduces consumption by about 4% among adults and about 7% among youth. Maine has not increased its tobacco tax since 2015 and should increase its tax by at least \$2.00 per pack.

Federal Grades Overview

The report also grades the federal government on their efforts to eliminate tobacco use. This year, there were new steps taken by the government to prevent and reduce tobacco use, including proposed rules to end the sale of menthol cigarettes and flavored cigars, Congress passing a law requiring the FDA to regulate tobacco products made with synthetic nicotine, and increased federal enforcement of the Tobacco Control Act. As a result of these steps forward, the federal

government’s grade for “Federal Regulation of Tobacco Products” improved from a “D” grade last year, to a “C” grade in the 2023 report.

The 2023 “State of Tobacco Control” report grades the federal government in five areas:

Federal Government Regulation of Tobacco Products – Grade C

Federal Coverage of Quit Smoking Treatments – Grade D

Level of Federal Tobacco Taxes – Grade F

Federal Mass Media Campaigns to Prevent and Reduce Tobacco Use – Grade A

Federal Minimum Age of Sale for Tobacco Products to 21 – Incomplete

FDA is overdue in publishing the final Tobacco 21 regulations as required by statute, which is why it earns an “incomplete.”

Protect Individuals with Dementia from Wandering in Winter

NEW YORK (January 26, 2023)—Wandering is a very common and potentially dangerous behavior among individuals living with dementia. It is of particularly great concern in areas where freezing temperatures, ice, and snow create additional safety hazards. To help families protect their loved ones living with dementia this winter, the Alzheimer’s Foundation of America (AFA) is providing tips to reduce the chances of wandering, and prepare care partners to respond quickly if their loved one is missing.

“Every family care partner wants to keep their loved one safe, which is why it’s important to take steps to reduce the risks associated with wandering.

During the winter, it’s especially important for families living in areas affected by cold weather, snow, and ice,” said Jennifer Reeder, LCSW, AFA’s Director of Educational and Social Services. “Being proactive by understanding and addressing the reasons someone may wander, while also having a plan in place in case of an emergency, are the best ways to protect the person’s safety and quality of life.”

Tips for families:

Address the motivation for wandering. There can be many reasons why someone with dementia wants to walk outdoors. It may provide a feeling of purposefulness, excitement, or pleasure. Wandering can also be a response to excessive stimuli, trig-

gered by the need to get away from noises and people. It could be an expression of an unmet need (i.e., hungry, thirsty, a need to use the bathroom). Identify consistent and sustainable ways to support these experiences in a safe environment. You might try: creating walking paths around the home with visual cues and stimulating objects; engaging the person in simple tasks; offering stimulating and enjoyable activities (i.e., exercise, music, crafts). Ensuring basic needs are met can reduce the chances of wandering.

Safeguard the home. Facilitate safe movement by avoiding clutter and eliminating tripping hazards. Be mindful of how objects like car keys, jackets, and purses

might trigger the person to leave suddenly. Install electronic chimes or doorbells on doors so someone is alerted if the individual tries to exit. Consider utilizing a smart doorbell with an app that can notify you when someone is entering or exiting the home.

Be aware of your loved one’s patterns. Know what times of the day may be more activating than others, and try to provide stimulating activities during that time. Encourage healthy sleep habits to reduce the chances of the person leaving during the middle of the night. If your loved one does wander, keep a record of their patterns (frequency, duration, time of day, etc.) to help guide you in the future.

Develop a safety

plan. Keep a list of places the person may go (i.e., previous home or place of employment, favorite spots around town), a recent close-up photo, and medical information readily accessible to give to first responders if needed. Maintain a list of people to contact if the person goes missing and ask neighbors to call you if they see the person out on their own. See if your community has a safety program for families affected by dementia, such as Project Lifesaver, which allows you to voluntarily enroll your loved one to receive locating technology which first responders can activate if the person goes missing. To the greatest extent possible, utilize input from the person when developing the plan.

AFA’s Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information about wandering prevention tips. The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

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



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Newsmakers, Names & Faces

Superintendent's Update: Remote Learning, Pre K Updates

2022-23 Short Term Full Remote (Snow Day, Teacher Shortage, Outbreak Status), K-5	
Teachers	<ul style="list-style-type: none"> Prepare 2-3 days of tasks that reinforce/maintain learning Send home with students to keep at home just in case, with communication If well, and school is not closed to all staff, engage in PLC work
Students	<ul style="list-style-type: none"> Bring home, and keep at home, 2-3 days of independent work Utilize packets and teacher directions to reinforce/maintain learning

GORHAM, ME (January 27, 2022) – The following is an excerpt from Gorham School Superintendent Heather Perry. The full update can be read at gorhamschools.org

PLANS FOR POSSIBLE REMOTE LEARNING SNOW DAYS

Earlier on in the fall I had talked about snow days and our plans for the use of snow days for the year. In those earlier communications I had talked about the “what if’s” that MAY occur if we use all five of our planned snow days in the calendar. At the time, it was still beautiful fall weather in Maine so I’m not sure everyone really “picked up what I was putting down” so to speak. Recent weather has likely now brought the conversation more fully to the front of our minds!

We’ve now used 3 of our 5 snow days with just two left and we still have a ways to go this winter before we are out of the woods. All that being said, I thought it was time to REALLY emphasize what remote learning snow days might look like in Gorham since there is a pretty good chance we might have to use one or two yet this year.

To be clear, we will continue to use traditional snow days for two more days. We will only use remote learning snow days for any days we may have to cancel school due to snow above and beyond those total five. In the event that we do have to move to remote learning snow days, here’s what you should expect as parents:

First - in order to meet requirements outlined by our state and federal laws, we must offer lunches to students and families on the days we do remote learning snow days. We will do this by asking families who are interested in having a lunch sent

home with their children the day before a snow day to please sign up using the survey that is OUTLINED BELOW. Yes, this means we are going to have to pay extra special attention to the weather and on days that might look questionable, send meals home the day before so families have them.

Second, our goal would be that remote learning snow days allow us to strengthen and maintain learning for our students. Unlike the pandemic where we might need to be prepared to have multiple remote learning days in a row, a remote learning snow day is more than likely just one day so the learning materials that will be sent home (K-5) or posted online via google classroom (6-12) will be primarily aimed at making sure learning is strengthened and maintained rather than focusing on new learning.

Our building leaders have worked closely with our talented staff to develop a more detailed overview of what to expect on remote learning snow days by grade level.

Special Education Services Expectations:

Our Special Education staff will also continue to provide remote learning snow day instruction to students. Their expectations for services are outlined on the school district website at gorhamschools.org

These will be the expectations for our remote learning snow days IF WE NEED TO USE THEM later this winter. If you have questions, please feel free to reach out to your child’s teacher or principal to ask and to learn more.

In the meantime - below is the survey link for families that would like to request that a lunch be provided for remote learning snow days. I’ll also share



broadly on social media and on our website. Please complete the survey as soon as possible as who knows what mother nature has in store for us next week!

Remote Learning Snow Day Survey Link:

https://docs.google.com/forms/d/e/1FAIpQLS-dxeLbTIfP8IrZWN-HQ_cKU_GLNgKsMtD-QrG2Mq2x0gZlPUFjg/viewform?usp=sf_link

PRE K QUESTIONS AND ANSWERS

In my last blog, I sent out a survey asking folks to ask questions they may have regarding our new Pre K program opening in the fall of 2023 at Narragansett Elementary School. I got some GREAT QUESTIONS. I haven’t had a chance to answer all of them yet, but I thought I’d take the time to highlight a few here on this blog post and then link to a Q&A sheet with all the questions that I’ll continue to post answers to over the course of the next few weeks. So please keep checking the Q&A link below for additional answers! Here are a few highlighted questions now:

Question: What are the typical credentials of specialists(OT, PT, S/L) providers for Pre K? Are they the same for Kindergarten or early primary, or are they birth-5? What levels are teachers and ed

techs certified for?

Answer: All specialists that will be utilized in our Pre K program will have full licensure to perform the duties required of them for the age level they will be working with. Speech, OT’s, PT’s all will have full approval to work with Pre School-Aged children. Teachers working with Pre K students will have the 081 early childhood certification endorsements required by the state of Maine. Educational technicians are certified to work with all age levels including early childhood. The Gorham Schools will be conducting hiring processes for all new staffing positions in April of this year. If you are interested in applying, or know someone who is, please keep your eye out on our website or servingschools.com for postings then!

Question: More of a clarification: the Arts Alliance and Seedlings will be providing Pre-K services in addition to the two classrooms at Narragansett AND they will be free of cost too? Will we have to work with those organizations directly to utilize their program or will enrollment all be done through the Gorham school system?

Answer: Yes, our partnerships with the Gorham Arts Alliance (for 8 student slots) and Seedlings to Sunflowers (for 32 stu-

2022-23 Short Term Full Remote (Snow Day, Teacher Shortage, Outbreak Status), 6-12
Due to the uncertain issues with power and connectivity, the plan for snow day remote instruction will be asynchronous.

Teachers	<ul style="list-style-type: none"> Post asynchronous learning on Google Classroom site by 9:00 am. If the teacher has prior notice of snow day, inform students of assignments and send a physical copy of the work home the day prior. Monitor google classroom and email throughout the school day. Respond to students in need of support. Engage in PLC work.
Students	<ul style="list-style-type: none"> Check Google classroom by 9:00 am for the day’s assignments. Bring physical copies of work home (if provided). Utilize teacher directions and materials provided to engage in at-home learning. Check in via google classroom or email if you have questions or you are in need of support.

dent slots) will be funded by the State of Maine as public Pre K slots. These are in addition to the 64 new slots that will be housed at Narragansett Elementary School. These are all approved public Pre K programs. This means families will not be charged for these costs. Please keep in mind, however that before or after care services may still be charged by our partners, but the Pre K programs themselves will be free to families. Enrollment for the Gorham Arts Alliance programs and the Seedlings to Sunflowers Programs will be conducted directly through those two organizations, although we hope that the Gorham Schools can help families make the necessary connections later this spring if needed. If you have questions regarding the Gorham Arts Alliance program, you may contact Amy Valentine at gorhamarts@gmail.com. If you have questions regarding the Seedlings to Sunflowers program, you may contact Meghann Carasco at meghann@seedlingstosunflowers.org.

Question: Will transportation be provided or will the parent(s) be responsible for the transportation for their child?

Answer: YES. Transportation will be provided from home/childcare to school and from school back to home/childcare to any location in the community of Gorham for the classrooms housed at Narragansett Elementary School. This will be the case for BOTH the a.m.

and p.m. sessions. For students participating in the Gorham Arts Alliance and Seedlings to Sunflowers programs families will have to provide transportation.

Question: Will there be any options or partnerships for aftercare/before care?

Answer: The Gorham Schools is working with many of our local child care providers to ensure there are appropriate slots available for before/after care. We have had several meetings and will continue to meet in order to work on building out these partnerships for families as we realize this is a strong need. So far we have been able to identify 16 slots with one of our partners and we are looking to continue with the hopes that by the time we get to the April/May time frame we will be able to host an evening event for families and interested providers to do a little “match making”. Ultimately, however it will be the parent’s responsibility to work with individual providers to secure these slots - but we will do our best to make sure those slots are available and well communicated later this spring.

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

Gorham WEEKLY

(207) 558-8488

Info@GorhamWeekly.com

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Jason Hodsdon Masonry

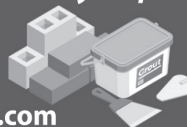
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Out and About 1922 to 2023

By Rachel Morin

Irene was a new bride when she spotted this little booklet at Victor News, a card shop in Lewiston. The year on the title caught her eye--1922, the very year her new husband, Fernand R. Delorme, was born--February 25, 1922 at home in Lewiston. Well, she just had to buy it!

This would be the perfect gift to give her husband to celebrate their recent wedding at St. Louis Church, high on the hill in New Auburn, on July 1, 1950.

Irene went in to Victor News, and purchased a copy and she and Fernand had fun comparing the prices from 1950 to 1922 only 28 years before.

Irene thought the readers of Gorham Weekly and Twin City Times might enjoy reading the century old news items within its pages. I agreed with her, and Irene and I spent a nice afternoon reminiscing about the Lewiston-Auburn of our childhood. Irene (Labrie) DeLorme grew up in New Auburn and we shared many friends. My husband, Gerard L. Morin, grew up there as well. New Auburn

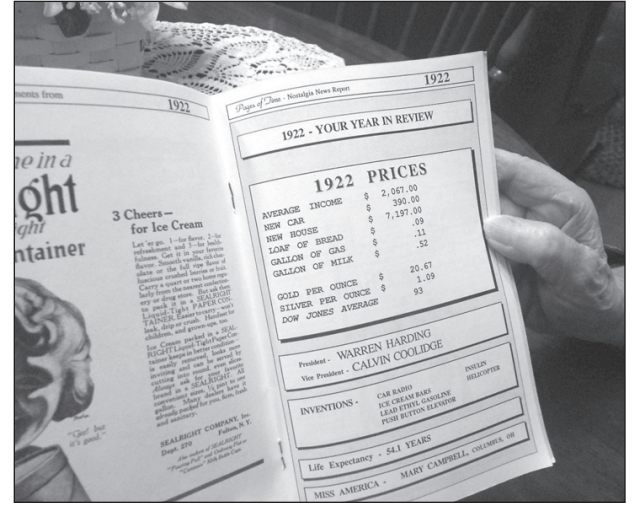
was a tight community in those days.

The low prices are what surprised us most compared to our high prices today.

When I got home, I did a quick search to compare the averages prices today compared to those in the booklet a hundred years ago.



Irene Delorme enjoys reading from the 1922 brochure .

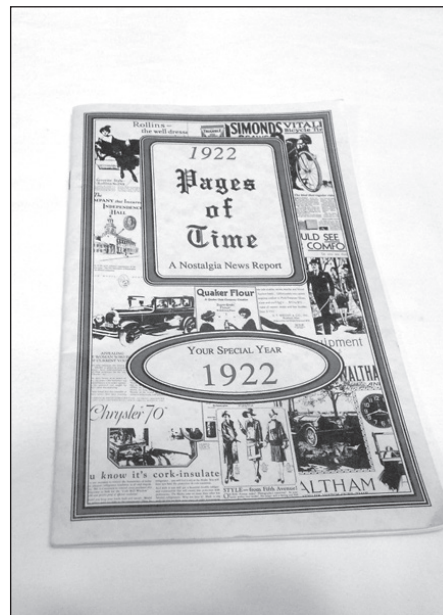


Prices 100 years ago in 1922. Note the life expectancy! There's some good news today...

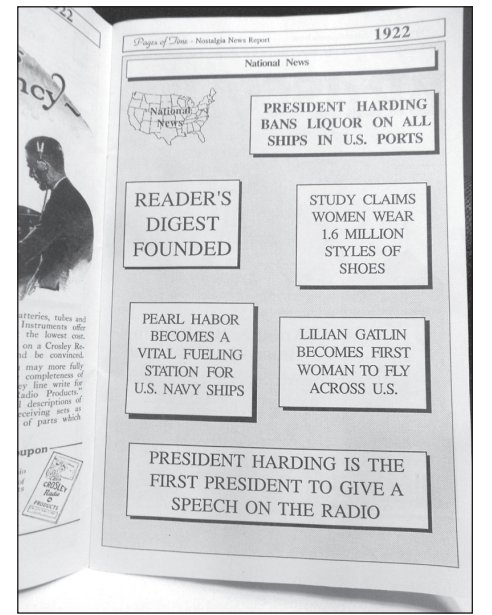
Item	1922	2023
Average income in Maine	\$2,067.00	\$78,301.00
New Car	\$390	\$42,500
House	\$7197.00	\$344,400
Loaf of bread	.09	\$2.89
Gallon of gas	011	\$3.83
Gallon of milk	0.52	\$4.37
Dozen eggs	0.35	\$4.25
Pound of butter	0.52	\$4.81

Irene and I both live at Schooner Estates now and we share many new friends. Irene enjoys cooking and takes daily walks. I enjoy theater and writing and we both share an interest in history!

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



The cover 1922 Pages of Time A Nostalgia News Report



Interesting Headlines (two misspellings the proof reader missed)

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Rachel Morin writes her column for Twin City Times and Gorham Weekly

Seniors Not Acting Their Age

The Best Nordic Skiing this Side of the Rockies



A skier begins an ascent of The View Trail at Rangeley Lakes Trails Center



Skiers prepare to descend Lower Pumphouse Trail



A skier double poles down one of the many long descents at Rangeley Lakes Trails Center

By Ron Chase
The Facebook page for the Rangeley Lakes Trails Center (RLTC) announces, "The best Nordic skiing this side of the Rockies." That's a fairly bold declaration but it may be true this winter.

Beginning in early December, I started watching the weather and checking Nordic ski areas in search of decent snow. There hasn't been much. After a hefty pre-Christmas snowstorm, Jackson Ski Touring in Jackson, New Hampshire, had quality skiing on their high elevation trails at Prospect Farm for a few days. Unable to recruit any companions, I gifted myself an early Christmas present and spent two days skiing at Jackson. Since then, their trail conditions have deteriorated as a result of warm rainy weather.

A glimmer of hope has been RLTC located at the foot of Saddleback Mountain. My experience has been their trails tend to have more snow that arrives earlier and lasts longer than most other Nordic ski areas in Maine and New Hampshire. In my opinion, the reason is because the trail network is located at an elevation of about 2,000 feet on the north facing slope of the Saddleback Mountain Range. I don't have any scientific evidence to support my conclusion so if readers disagree, that's fine as I'm often wrong.

Wildlife is abundant in the RLTC area. I've twice seen a Lynx and my latest book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* includes a chapter about pursuing an elusive Bobcat while skiing there.

Although most ski

areas have received primarily rain recently, RLTC has been the recipient of some white precipitation as a result of cooler temperatures. I began regular visits to their website to view the daily trail reports. Each perusal seemed to reflect incremental improvements. When they reported a majority of their trails were open and groomed, I decided to gamble a two-hour drive from Topsham. I wasn't disappointed.

When I arrived at RLTC on Saddleback Mountain Road in Rangeley on a breezy, partly sunny Saturday morning, the parking lot was about half full. The friendly, helpful attendant at the yurt where ski and snowshoe passes are sold reviewed a trail map with me and identified the trails that had been groomed for classic and skate skiing earlier that morning. With her assistance, I planned an itinerary that approximated ten miles. Included was the

two-mile Geneva Loop which begins adjacent to the yurt and had been groomed a couple of days prior.

A thin layer of fresh fallen snow was a little sticky on Geneva Loop so I stopped to add Glide to my skis. I enjoyed excellent skiing for the remainder of the loop. A short section damaged by an earlier rainstorm was easily skirted.

Returning to the parking area, I began my trek on the more recently groomed trails starting at Tote Road. A classic skier, I found the freshly prepared surface facilitated an efficient kick and glide. The skiing conditions were superb for the balance of my outing. I met several returning skiers while progressing easterly on the straightforward Tote Road. Everyone I spoke with expressed praise for the exceptional quality of the trails.

At the end of Tote Road, I continued on

Bridge Trail which curls through a dense wooded area and then climbs to View Trail. As the name suggests, an open location on View Trail provides an excellent vantage point for observing Saddleback Mountain. Unfortunately, much of the mountain was enveloped in clouds. From the top of View Trail, I enjoyed a moderately steep twisting descent while snowplowing on a packed surface to Lower Pumphouse Road.

I met two skiers as I climbed easily on Lower Pumphouse to the beginning of Hoffman's Run. Double poling the uncomplicated decline on Hoffman's while completing a loop back to Lower Pumphouse near the View Trail junction was very exhilarating. I stopped at the junction for a snack and water. Exposed to harsh northwest winds, my body temperature quickly dropped. It's cold on the north side of Saddleback

Mountain!

The climb up View Trail provided an opportunity to generate some body heat. However, my hands never warmed during the return to the yurt. I resolved to wear heavy-duty mitts for my next RLTC ski.

I expect to return soon as RLTC may have the best Nordic skiing this side of the Rockies this winter. Maybe I'll spot a Lynx or a Bobcat.

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

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WESTBROOK, ME (January 27, 2023) -- Westbrook Community Center's Toddler Open Play program for children ages 5 and under runs every Tuesday, Wednesday & Thursday, 9am-2pm, at the Westbrook Community

Center, 426 Bridge Street, Westbrook.

Cost is \$3 per child per visit (parents are FREE) and you DON'T have to be a Westbrook resident — all are welcomed! You must check in first at the Reception &

Information Desk in the Central Hallway.

To book a Big Bounce Party, which includes use of the Treehouse Toddler Room AND the Birch Room for food and drink, please e-mail us at gpost@westbrook.me.us.

Learn Microsoft Excel with Gorham Adult Education

GORHAM, ME (January 27, 2023) -- Excel is a necessary skill to have in the workplace. Students will learn how to create, edit and manage spreadsheets. Then, increase your efficiency by

learning how to organize, display and calculate your data into useful information using sorts, filters, and charting. Use Excel's most powerful features to analyze data quickly and easily with confidence.

Instructor: Eric Lemay. Session I: 4 classes, Tuesdays, 2/7 - 3/7 (no class on 2/21), 6:00pm - 8:00pm, Westbrook Regional Vocational Center, \$74. To sign up, head to <https://gorham.maineadulted.org>

Preschool Story Time Held at Gorham's Galilee Church

GORHAM, ME (January 28, 2023) -- Looking for something fun to do with your preschooler? Join Galilee Church's Preschool Story Time for exciting books, snacks, and fun! We meet on Mondays from 10:30-

11:15am at Galilee Church, 317 Main St. in Gorham. Ages 1-5 are welcome with their parents or guardians.

11:15am at Galilee Church, 317 Main St. in Gorham. Ages 1-5 are welcome with their parents or guardians.

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Talking with Something to Say



L to R Cheyenne Toth, Hunter Oehme, and Audrey Fryda

POLAND, ME (January 27, 2023) -- Forensics, not the crime scene kind, the art or study of argumentative discourse and rhetoric, is thriving at Poland Regional High School. The Speech and Debate Team competed recently in the States, the season's grand finale. The three students that helped with this article all came to the Speech team for different reasons, but they have skills that will take them far. It takes poise and confidence to speak with a stranger. They are learning more about speaking in front of a roomful of people. The Speech and Debate

Team has to raise some of its funds to compete.

Senior Hunter Oehme accidentally came to the Speech and Debate team early. When he was a freshman, the faculty advisor asked him to fill in for an ailing team member; he was hooked. Hunter fell in love with storytelling. Now that this is his last year, he plans to major in theater in college.

Cheyenne Toth, junior, comes to the Speech and Debate team through theater. She fell in love with the community feel of theater. Her specialty is Duo. She and a partner perform a two-person play. Each per-

son has to rely on the other in the performance. Cheyenne plans to go to Colby College and get a teaching degree.

Junior Audrey Fryda took yet another path to forensics; she followed her big sister to the team. Like many little sisters, she wanted to be like big Sis. Once involved with theater, she was excited to stay. Audrey, who also performs in the Duo category, plans to carry her skills to an art degree.

Three different YAs with very different futures pending but all with the poise and confidence of future leaders.

Girls on the Run Offers Volunteer Coaching Opportunities

MAINE (January 27, 2023) -- Girls on the Run Maine's coach registration is now open! Girls on the Run is an international nonprofit that offers programs to strengthen third-to-eighth-grade girls' social, emotional, physical, and behavioral skills. The evidence-based curriculum helps participants build confidence, deepen relationships and successfully navigate life experiences. The 10-week program incorporates physical activity to unlock essential life skills, encourage personal development, foster meaningful connections with others as well as contribute to the community.

Throughout the season, volunteer coaches utilize a structured curriculum to engage teams in fun and interactive lessons. Teams meet twice a week for 90 minutes and the program culminates with a celebratory 5K (3.1 mile) event to provide girls with a tangible sense of accomplishment.

Girls on the Run Maine has served 7,846 girls at 150+ sites in Maine since 2012. To continue this trend of success, the non-profit organization is currently seeking volunteer coaches to facilitate



About Girls on the Run

Based in Charlotte, N.C., Girls on the Run is a nonprofit organization with local Councils in all 50 states and in Canada. Founded in 1996 with 13 girls, Girls on the Run has now served over 2 million girls. Over the course of the program, girls in 3rd-8th grade develop social, emotional and physical skills. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event. With the largest 5K series by number of events in the world, Girls on the Run hosts more than 330 5Ks per year. Girls on the Run is included as a top research-based program in a Social-Emotional Learning Guide developed by researchers at Harvard University and has been recognized by the National Afterschool Association (NAA) as one of the most influential after-school programs. Girls on the Run is offered in more than 13,000 across the US. Visit {council website} to learn how to get involved in your community.

the program and provide critical leadership to its participants.

"GOTR hasn't just been a learning experience for my daughter. As a coach, it's helped me grow as well and step into a new challenge I never expected," said Coach Julie. GOTR taught me to be more encouraging, supportive and empathetic in my everyday life."

Coaches do not need to be athletes but are required to be a minimum of eighteen years old to serve as an assistant or twenty-one years old to serve as a head coach. All volunteer coaches must complete a background check and attend an in-person training session. For more information about coaching and Girls on the Run Maine visit <https://www.girlsontherunmaine.org/coach>.

Interested coaches must register by Feb 15 in order to volunteer for the Spring 2023 season.

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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.

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.

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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Gorham HS to Collaborate with General Contractors

GORHAM, ME (January 18, 2023) – Gorham Schools has an exciting new partnership with the Maine Association of General Contractors. We are starting a

new summer program together! This program will specifically target recent GHS graduates for a six week immersion experience with the trades! The program pays participat-

ing students a substantial stipend to “immerse” themselves in the trades with the help of local business partners!

GHS will have ten available slots and West-

brook HS will have ten slots. Classes will take place at the Westbrook Regional Vocational Center. Students will gain experiences in carpentry, electrical, heavy equip-

ment operation, crane operation and more!

This will be the first year of what we hope will be a multi-year program to benefit graduating seniors from GHS

who want to get a “leg up” in determining their career pathways in the trades or just a “leg up” in exploring all the possibilities the trades have to offer!

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HANDS - ON TRAINING
Gain hands-on training and experience including:

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- Earn your OSHA 10 certificate;
- Complete First Aid & CPR certification;
- Complete NCCER CORE certification.

EXPERIENCE THE TRADES

- Be introduced to several trades including carpentry, electrical, heavy equipment operation, crane operation, and many more;
- Learn from industry professionals and meet potential employers;
- Visit a minimum of 3 job sites to see work in action;
- Opportunity to complete a career exploration process

GUARANTEED JOB INTERVIEW
Meet local employers during the program and participation guarantees you at least one interview at the end of the program!

ABOUT THE PROGRAM
Build the foundation to your future in this six week immersive training program designed to supply you with credentials in the classroom and in the field. This series pairs in-class instruction with hands-on learning to provide you with a clear pathway to your future career in the trades.

WANT TO APPLY?
Contact Eliza S. Kenigsberg at 207.222.1355 or eliza.kenigsberg@gorhamschools.org.



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Training Virtual Assistants to Work from Home in Maine

FAIRFIELD, ME (January 27, 2023) – Kennebec Valley Community College has created and launched a one-of-a-kind training program for Virtual Assistants. An up-and-coming profession in the new world of remote work, virtual assistants support businesses and companies in marketing, administrative, and management tasks.

“Our goal is to train 45 virtual assistants here in Maine,” says Joe Musumeci, director of workforce training at Kennebec Valley Community Col-

lege. “We hope to help fill hiring vacancies that many organizations are feeling, while also giving workers in rural areas a marketable skill and the ability to work remotely successfully.”

The training is part of the Remote Work for ME program through the Maine Community College System, which is also offering other occupational programs in jobs that can be done remotely. In addition to these occupational programs, Deputy Executive Director of Workforce Training and Remote Working Joshua Howe has

created self-guided training around topics such as working in a remote environment and leading a team of remote workers.

“It’s anticipated that 30% of positions will continue to be remote even as we return to the office. Programs such as KVCC’s Virtual Assistant program allows Mainers access to good-paying jobs while balancing work and home more efficiently, and Maine employers get access to a much-needed workforce across Maine,” says Howe.

Through the Virtual Assistant Training pro-

gram, trainees will receive a certificate in either project management or digital marketing. Trainees also gain experience in using a selection of modern web-based tools, communication techniques, and accessing business resources throughout Maine.

Each cohort of trainees is led through the 5-month training program by Monique Bouchard, who meets weekly with the group to provide support and expertise. Bouchard’s experiences as an entrepreneur, business mentor, and marketing communications

consultant have given her an insider’s understanding of the skills needed to help support Maine’s business community.

“Programs like this are a triple win -- providing opportunities for Mainers to learn and utilize needed, up-to-date skills that can not only support Maine’s startup and entrepreneurial ecosystem, and increase Maine’s overall economic potential,” says Bouchard.

Towards the end of the program, the virtual assistants will be tasked with completing a marketing or management project with

a Maine-based business or start-up.

“We have opened an application to connect our virtual assistants to any local businesses with a project they would like completed,” says Musumeci. “We would love to help facilitate these connections and see it as a win-win for both the businesses and for the Mainers diving into work in this new field.”

Businesses and organizations can request help from a virtual assistant in KVCC’s training program here: kvcc.me.edu/workforce.

Third Act Maine to Rally for Combatting Climate Change



PORTLAND, ME (January 27, 2023) -- Third Act Maine, an organization of people over 60 actively working to combat climate change, welcomes new members as it plans its first action this March. The national organization, Third Act (thirdact.org), created by Bill McKibben in 2021, helps states enact national strategies as well as engage

in actions best suited to their population.

Third Act Mainers, over 250 members strong, pledge their decades of experience, wisdom, and networks to bring climate change work to communities in Maine.

On March 21, 2023, Third Act chapters across the country will rally, demanding that the biggest

banks stop lending money for new fossil fuel projects. Events in Maine are being planned for Portland and Belfast.

Time is of the essence. The newly passed Inflation Reduction Act promises a speedy transition of homes and vehicles away from fossil fuels. Third Act Maine’s work is ever more important as fossil fuel

companies, banks, and other corporations organize to block portions of this bill’s implementation. Elders at Third Act Maine choose not to turn away because they know that action paired with connection to others is the antidote to despair.

Email thirdact-maine@gmail.com to join in this important day of action.

Preble Street Serves Victims of Trafficking, Exploitation

PORTLAND, ME (January 25, 2023) — Throughout Maine, children and adults of all genders, ages, and races are forced to perform many different types of work, including farm labor, domestic service, commercial sex work, and restaurant and hospitality service, through threats, physical and sexual violence, and psychological coercion. Since 2013, working with survivors across the state, Preble Street Anti-Trafficking Services (ATS) has supported more than 600 victims of human trafficking, enrolling over 300 people in intensive case management and housing support services. Now, thanks to funding from the Howard G. Buffett Foundation, Preble Street and partners will be able to increase services state-wide for victims of labor trafficking in Maine.

“Maine has an active and coordinated anti-trafficking response, but it also has a high rate of trafficking, which especially impacts marginalized and underserved communities. Asylum-seekers, migrant laborers, individuals without status, and people impacted by incarceration are particularly at risk,” says Jade Johnson, Preble Street Anti-Trafficking Services Director. “Poverty, substance use, a lack of affordable housing, and a multitude of barriers to access needed services are just some of the factors that allow exploitation and trafficking to thrive in our state. This critical funding will allow Preble Street and our partners to support a greater number of people through a trauma-informed, strengths-based approach and enhance our efforts to combat all forms of human trafficking.”

With the award of

a new \$2.5 million grant over three years by the Howard G. Buffett Foundation, Preble Street, in coordination with the Immigrant Legal Advocacy Project (ILAP) and Pine Tree Legal Assistance (PTLA), will be able to increase comprehensive and holistic services, direct outreach, and solutions to exit situations of labor trafficking and exploitation within targeted industries. This funding will also help provide training to law enforcement agencies, service providers, and communities to better understand human trafficking, U.S. protections, and community resources for victims/survivors of labor trafficking.

Sue Roche, Executive Director of the Immigrant Legal Advocacy Project (ILAP) said: “ILAP is deeply grateful for the generous support of the Howard G. Buffett

Foundation in expanding critical legal outreach and access to representation to immigrants exploited by labor trafficking in Maine. Being empowered with legal information, knowing your rights, and having a lawyer by your side as an advocate is vital for immigrants in escaping dangerous, inhumane, and unjust work conditions and disrupts those who target immigrant communities. ILAP looks forward to working with our partners to expand access to justice and to build a stronger safety net for vulnerable immigrants victimized by traffickers in Maine.”

“Everyone in our state has the legal right to be free from severe labor exploitation, including forced labor and trafficking, but the people most at risk often cannot access the resources needed to make their rights a reality,” says Tom Fritzsche, Executive Director, PTLA. “Pine Tree Legal Assistance is proud to partner with Preble Street, ILAP, and the Howard G. Buffet Foundation to offer

civil legal aid to Mainers in need of justice and protection from such abuses.”

As a leader in the anti-trafficking movement in Maine, Preble Street Anti-Trafficking Services offers a continuum of emergency and intensive case management services and advocacy for victims of trafficking (VOTs) in Maine. ATS has worked with VOTs throughout the state, representing all ages, genders, identities, immigration statuses, and types of trafficking, while building awareness across disciplines and providing expertise to local, state, tribal, and federal agencies.

ATS also operates the Healing Center, the only dedicated space in Maine for all VOTs to access intensive case management services, mental health counseling, reproductive health and medical connections, and on-site services from partner agencies. The Healing Center also offers a training center for workshops focused on advancing best practices in collaborating with

victims/survivors towards their goals, a computer lab, supporting survivor leadership opportunities, and houses a number of survivor-led activities like support groups, yoga classes, meditation, and other requested services.

Preble Street is a nonprofit human service agency serving the most vulnerable people in Maine since 1975 through innovative, best-practice, client-centered programs. In addition to the largest direct service emergency food program in northern New England, Preble Street operates low-barrier programs throughout Maine providing 24/365 services for individuals and families, including homeless youth, women, veterans, and survivors of human trafficking, driven by its mission to meet urgent needs, empower people to move beyond the crises in their lives, and advocate for solutions to homelessness, hunger, and poverty. PrebleStreet.org

The Immigrant Legal Advocacy Project (ILAP) is Maine’s only state-wide immigration legal services organization, assisting more than 3,000 low-income immigrants each year through direct legal services and community legal education while advocating for a more just and humane U.S. immigration system. To learn more, please visit www.ilapmaine.org.



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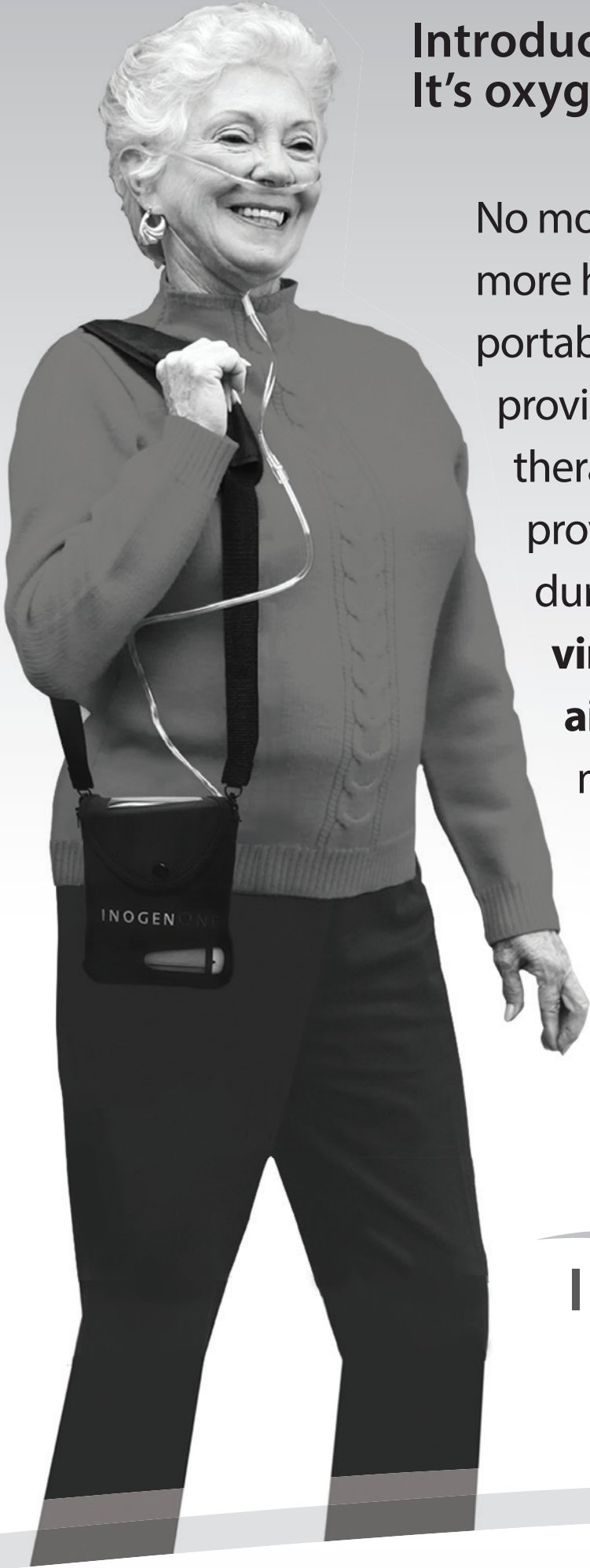
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New Measures Respond to Opioid and Mental Health Crises

WASHINGTON, D.C. (January 27, 2023)—U.S. Senator Susan Collins announced that the government funding package that was recently signed into law includes a number of mental health and substance use disorder policies she championed to respond to the ongoing opioid and mental health crises.

“No community is immune from the opioid epidemic, which has been exacerbated by stress and isolation caused by the pandemic. Tragically, hundreds of Maine lives are claimed each year, and thousands more non-fatal overdoses occur annually,” said Senator Collins. “The opioid epidemic requires an all-of-the-above approach. By increasing access to evidence-based addiction prevention and treatment services, this legislation will be crucial in helping us to tackle this public health emergency. Additionally, there is a growing need for mental health resources that serve individuals of all ages to support their overall well-being. This legislation makes significant investments in counseling and

other supportive services across the lifespan that will be invaluable to individuals in crisis.”

Once the final numbers are tallied for 2022, Maine is expected to set another tragic record of fatal overdoses for the third consecutive year. According to the latest estimate, Maine overdose deaths in 2022 are expected to exceed the record of 631 deaths that occurred in 2021.

As a member of the Senate Health Committee, Senator Collins strongly advocated for a number of mental health and substance use provisions, including:

Reauthorizing the Infant and Early Childhood Mental Health Program. The law includes the Investing in Infant and Early Childhood Mental Health Act, authored by Senators Collins and Tim Kaine (D-VA), which reauthorizes the Infant and Early Childhood Mental Health program at \$50 million annually through FY27.

Strengthening the 988 Hotline. The law includes the 988 Coordination and Improvement Act,

authored by Senators Collins and Tammy Baldwin (D-WI), which establishes a Behavioral Health Crisis Coordinating Office within SAMHSA and requires the office to convene partners and provide technical assistance to enhance access to crisis care annually. Also adds additional transparency and oversight into the implementation of 988.

Increasing Provider Training. The law includes the Medication Access and Training Expansion (MATE) Act, authored by Senators Collins and Michael Bennet (D-CO), which requires prescribers of controlled substances, such as opioids, to complete a substance use training course to ensure they have foundational knowledge of addiction prevention, treatment, and medication management.

Expanding Diversity. The law reauthorizes SAMHSA’s Minority Fellowship Program, based on legislation authored by Senators Collins and Bob Menendez (D-NJ), which supports the education and training of minority students studying for advanced degrees in a mental

or behavioral health professions.

Protecting Children. The law includes the CAMRA Act, authored by Senators Collins, Ed Markey (D-MA), and Roy Blunt (R-MO), which directs the NIH to develop a comprehensive research program that explores how technology and media use affects children’s development, health, and wellness.

Increasing Seniors’ Access to Counselors. The law includes the Mental Health Access Improvement Act, co-sponsored by Senator Collins, which establishes Medicare coverage for services provided by marriage and family therapists and licensed professional counselors beginning on January 1, 2024.

Graduate Medical Education. The law supports physician workforce development by providing for the distribution of 200 additional Medicare-funded graduate medical education (GME) residency positions. At least half of the positions will be dedicated to psychiatry and psychiatry subspecialty residencies.

At the same time, as

the incoming Vice Chairman of the Appropriations Committee, Senator Collins secured significant funding increases in the fiscal year (FY) 2023 omnibus appropriations bill to implement these provisions and others to help communities, including:

Opioid Epidemic. \$4.9 billion, an increase of \$296.7 million, to combat the opioid epidemic. Funds will be used to improve treatment and prevention efforts; find alternative pain medications; address workforce needs, especially in rural communities; and promote research. The law also gives states flexibility to use opioid response funds to combat rising stimulant use across multiple government programs. Notable programs include:

State Opioid Response Grants. \$1.57 billion, a \$50 million increase.

Substance Abuse Prevention and Treatment Block Grant. \$2 billion, a \$100 million increase.

Building Communities of Recovery Program. \$16 million, a \$3 million increase.

Peer Support Technical Assistance Center. \$2 million, a \$1 million increase.

Mental Health. \$5.27 billion, an increase of \$803 million, for mental health research, treatment, and prevention, including:

Certified Community Behavioral Health Clinics. \$385 million, an increase of \$70 million.

Suicide Prevention. \$512 million for SAMHSA suicide prevention activities, including \$439.6 million for the recently launched 9-8-8 Suicide Lifeline, in addition to \$62 million provided in the short-term government funding bill that was signed into law in September.

Mental Health Block Grant. \$1.01 billion, an increase of \$150 million.

National Institute of Mental Health. \$2.34 billion, an increase of \$120.9 million, which includes targeted funding for research related to social media’s impact on mental health.

Department of Education. \$111 million for school-based mental health grants.

UMaine to Offer Online Restorative Practices Training

BELFAST, ME (January 27, 2023) — Registration is open for two online restorative practices training programs through the Hutchinson Center. This six-session course, part of the University of Maine Hutchinson Center’s professional development program, will be held from 9 a.m.–4 p.m., April 20-21, May 19, June 29-30 and July 21. The cost is \$900 per person. A limited number of need-based scholarships are available. More information is online.

Today’s best thinking in leadership, education and change management

emphasizes the need to create spaces where people feel seen, heard and part of a community that cares. Restorative practices, which have their roots in Indigenous knowledge and traditions, are poised to meet this need, improving and repairing relationships between people and communities. The purpose of restorative practices is to build healthy communities, increase social capital, decrease crime and antisocial behavior, repair harm and restore relationships.

Through this Foundations in Restorative Practices program, participants will learn nonad-



versarial problem-solving tools to reach solutions in moments of conflict that go beyond de-escalation and build safer, healthier, more equitable environments. Systematic use of restorative practices can leave participants and the people they interact with feeling connected to positive, resilient and accountable communities.

Educators, parents, school administrators, health care providers, so-

cial workers, police officers, municipal workers and nonprofit workers alike can benefit from restorative practices.

The restorative practices program is facilitated by Heather Fogg, Sarah Matari and Jamar Williams of Restorative Justice Project Maine (RJPM).

Fogg joined RJPM July 2021. She values the interconnectedness of all people and honors that as a circle keeper; conflict coach; mediator; restorative dialogue and restorative reflection facilitator; community dialogue facilitator; conferencing facilitator; and Certified Optimum Life Breathologist (C.O.L.B.). Fogg shares her love of the work by awakening the ideas and concepts

within others via trainings, presentations and courses about conflict and resolution and restorative justice. She served on the board and leadership circle of the Circle of Restorative Initiatives (CRI) for Maryland, helping to spread the awakening to restorative values and the processes that support them. Fogg was fortunate to grow in the field with years of support, love and encouragement from colleagues and collaborators at the Maryland Judiciary Mediation and Conflict Resolution Office (MACRO).

Matari began providing restorative practices and mediation services to institutions and communities early on in her alternative dispute resolution career. As a trainer and consultant for the New York City Department of Education restorative pilot project, she delivered mediation and restorative circle trainings to staff and students in an effort to

help schools work toward restorative culture change. She learned firsthand the importance of having a sustainable implementation strategy and team approach when engaging with restorative practices and brings that experience in her directing of RJPM’s Training and Capacity Building Team.

Williams joined RJPM in August 2021 as a trainer on the Training and Capacity Building Team. He has extensive experience in various aspects of the prison reentry field and has leveraged his expertise to educate others in universities, institutions and conferences across the country. His focus on social and restorative justice has led him to relocate to Maine to train others on restorative justice practices.

For information or to request a reasonable accommodation, contact Abby Spooner, um.f.h.c.p.d@maine.edu; 207.338.8002. Participants may be eligible for funding from the Harold Alfond Center for the Advancement of Maine’s Workforce.

More information about upcoming professional development programs, including how to register, is online. Need-based scholarships are available. Early registration is recommended as spots are limited.



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CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

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.

February 1

LEWISTON -- 5pm at the Lewiston Public Library: **SAVING MONEY ON HOME ENERGY BILLS!**

This event will go over ways you can save on your energy bills and the rebates available to Mainers. Contact info. 513-3135; 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.

February 4

GORHAM -- Public Bean Supper, White Rock Community Clubhouse, 34 Wilson Road, Gorham, 4:30-6:00pm

We are back inside!

Calendar

Send your submissions to the Editor. More online.

Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.

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

February 7 (and every first Tuesday)

LEWISTON -- Good Grief. Date: Tuesday, February 7 (every first Tuesday), Time: 10:30 a.m.–noon. Facilitator: Beacon Hospice. Location: Education Center, 8 Falcon Road, Lewiston

SeniorsPlus is pleased to partner with Beacon Hospice in providing a Bereavement Support Group. To be held in person, this once-a-month group meeting will provide a safe place for those who want to connect with others who understand what they are going through, and who are looking for ways to find meaning and purpose in life without the presence of their loved one. At these meetings, griever will receive support, understanding, and compassion. Griever will learn about self-acceptance, self-care, self-compassion, and resilience. We will share stories, experiences, and offers

and receive support that can help with the grieving process. We will provide a safe place for everyone, in every stage of grief. A grief support group is not a substitute for professional care for depression.

February 22

LEWISTON -- 3pm at the Lewiston Public Library: **LPL TO HOST A BLOCKBUSTER MOVIE EVENT**

Our event is Wednesday, February 22, 2023 from 3 to 5:30pm in Callahan Hall and will feature a pg-13 movie set in a fictional-African nation with advanced technology whose leader has to juggle the responsibilities of being royalty with being a superhero. Contact info. 513-3135; www.LPLonline.org

Mondays, Wednesdays, Fridays

LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11–11:45 a.m.; Day/time: Wednesdays, 11–11:45 a.m.; Day/time: Fridays, 10:15–11 a.m. Instructor: Linn Morin, Certified Trainer. Cost: See below. Location: Education Center, 8 Falcon Road, Lewiston

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a

basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances, call Linn for more details.

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, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more informa-

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tion or to register, call us at 207-795-4010 or visit seniorsplus.org.

Thursdays

ZOOM -- Writing Your Life Story, Date: Thursdays 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 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.

Tuesdays, Fridays

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

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

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



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

DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or
MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

GYBSA is a non-profit 501(c)(3) tax deductible contribution

Classified Ads

BLUEBERRIES

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

BOOKS

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

CLEANERS

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

FIREWOOD

Dry 18 and 16 inch firewood. Ready to burn. Will load your pick-up or trailer. Must be picked up at Dyer Road, Lewiston. Call Ed 577-5878 Small and Large quantities available.

FOR SALE

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

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

Turboclean Powerbrush Pet Pro

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

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

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

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

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estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

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SENIOR CARE ASSISTANT

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

Classifieds \$25 per week

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

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

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

Reflections of Italy - October 9 - 18, 2023

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

much more.

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

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

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

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Gorham Schools Release “Bright Futures For Little Rams” Report

GORHAM, ME (January 21, 2023) -- The Bright Futures for Little Rams Document is the product of a yearlong collaborative planning process by the Little Rams Early Childhood Project Group. This group is a powerful partnership of schools, childcare programs, educators, parents, businesses and local organizations and leaders all focused on ensuring ALL children in Gorham and their families have access to quality early learning experiences that promote healthy development and school/community readiness!

To view the report, visit the Gorham Schools website at gorhamschools.org.



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- YOUR NAME, TOWN & STATE
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- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS

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

Boothbay Harbor Police Department

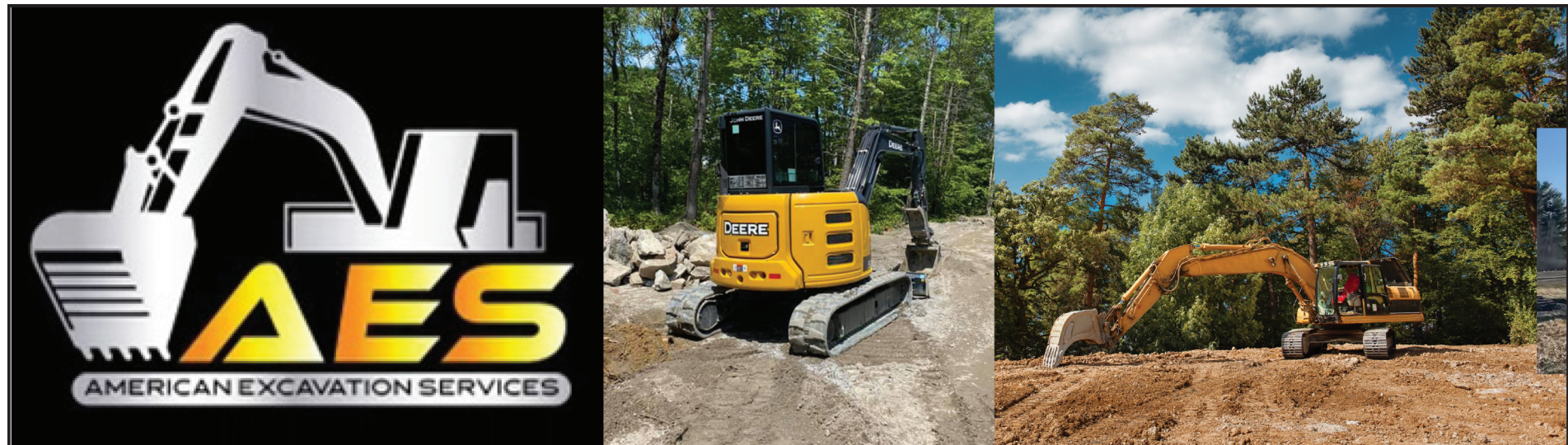
We are accepting applications for new and experienced officers. These benefits listed are for the full-time position (s). Also hiring reserve officers starting at \$30.00/hr.

Starting Pay \$47,040 – \$64,960 yearly

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Job description: Under general direction from the patrol sergeant and in accordance with established policies and procedures, incumbent assumes responsibility for the protection of life and property, through enforcement of laws and ordinances. Work normally consists of routine patrol, preliminary investigation, answering complaints, and traffic enforcement. Please visit The Town of Boothbay Harbor website to access application.



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