

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.

Gorham Recreation, Hearts & Horses Offer Horsemanship Classes

GORHAM, ME (February 3, 2023) -- Do your children love horses? Here is an opportunity to spend the day with them! 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 groom and tack up

horses. Also offered: riding classes, crafts and fun horse related activities! Dress for the weather! Hats & gloves! Hand & foot warmers! Bring a sack lunch and plenty to drink!

Thursday, February 23rd from 9:00 to 3:00 \$95.00. FMI: <https://gorhamme.myrec.com>



The Heart of Baking

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The Sullivan House Bakery & members of several local Police Departments have joined forces for this fun and delicious, 2nd annual dough-raising event.

Stop by for some sweet treats
Sunday February 12th 10:00 AM - 1:00 PM.

There will be 200 cookies decorated by Officers and Special Olympic Maine athletes for sale. Stop by, meet some athletes and pick up some cookies for your special someone. All proceeds go to Special Olympics Maine.



Sullivan House Bakery is located at 102 Main Street in Gorham, ME.



What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know! Email all submissions, including name, address and phone number, to the editor.

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Newsmakers, Names & Faces

Letter to the Editor: 2024 US Senate Election Seat Up for Grabs

To the Editor,
Senator Angus King is an Independent who will have to face a Democrat and a Republican in a 2024 3-way general election race. King has a terrible record regarding middle class

and corporate taxation. And his record on at least one board he serves on will leave him vulnerable to the charge that he "can't run a lemonade stand".
Boring, old, moderate men just don't sell any

more.
That leaves an opening for a very progressive Democratic woman candidate to win Maine's 2024 Senate seat.
Bob Jean
Lubec, ME

\$860K Secured for Pedestrian Safety Projects



WASHINGTON, D.C. (February 1, 2023)—U.S. Senator Susan Collins, the incoming Vice Chairman of the Senate Appropriations Committee, announced today that she secured a total of \$863,382 for four projects intended to improve pedestrian safety across the state. Maine set a tragic record of 21 pedestrian deaths in 2022.

The funding was awarded through the Bipartisan Infrastructure Law, which Senator Collins negotiated with 9 of her colleagues. The law established the Safe Streets and Roads for All (SS4A) discretionary program, which aims to achieve zero deaths and serious injuries on our nation's roadways.

"Over the past several years, Maine has experienced record numbers of pedestrian deaths, which in many cases are the heartbreaking consequence of poor road designs," said Senator Collins. "By eliminating hazardous conditions for pedestrians, bicyclists, and motorists alike,

we can help Mainers reach their homes and jobs safely and more quickly. As the Vice Chairman of the Appropriations Committee, I will continue to strongly support these types of investments to improve Maine's transportation network and help make travel safer for all road users."

The following four organizations and municipalities were allocated funding to improve roadway safety:

The Androscoggin Valley Council of Governments received \$200,000 for the Androscoggin Transportation Resource Center (ATRC) Corridor Improvement Study, which will focus on critical high-accident corridors like the Veterans Memorial Bridge corridor linking Auburn and Lewiston and the primary feeder arterials of Center Street in Auburn and Main Street in Lewiston. Between 2016 and 2020, there were 31 motor-vehicle fatalities in the ATRC region, and during the same period, ten percent of the 2,592 injury-in-

jured crashes within the region occurred within the proposed project corridor.

The Greater Portland Council of Governments received \$263,382 to develop a comprehensive safety action plan.

The Town of Bar Harbor received \$200,000 to create a Comprehensive Transportation Action Plan to reduce regional roadway fatalities, vehicle accidents, and congestion, and to develop climate resilient infrastructure. This plan is especially important as Acadia National Park annually welcomes more than 3.5 million people. U.S. Route 1 and State Route 1—the gateway to Mount Desert Island, Acadia National Park, and Bar Harbor—suffer a high-rate of roadway fatalities, with Hancock County as a whole experiencing 49 fatal accidents from 2016 to 2020.

The City of Sanford and Village of Springvale received \$200,000 to develop a comprehensive safety action plan.

SeniorsPlus Announces Hiring of New Nutrition Director



Patrice Currie is the new Nutrition Director at SeniorsPlus.

LEWISTON, ME (January 30, 2023) -- SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, announces the hiring of Patrice Currie as the organization's new Nutrition Director. Previously, Currie was Director of Food Services at Mercy Hospital

in Portland for eleven years and prior to that, worked in other areas of the food and hospitality industry. She is a resident of Auburn.

As part of her job, Currie will oversee Meals on Wheels at SeniorsPlus, which last year served almost 200,000 meals to 1,300 people.

Since 1972, Senior-

sPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 10,000 individuals and fields 200,000 phone inquiries.

February is Read to ME Month

MAINE (February 1, 2023) -- The Read to ME Challenge is a month-long public awareness campaign to promote childhood literacy in Maine held annually during February. This year the Maine Department of Education kicked off the Read to ME Challenge on February 1st with the Commissioner doing a special reading. The Maine DOE encourages you to join the challenge



Read to ME
15 minutes a day for literacy

by sharing moments that encourage literacy with children of all ages.

What is the Read to ME Challenge?

The Read to ME Challenge is an opportunity to contribute to a child's literacy growth by reading aloud in any language to one or more children for at least 15 minutes. The steps for taking the challenge are listed below and you can access resources to promote the challenge through the links on the left-hand side of this page. You can also read about how the

See Read, page 10



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Newsmakers, Names & Faces

Gorham can Benefit from Heating Assistance

CUMBERLAND COUNTY (February 3, 2023) -- Heating assistance is a fundamental element of health, well-being, self-sufficiency, and economic mobility. Families struggling due to hardships caused by COVID-19 are at greater risk for energy insecurity. With more than 60 percent of Maine homes reliant on heating oil, compared to 4 percent nationally and between 24-42 percent elsewhere in New England, Maine is the most heating oil-dependent state in the country.

Cumberland County recognizes these factors are directly contributing to a grim winter forecast for low-income families who face impossible choices among essential needs such

as food, heat, and medicine. To address these and other negative economic impacts of the pandemic on households in our community Cumberland County created the Keeping Cumberland County Warm Program.

The County will rely on the general assistance department of each participating municipality to assist with program administration. Cumberland County residents will meet with local General Assistance administrators to determine income eligibility for the Keeping Cumberland County Warm Program.

Program Eligibility:
To be eligible for Keeping Cumberland County Warm, you must be

a resident of Cumberland County, Maine and you must need financial assistance with home energy costs. Funding is to support heating assistance in the form of oil, wood, wood pellets, Kerosene, and propane. The County will support funding sources that include Electric or Natural gas, however, the bill needs to clearly outline the costs increase from what is normal usage vs winter time increases. So it is clear the funds are specifically targeting heating costs only. To be eligible, you must have an annual household income (before taxes) that is below the income guidelines outlined in the chart posted on cumberlandcounty.org

Eligible activities are

limited to heating assistance.

Eligible expenses for heating assistance include:

- Oil
- Wood
- Propane
- Natural Gas
- Electricity
- kerosene
- Wood Pellets

All utility bills provided must clearly outline the cost increase specific to wintertime heating vs. normal usage. It needs to be clear the funds are specifically targeting heating costs only. GA will work with the vendors to provide direct payment on behalf of the client. Vendors should be reputable and reasonable in cost when compared to the current market rate pricing. Under

no circumstances will cash payments be provided to clients or vendors.

Ineligible Expenses
Ineligible expenses are items that are not heating assistance. Expenses must follow the outlined distribution of funds requirements. Examples of ineligible expenses include:

- Cash payments
- Rental Assistance
- Using County funds to supplement GA expenses.
- Food assistance
- All other expenses not related to heating assistance
- Surplus of supply, request must be reasonably proportional to need. For example, a client may not request 15 tons of wood

pellets to create a stockpile.

Gorham is participating in this program (some towns due to capacity restraints are not able to offer the program at this time). Cumberland County is the fiscal agent awarding funds to participating local municipalities. Keeping Cumberland County Warm is a grant program for municipalities to access. Only those Cumberland County municipalities that chose to participate in the program receive funding. The County depends on the general assistance department of each participating municipality to assist with program administration.

Gorham's information: Contact Rene Daniel at rjdaniel@windham-maine.us or 207-892-1906

Support Maine State Society for the Protection of Animals

THANK YOU!!!

Maine State Society for the Protection of Animals

Vote for us!
Help us win a grant from the Bangor Savings Bank Foundation!

Vote now at bangor.com/cmm

Community Matters More

GORHAM, ME (February 1, 2023) -- Bangor Savings Bank has kicked off their Community Matters More campaign where they'll give away more than \$140,000 in grants to local nonprofits. The Maine State Society for the Protection of Animals would love your write-in vote!

Start here: <https://www.bangor.com/community/community-mat->

[ters-more/cmm-voting](https://www.bangor.com/cmm-voting), click VOTE NOW, and be sure to select Cumberland County when voting on the Maine ballot. Select one of the 'other' boxes, then fill in Maine State Society for the Protection of Animals. You can cast four additional votes for other nonprofits!

You can only vote once -- and Remi sends along a big thank you for taking the time to vote!

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

Gorham's BML Serving Up Chili at Library Fundraiser

BML's Chili Fundraiser

Friday Feb. 10 4:30-7pm

1 quart + 2 pieces of cornbread \$15

Beef, Poultry, or Vegetarian

To pre-order, email sharonbaxterlibrary@gmail.com

GORHAM, ME (February 3, 2023) -- Remember that delicious (and remarkably popular) chili fundraiser the library held back in 2021? Well, it's back! On Friday, February 10 from 4:30 to 7:00pm, Baxter Memorial Library will be offering quarts of homemade chili along with

two pieces of cornbread for just \$15! Choose from beef, poultry, or vegetarian. It's the perfect meal to stave off those winter doldrums! Pre-order by Monday, February 6, and pay by cash or check when you pick up at the library. Put away those pots and pans and save your Friday night for other things!

To pre-order, send an email stating which type of chili and how many quarts you'd like to sharonbaxterlibrary@gmail.com

(If you're interested in cooking up a pot of beef, chicken, or vegetarian chili - or baking cornbread - just email Marian at marbee999@gmail.com)

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Better Business Bureau: Tips for Winter Traveling



MAINE (February 1, 2023) -- Traveling in the winter can offer lower rates, smaller crowds, and different views. However, it also comes with its own set of potential hazards. From being stuck on the highway for hours to dealing with flight cancellations, winter weather can hinder travel and vacation plans in a variety of ways. Preparing for potential weather-related emergencies, delays or cancellations can help mitigate the stress of these situations.

Here are a few tips on preparing for winter traveling:

If you're road tripping...

Get your vehicle ready. Before hitting the road for any extended trip, it's important to make sure everything on your vehicle is in working order, but it's even more paramount in the winter when conditions can become more precarious. Here are some basics of what you should do before venturing out in the winter:

Have a full tank of gas: A half tank or more of gas limits the moisture condensates in the tank, preparing you to tough out an unexpected traffic jam or

survive being stuck in the snow.

Check under the hood: Check the battery and cables for erosion, cracks, and dirt. Inspect hoses and belts for any cracks, soft spots, or bulges. For a thorough inspection, visit an auto service provider.

Make sure you have good tires: Tires with good traction are essential to safe winter driving. Check tire pressure monthly, topping off as necessary, keeping in mind that cold winter temperatures can lower tire pressure. Inspect tread depth, which should be at least 1/8 of an inch in thick-

ness. Tread depth can be gauged using a quarter and measuring from the coin's edge to Washington's head. Look for uneven tread wear, which typically indicates poor wheel alignment or worn suspension components. Before investing in new tires or getting a professional assessment, visit BBB.org to find a qualified tire specialist.

Prepare an emergency kit: Keep an emergency preparedness kit in your vehicle at all times. During winter travel, having the following items easily available is essential:

- Jumper cables
- Flashlight
- Extra batteries
- Basic first-aid supplies
- Blanket and warm clothing
- Battery-powered radio
- Toolkit
- Bottled water and non-perishable food
- Safety flares
- Windshield ice scraper

Put together a list of potential places to shelter along your route: If con-

tinuing your travels uninterrupted just isn't possible, having an idea of where you can pull off and safely stay for the night is important. Take some time to map out any hotels, motels, and even truck stops along your route, particularly those located on long stretches between towns or cities. Check out hotels in the U.S. and hotels in Canada on BBB.org for a full list of options ahead, or hotels near me to see places to stay while already on the road.

If you're flying...

Stay in the know: Stay up to date on your flights by signing up for any offered alerts or updates regarding your flight. Additionally, follow the airline you're using on social media and check for posts related to your travel plans. In case of a cancellation, social media can offer an additional avenue through which to communicate with an airline and might actually be more expedient than other forms of communication.

Keep documentation: When flights are canceled by the airline, con-

sumers are always entitled to a full refund, including any bag fees or other extras, such as additional legroom for a seat. Keep receipts related to your flight and record any expenses incurred as a result of a significantly delayed or canceled flight, such as renting a hotel room.

Prepare a carry-on: If a flight gets canceled after you're already checked in at the airport, there's a chance your luggage made it off the runway while you stayed grounded. To ensure you're not without essentials while waiting for another flight, pack what you absolutely need in your carry-on, such as:

- Your Passport or ID
 - Phone and device chargers
 - Change of clothes
 - Headphones
 - Daily medication
 - Hygiene products
 - Cash, credit, or debit cards
 - Car keys
- While winter traveling might require some extra precautions, it can offer the chance for a great getaway with proper planning.

Applications Open for Alzheimer's Awareness Scholarship

NEW YORK (February 1, 2023)— The Alzheimer's Foundation of

America (AFA) is offering scholarships of up to \$5,000 to college-bound

high school seniors affected by Alzheimer's disease or other dementia-related



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illnesses as part of its annual Teens for Alzheimer's Awareness Scholarship. Entries can be submitted at www.alzfdn.org/scholarship and must be received by Wednesday, March 1 at 5 pm ET.

Eligible teens are invited to apply for the scholarship by submitting an essay (1,500 words maximum) or submitting a video, no more than four minutes long, describing how Alzheimer's disease has impacted their lives and what they have learned about themselves, their family and/or their community through their experience with Alzheimer's.

Examples of ways

that Alzheimer's impacted a student's life can include:

Having a loved one with Alzheimer's disease or another dementia-related illness

Helping care for someone with Alzheimer's disease or another dementia-related illness

Volunteering or working in a care setting that serves individuals with dementia

Raising Alzheimer's awareness in their school or community

Conducting Alzheimer's research

The program is open to current high school seniors living in the United States who will be attending a U.S. college or uni-

versity this Fall. Students already attending college are not eligible to participate.

The top prize awarded is a \$5,000 scholarship. Additional prizes are awarded for runners up and honorable mentions. Last year, AFA awarded \$90,000 in scholarships to 117 high school students.

AFA has been able to provide these scholarship funds with the generous support of charitable donors. Individuals wishing to support this and other programs and services for families affected by Alzheimer's disease can do so by visiting www.alzfdn.org/donate or calling AFA at 866-232-8484.

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

Applications Being Accepted for Summer Journalism Program



WESTON, MA (February 3, 2023) -- The New England High School Journalism Collaborative is excited to announce that we will hold our all-expense-paid summer workshop for students interested in journalism for the 36th year.

The 2023 workshop dates are June 24 – July 1, 2023. Students will be housed at Regis College in Weston, MA, and will work out of a newsroom at Simmons University in Boston.

The program is intended for students who are from traditionally underserved populations in urban areas. Some preference

is given to current juniors and seniors in high school.

Students will learn to report, write, and edit for a newspaper, and produce multimedia projects for a website. They will be assigned stories, do interviews, and will be exposed to working on a deadline to create their own newspaper.

The New England Newspaper and Press Association will be assisting with the application process. Application guidelines are as follows:

Only students who attend high school in the New England states (CT, MA, ME, NH, RI, VT) are eligible.

Only students currently in high school may apply, including graduating seniors. The program is not accepting students who have already taken part in the program.

Students must be recommended by a teacher.

A letter of recommendation from the sponsoring teacher must accompany the application.

A transcript from the school with the student's most recent grades must accompany the application.

An essay of no more than 500 words must accompany the application. The applicant can write about why they should be selected to participate



in this program OR how writing has helped the applicant explore and understand a problem in their life.

Students will need to upload a headshot.

PLEASE NOTE: You will receive an email confirming the receipt of your application with a link to a Dropbox folder to upload the required documents (letter of recommendation,

transcript, personal essay, and headshot).

If you have problems using the form or uploading documents, you should email students@nenpa.com.

The deadline for applications is April 3, 2023.

Students will be notified of their status by the end of April.

Don't miss the chance to take part in this

unique program, established by the late Carole C. Remick more than 36 years ago. We are looking forward to training the next generation of journalists.

If there are additional questions or if the applicant needs special accommodations to submit information, please email Leah Lamson, NEHSJC managing director, at lamsonleah@gmail.com.

Letter to the Editor

Stand Up to Corporations to Protect Gulf of Maine

Dear Editor,
Maine's clean, cold waters are the ideal location to grow a variety of kinds of sustainable seafood, including oysters, lobster, and seaweed. These industries are not only delicious but are also very important to coastal ecosystems and economies! The shellfish and seaweed indus-

tries work to keep our waters clean and people working for generations to come. This future is threatened, however, by massive corporations that want to install harmful fish farms in the Gulf of Maine.

Maine's aquaculture industry is not only an important part of the coastal economy, but it

is also a foundation of Maine culture. Local seafood is a privilege that Mainers do not take for granted, and yet it is still threatened by outside competition that would undercut both the aquaculture industry and degrade the Gulf of Maine's fragile ecosystems. Industrial finfish farms use harmful farming prac-

tices, typically open-net pen systems, that produce massive amounts of pollution from fish waste and chemical flow. This can cause so called "dead zones", where aquatic life cannot survive due to lack of sufficient nutrients and oxygen, which in turn threatens Maine fishermen, lobstermen, and farmers that rely

on the waters for their catches.

These finfish farms are also run by large, multinational corporations that do not invest in the local community that they are harming through these farming practices. The Gulf of Maine is an ideal location for these offshore farms to be installed, so it is more im-

portant than ever to stand up against these corporations to protect both our aquaculture industry and Maine's cultural identity.

Natalie Meenan is a student at Bates College and works for the Don't Cage Our Oceans campaign, which works to prevent harmful industrial fish farming around the country.

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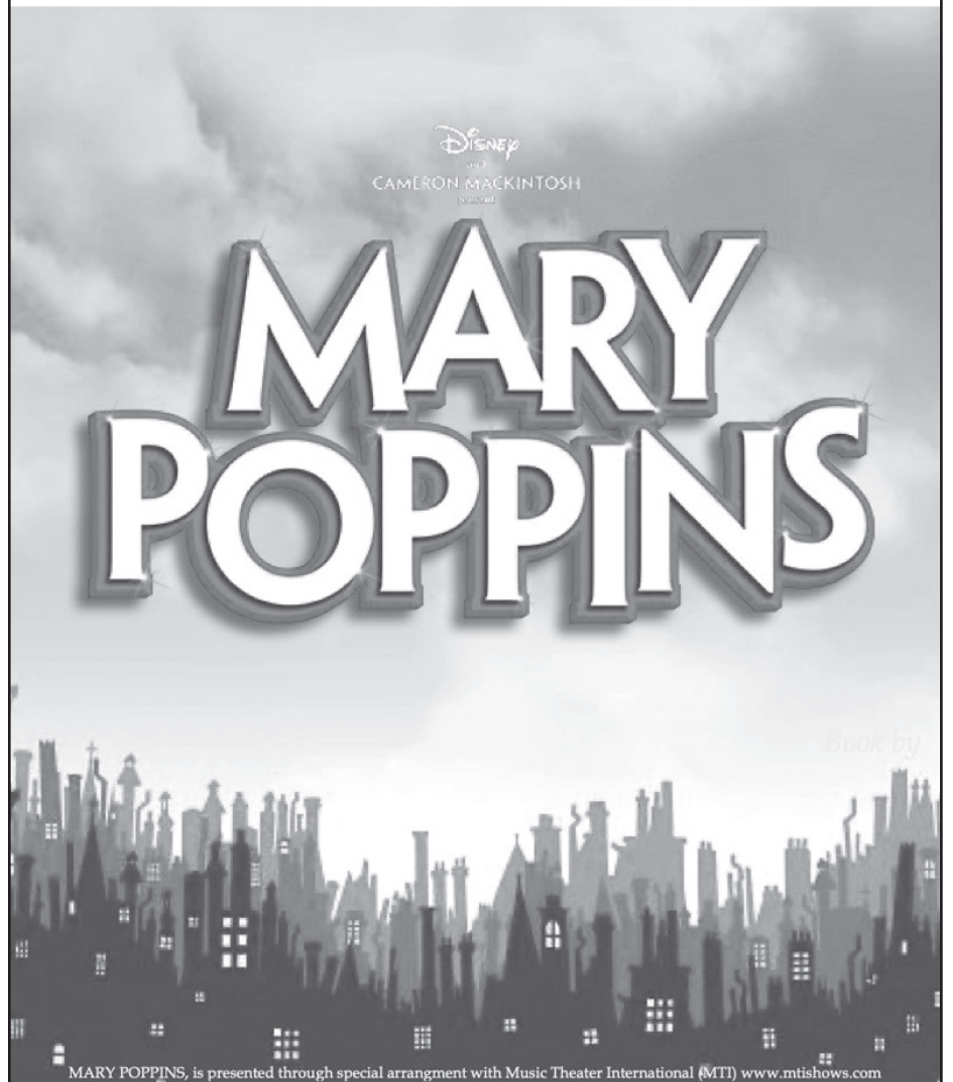
GORHAM, ME (February 1, 2023) – On Wednesday, February 15th 12:30-1:30pm, join us at Baxter Memorial Library for Slime Time on this early release day. We have everything you need to make and take home your own colorful slime. Ages 8-18.



One More Weekend to Catch Gorham HS's *Mary Poppins*

GORHAM, ME (February 3, 2023) -- Mary Poppins opened at Gorham High School last Friday! This show is running for two weekends, so you have plenty of opportunity to see the magic and wonder of this iconic musical. Friday February 10 at 7pm Saturday February 11 at 7pm Sunday February 12 at 2pm Eventbrite link below! When purchasing tickets, please be sure the date matches your attending performance.

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Murray, Collins Take Helm of Appropriations Committee

WASHINGTON, D.C. (February 2, 2023) – Today, U.S. Senators Patty Murray (D-WA) and Susan Collins (R-ME), issued the following joint statement as they officially assume the roles of Senate Appropriations Committee Chair and Vice Chair, respectively.

“We look forward to leading this Committee in making life better for families back home and addressing the many pressing challenges our nation is facing here and abroad. We understand the enormous responsibility of this Committee, which is why we are dedicated to working together in a bipartisan way, as we have done so often in the past, to deliver the kind of results the American people deserve from their government.

We were sent here to solve problems, and that’s exactly what we are going to do.

“That starts with marking up our appropriations bills and bringing them to the floor in a timely way so we can fund the government in a responsible and bipartisan manner. It also means continuing the use of Congressionally Directed Spending so Senators can support the needs and projects of their states. And perhaps most important, it means listening to each other and talking through challenges so we can find common ground on sensible solutions for the American people.”

Patty Murray was elected by the people of Washington state in 1992, making history as the first woman to serve the state in the U.S. Senate. She has

been a member of the Senate Appropriations Committee since her first term and has previously led: the Appropriations Subcommittee on Military Construction, Veterans Affairs, and Related Agencies; the Subcommittee on Transportation, Housing and Urban Development, and Related Agencies; and the Subcommittee on Labor, Health and Human Services, Education, and Related Agencies.

Senator Murray became the first woman Chair of the Senate Veterans’ Affairs Committee during the 112th Congress and served as the first woman Chair of the Senate Budget Committee during the 113th Congress. As Chair of the Senate Veterans’ Affairs Committee, Murray worked closely with

Republicans to spotlight the needs of women veterans and to expand benefits and support for veteran caregivers. As Chair of the Budget Committee, she worked with House Budget Committee Chairman Paul Ryan to pass the Bipartisan Budget Act of 2013 in order to avert fiscal disaster. She most recently served as Chair of the Senate Health, Education, Labor, and Pensions Committee—where she negotiated and passed significant bipartisan legislation with her Republican counterparts: rewriting No Child Left Behind, passing the 21st Century Cures Act, delivering major COVID relief, passing sweeping public health preparedness measures, and much more.

First elected in 1996, Susan Collins ranks eighth in Senate seniority and is

the most senior Republican woman. She is the first Republican woman to be elected to a fifth term, the first Republican woman to be the Vice Chairman of the Senate Appropriations Committee, and the first Mainer to be Vice Chairman of the Appropriations Committee in 82 years.

Senator Collins first joined the Appropriations Committee in 2009 and previously served as both the Chairman and Ranking Member of the Appropriations Subcommittee on Transportation, Housing and Urban Development, and Related Agencies. She is also the former Chairman of the Permanent Subcommittee on Investigations, the Homeland Security and Governmental Affairs Committee, and the Aging Committee. Throughout

her Senate service, Senator Collins has worked with members of both parties to advance landmark laws to improve the lives of all Americans. Last Congress, she played a central role in negotiating the Infrastructure Investment and Jobs Act, the Electoral Count Reform Act, the Respect for Marriage Act, and other key pieces of legislation.

The following Senators will serve on the Appropriations Committee in the 118th Congress: Senators Murray, Feinstein, Durbin, Reed, Tester, Shaheen, Merkley, Coons, Schatz, Baldwin, Murphy, Manchin, Van Hollen, Heinrich, Peters; Collins, McConnell, Murkowski, Graham, Moran, Hoeven, Boozman, Capito, Kennedy, Hyde-Smith, Hagerty, Britt, Rubio, Fischer.

Local Author Releases Book of Ancient Healing: *Soul Medicine*

BELCHERTOWN, MA (January 30, 2023)

— Internationally-acclaimed author, therapist and journey leader, Edward Tick, PhD, LMHC, brings ancient healing wisdoms alive in his forthcoming book, *Soul Medicine: Healing Through Dream Incubation, Visions, Oracles and Pilgrimages* (Healing

Arts Press | Inner Traditions, 2023). *Soul Medicine* depicts histories and case studies of healings achieved & lives transformed using practices from the classical ancient world in psychotherapy, mentorship, and in the nearly 50 pilgrimages to Greece and Vietnam Tick has led from 1995-2022. This book demystifies an-

cient healing wisdom in order to help restore soul and spirit to psychology, medicine, and transformative healing practices today.

ABOUT THE AUTHOR

Edward Tick, Ph.D., is an internationally-acclaimed transformational psychotherapist, pilgrimage guide, educator, au-

thor, and poet. A specialist in archetypal psychotherapy and the healing of violent trauma, he is the author of the forthcoming *Soul Medicine, Healing Through Dream Incubation, Visions, Oracles, and Pilgrimage* (Inner Traditions, January 2023), along with three collections of poetry and four previous nonfiction books,

including *The Practice of Dream Healing and War and the Soul*. He has been published in *The New York Times*, *The San Francisco Chronicle*, *Light of Consciousness Magazine*, and more. His works have been translated into Ukrainian, Greek, Vietnamese, Bulgarian, Japanese, and Italian. He lives in central

Massachusetts where he runs his private practice while providing ongoing volunteer consultation support to mental health colleagues and troops presently in Ukraine, Italy, Greece, Russia, and more. Ed is devoted to healing from millenniums of collective trauma, and to restoring soul and spirit in our modern world.

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Maine Connections Academy STAR Student of the Month

SCARBOROUGH, ME (February 1, 2023) – Maine Connections Academy, the state’s first online public charter school, is pleased to announce Zion Marsters, a 12th grade student from Gray, as its January STAR Student of the Month. The STAR Student recognition is awarded to a Maine Connections Academy scholar who represents the school’s values and spirit.

Even though he’s in high school, Zion already has more college learning experience than some college students. That’s because, for the past three years, he’s been taking courses for college credit while attending Maine Connections Academy, a full-time online school for students statewide in grades 7-12.

“I’ve always really enjoyed learning and found out about the op-



Maine Connections Academy January STAR Student of the Month Zion Marsters, who is in 12th grade and lives in Gray, ME.

portunity to take college credits early -- once I was in 10th grade,” Zion explained.

He started with general education subjects – English, history, psychology – as a high school

sophomore, before progressing to more advanced courses, such as physics and accounting. Some of the classes have been dual-enrollment courses that offer college credit while being taught by a Maine

Connections Academy teacher.

In total, Zion will have 33 credits from the University of Maine at Fort Kent, University of Maine at Machias and University of Southern Maine on his

resume going into graduation this June.

Beyond his remarkable education track record, Zion is also recognized as January’s STAR Student because of his commitments outside of the virtual classroom.

He’s currently a shift leader at the local Dairy Queen. He also participates in the school’s baking club, which meets online every few weeks to watch videos of recipes that they then try out themselves – sharing the finished products through photos and conversation. His favorite dessert so far is meringue cookies.

“I really enjoy the connection I’m able to establish with people through baking,” Zion said.

Zion recently put his culinary skills to use with a bake sale fundraiser to support his upcoming trip to Guatemala. He’ll be

taking a mission trip with the Greater Portland Christian School after enrolling in a Spanish class through the school. The bake sale raised nearly \$600.

For Zion, there’s no shortage of interests to pursue or activities to keep him busy.

“The secret is to work hard and keep persevering. My dad always tells me that I only get one name,” he said. “Nothing really ever comes without hard work.”

His baking club endeavors aside, Zion says he was drawn to Maine Connections Academy four years ago because of its academic reputation, particularly the robust curriculum and excellent teachers.

Zion plans to attend Cedarville University in Ohio for electrical engineering in the fall – with dozens of college credits already in his pocket.

Gorham’s Signs of Winter Walk and Tree ID Rescheduled

GORHAM, ME (February 3, 2023)-- Due to extreme cold temperatures, the Presumpscot Regional Land Trust’s Signs of Winter Walk and Tree ID has been moved

from Saturday, February 4th, to Saturday, February 18th, 10am.

For the most up-to-date information on events visit our website. Make sure to sign up for

any events you plan to attend. This allows us to email you with updates, directions and timely responses to all inquiries: <https://www.prlt.org/events>

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Maine Micro Artisans Celebrates Valentine's Day in Gorham

GORHAM, ME February 11th - 13th. We'll be shining the artisan spotlight on Lots O' Dots, We Knit - Crochet Too, Ivy Moon Botanicals, Nature Creations by Tammy Mullen and Bar Soap Company. Come shop with us! Maine Micro Artisans is located at 18 South St., Gorham.



GORHAM SCHOOL DEPARTMENT PRE K PROGRAM

LISTEN & LEARN PARENT EVENT!

WHO SHOULD ATTEND: Interested Gorham Parents/Guardians of children who will be 4 years old by Oct. 15, 2023

WHAT WILL THIS MEETING DISCUSS? Superintendent Heather Perry will host an evening for any interested families to learn more about two public Pre K classrooms opening in the Fall of 2023 at Narragansett Elementary School. We can discuss things like:

- Who is eligible to attend?
- How will enrollment be determined?
- What will schedules look like?
- Will transportation be provided?

AND MORE!

WHERE WILL WE MEET? The meeting will be held via zoom to allow for maximum participation of busy families! Zoom Link is below and on our district website's calendar!

WHEN WILL WE MEET? Monday, Feb. 13, 2023 at 6:00 p.m.

Join Zoom Meeting:

<https://networkmaine.zoom.us/j/83226966546?pwd=WkdtQytoeERrS09HUVRsUjZxVytVQT09> Meeting ID: 832 2696 6546
Passcode: 099205



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USDA Invests \$15.2M for Renewable Energy Opportunities

BANGOR, ME (January 30, 2023) – U.S. Department of Agriculture (USDA) Directors for Rural Development in Maine, Rhiannon Hampson; and New Hampshire, Sarah Waring, today announced \$15,217,000 in funding through the Electric Infrastructure Loan program. Aligned Solar Partners has built five solar arrays throughout the two states to generate a total of 10.291 MWdc, reducing the cost of energy for rural communities in Androscoggin County, Maine, and New Hampshire’s Carroll, Merrimack and Hillsborough Counties. The energy produced will be enough to power an average of 1,800 homes annually.

In Maine, Aligned Solar Partners worked with ReVision Energy to construct a 14,040-panel array at Souther Farms, in Livermore Falls. The project is the first in Maine to provide 96 percent of its solar energy to five public schools in the state, offsetting energy costs for Camden Rockport School District, Camden Hills Re-

gional High School, Mt. Blue Regional School District, Regional School Unit 73 and Hope Elementary School, with the remaining 4 percent benefiting the Farmington Water District. The project is anticipated to produce 6,478,200 kilowatt hours of clean energy annually.

“This project is fantastic in its breadth,” said Hampson. “Through this lease, Mr. Souther secured his generational family farm while helping several school districts offset carbon emissions and reduce utility costs. With this thoughtful demonstration of how working agricultural lands and renewable energy projects can coexist, Mr. Souther has left a legacy of innovation, proving once again that our heritage industries have the capacity to adapt. He made each student within collaborating districts a partner in building their brighter futures, and has offered us a stellar example to chart a course by.”

In New Hampshire, Aligned Solar will team up with energy pro-

vider Eversource to power the Stonyfield Farms processing facility in Londonderry. Through solar arrays in Conway, Loudon and two in Nashua, the dairy company will benefit from a significant reduction in energy costs. The project is anticipated to produce 7,098,352 kilowatt hours of clean energy annually.

“Today’s funding reflects the agency’s proactive commitment to fighting climate change head-on,” said Waring. “With this investment, Stonyfield Farm will be positioned to create more jobs, more business opportunities and more resilience in the face of future challenges—while doing its part to reduce carbon emissions. Lower costs ensure the long-term viability of New Hampshire’s farms and agricultural producers, who are increasingly on the forefront of the transition to clean energy. With projects like this, the USDA is making the promise to power tomorrow’s rural economies through innovation, imag-

ination and collaboration for generations to come.” “Aligned deeply appreciates our partnership with the USDA Rural Utilities Service,” said Peter Davidson, CEO of Aligned Climate Capital. “Together, we have brought low-cost, clean energy to rural electric customers throughout northern New England.”

USDA Secretary Tom Vilsack also announced the Department is investing \$2.7 billion across 26 states to help 64 electric cooperatives and utilities expand and modernize the nation’s rural electric grid and increase grid security for nearly 2 million people. The other states are Alabama, Arkansas, Colorado, Florida, Georgia, Iowa, Indiana, Kentucky, Michigan, Minnesota, Mississippi, Montana, Nebraska, New Mexico, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, South Carolina, South Dakota, Tennessee, Texas, Virginia, Washington and Wisconsin.

“These critical investments will benefit rural

people and businesses in many ways for decades to come,” Vilsack said. “This funding will help rural cooperatives and utilities invest in changes that make our energy more efficient, more reliable, and more affordable. Investing in infrastructure – roads, bridges, broadband and energy – supports good-paying jobs and keeps the United States poised to lead the global economy.”

The loans include \$613 million to help rural utilities and cooperatives install and upgrade smart grid technologies. Smart grid can be a catalyst for broadband and other telecommunications services in unserved and underserved rural areas in addition to improving grid security and reliability.

In the coming months, USDA will announce additional energy infrastructure financing. The Biden-Harris Administration’s Inflation Reduction Act provided more than \$12 billion to USDA for loans and grants to expand clean energy, transform rural power produc-

tion, create jobs and spur economic growth. This funding will help make energy cleaner, more reliable and more affordable. USDA’s Electric Loan Program can help finance wind, solar and natural gas plants, as well as improvements to produce cleaner energy from coal-fired plants. Local utilities also use the loans to invest in infrastructure to deliver affordable power to millions of residential, commercial and agricultural consumers.

Under the Biden-Harris Administration, Rural Development provides loans and grants to help expand economic opportunities, create jobs and improve the quality of life for millions of Americans in rural areas. This assistance supports infrastructure improvements; business development; housing; community facilities such as schools, public safety and health care; and high-speed internet access in rural, Tribal and high-poverty areas. For more information, visit www.rd.usda.gov.

Free Classes Cover Career, Business, Financial Education

MAINE, STATE-WIDE (February 1, 2023)—New Ventures Maine (NVME) will offer tuition-free workshops and classes in career, business, and financial education in February. Self-paced, interactive-online, and in-person workshops are designed to help people in Maine gain the skills, knowledge, and confidence to start a business, build a career, and manage money.

The full class schedule with new class offerings for February, March, and beyond is accessible at newventuresmaine.org/class-schedules.

Single- and multi-session workshops are offered, including:

My Next Career Move (self-paced, online): Assess your skills, interests, and experiences and relate them to career options. Enroll by March 1. Work at your own pace.

Job Search Workshops: Wednesday, February 1 – 15, 10:00 – 11:00 a.m. Online. Ready for a new job or a career change? Join us for one, two, or all three workshops. February 1: Job Search Strategies; February 8: Resume Strategies; February 15: Interview Strategies. (Also offered Tuesday mornings, March 14 – 28).

Business Basics: Thursdays, February 2 – 16, 10:00 – 11:30 a.m. Online. This class covers

the basics of a business plan, marketing, and cash planning. It will help you assess the feasibility, desirability, and viability of your business idea and get you started with your plan.

Money Management Workshops: Tuesdays, February 7 – 21, 6:00 – 7:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three workshops. February 7: Budgeting Basics; February 14: Let’s Talk About Credit; February 21: Build Your Savings.

Business Basics: Tuesdays, February 7, March 7 & April 11, 6:00 – 7:30 p.m. In Person, Portland. This class covers

the business plan, marketing, and cash planning and is focused on food-based businesses. Assess the feasibility, desirability, and viability of your business idea and get started with your plan. Location: St. Luke’s Community Kitchen, Portland.

Tax Readiness for the Self-Employed: Thursday, February 9, 6:00 – 7:00 p.m. Online. Learn how to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors.

Changing Jobs: Finding Work That Fits: Thurs-

days, February 9 – 23, 12:00 – 1:30 p.m. Online. Are you considering a job change? This online class designed for women will help you identify work options and benefits that align with your interests, skills, and values.

My Money Works: Thursdays, February 9 – March 9, 10:00 – 11:00 a.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability (also offered Wednesdays, March 1 – 29, 6:00 – 7:00 p.m., online).

Values + Mission = Clarity for your Business: Tuesday, February 14, 12:00 – 1:00 p.m. Online. This interactive workshop encourages you to roll up your sleeves, and create or refine your values and mission statements and leverage them for business planning and success.

March Preview: My Money Works: March 1 – 29; **Connecting Women to Construction Careers:** March 2; **Venturing Forth: Business Planning for Entrepreneurs:** March 13 – June 12

To sign up for any of the above classes, visit newventuresmaine.org/class-schedules or call 207-621-3440.

Read
Continued from page 3
challenge is spreading across Maine by visiting the Read to ME Chal-

lenge articles.
Steps for Taking the Read to ME Challenge
Read to and/or have a child/children read to

you in any language for at least 15 minutes.
Read an engaging book, chapter of a novel, newspaper or magazine

article, comics, nursery rhymes, or poetry.

Capture a photograph or short video (15-30 seconds) of yourself reading to the child.

Use #ReadtoME or #ReadaloudME to post the photo or video on social media with your challenge to

others to read aloud 15 minutes to a child or children they know. Recommended social media platforms include: Facebook, Twitter, Instagram, or Youtube.

If you live a distance from a child you’d like to read to, use Zoom or Facetime to read aloud via

digital means.

Additional ways to participate in the Read to ME Challenge: Donate a book to a school or public library, a food cupboard, a homeless shelter, or a little free library near where you live; Sing to or have a conversation with a child (these methods build language, too); Visit the Read Across America site for additional resources and ideas.

For more information, contact Danielle Saucier, Inclusive Education Literacy Specialist, Maine Department of Education, Office of Special Services & Inclusive Education.



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Norway Savings Bank Employees Award \$10,000 to Safe Voices



Norway Savings Bank officials (from left) Dan Walsh, President and CEO; Janice de Lima, VP and CRA Officer; Pat Weigel, Chairwoman of the Board of Directors; Lin Dehetre, VP and Market Manager of Auburn and Gray and Melissa Rock, VP and Marketing and Communications Officer present Elise Johansen (third from right), Executive Director of Safe Voices with the \$10,000 Patricia Weigel Pay It Forward Award.

NORWAY, ME (February 1, 2023) – Norway Savings Bank is pleased to announce the 2nd Annual Patricia Weigel Pay It Forward Award has been awarded to Safe Voices, a non-profit organization dedicated to supporting and empowering those affected by domestic violence, human sex trafficking and sexual exploitation and engaging the community in creating social change in Androscoggin, Oxford and Franklin counties.

The Patricia Weigel Pay It Forward Award was created in December 2021 to honor then-CEO, Pat Weigel, who has been dedicated to community impact throughout her long career in banking. Weigel retired from the bank at the end of 2021, but remains

connected as Chairwoman of the Board of Directors. Through a voting process, NSB's 300 employees chose Safe Voices as the winner of the Award from the many dozens of organizations they volunteered for during the previous year.

"We are pleased and honored to have been considered alongside the many other worthy organizations that were also candidates for this award," said Elise Johansen, Executive Director of Safe Voices. "Norway Savings is an important partner for us, not only in dollars donated, but also in terms of volunteerism and other forms of support."

"I'm incredibly humbled to be part of such a meaningful award, and I'm especially proud of

the Norway Savings Bank employees for their wisdom in recognizing these outstanding organizations," said Weigel. "Safe Voices and last year's Pay It Forward Award winner, Maine Children's Cancer Program, are both truly impactful to large numbers of Maine residents."

Learn more about Norway Savings Bank's community giving programs at www.norwaysavings.bank.

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

Citizens Advocate for a Protected Right to a Healthy Environment

AUGUSTA, ME (January 29th, 2023) — A multi-generational team of Mainers is campaigning for an amendment that would enshrine environmental rights in the Maine Constitution's Declaration of Rights. The Pine Tree Amendment (PTA) is a proposed amendment to the Maine State Constitution that would secure the right to clean air, clean water, and a healthy environment for all people in Maine, including future generations. This amendment would create a robust legal pathway for protect-

ing Maine's ecosystems. On Friday, January 27th, at a virtual lunch and learn event, Maine's Environmental Priorities Coalition (EPC) announced that the Pine Tree Amendment is again on their list of environmental priorities for this legislative session. The EPC is a partnership of 37 environmental, conservation, and public health organizations that "works together to identify important legislation and votes to determine their Common Agenda for each legislative session." The EPC's decision to include the Pine

Tree Amendment among their legislative priorities for the second time suggests that this issue is important to Mainers and that the PTA has the capacity to make a significant impact in protecting Maine's environment.

"The Pine Tree Amendment will encourage sustainable and forward-thinking development, industry, and business growth. It will also incentivize government officials to make decisions that will accomplish economic and business objectives while also protect-

ing water, air, soils, food, forests, wetlands, climate, and other natural resources," said Representative Maggie O'Neil, the House sponsor for the bill. "Our environment is critical to sustaining healthy, safe, and successful lives and economies, and Maine's constitution should be reflective of that fact."

In the 2022 legislative session, a bipartisan PTA bill (LD 489), with strong community-based grassroots support, and the endorsement of the Environmental Priorities Coalition and many Maine

businesses, received strong support in the Senate but fell short of a two-thirds majority in the House. The Pine Tree Amendment will require a 2/3 majority vote in both chambers to be placed on the ballot in November as a statewide referendum.

"All people in Maine deserve the right to clean air, clean water, and a healthy environment, and they deserve it now," said Cole Cochrane, the Legislative Director for Maine Youth Action, a youth-led organization advocating for environmental justice

in Maine. "This is truly the bare minimum in terms of what people in Maine should have for rights, and yet these rights are not stated or protected by Maine's Constitution. The Pine Tree Amendment would change that, ensuring that these constitutionally protected rights are upheld by Maine state and local governments."

Individuals and groups interested in learning more or assisting with the campaign can visit www.pinetreeamendment.org or contact pinetreeamendment@gmail.com.

2023 BikeMaine Weekend Registration Opens

PORTLAND, ME (January 30, 2023) -- The Bicycle Coalition of Maine will open registration tomorrow for the 2023 BikeMaine Weekend ride, scheduled for Aug. 24-27 in Bethel.

"Bethel is such an incredible town to highlight the beauty of cycling in

Maine and we can't wait to share this experience with our riders," said Bicycle Coalition of Maine Event Director, Colleen Donohoe. "We are especially excited about new additions to this year's ride, including an off-road package and a companion tour."

The three-day bike

riding and camping event will feature two different on-road routes each day—both short (30-35 miles) and long (50-55 miles) options—as well as five catered meals, well stocked rest stops, and route support that includes maps, signage, SAG vehicles, and mechanical and medi-

cal assistance.

The BikeMaine Weekend will be based out of Gould Academy, where riders will camp for 3 nights and enjoy community meals. Afternoon activities will highlight Bethel's scenery and culture.

A partnership with Inland Woods + Trails will offer riders the opportunity to add an "off-road adventure package" to their registration which will include guided mountain bike and gravel rides in the afternoons.

"Inland Woods + Trails is so excited to see BikeMaine coming back to Bethel." Says Inland Woods + Trails Executive



Director Gabe Perkins. "The event will not only be an excellent showcase of our great town but also a chance to show off a lot of the trails we have built up over the last five years. We look forward to leading spirited gravel and mountain bike rides throughout the weekend."

BikeMaine was previously a weeklong event, but a truncated version was introduced in 2021 due to the ongoing pandemic. In 2023, the Bicycle Coalition of Maine has partnered with Summer Feet Cycling to provide a companion tour to the 3-day event—allowing a limited number of registrants to extend their ride to a full week long experience.

Riders can register for the full 3-day weekend, a 2-day ride, or a single day ride. The first 100 registrations for the 3-day weekend will be offered at a discounted rate. Visit bikemaine.org/the-bikemaine-weekend for more information. Registration opens January 31st at 9 a.m.



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Wednesdays, January 11-February 15

LEWISTON -- The Lewiston Public Library will be hosting a 6 week yoga series for teens beginning in January 2023. Classes will be held at the library on Wednesdays from 3:30-4:30pm from 1/11/23 - 2/15/23 in the 3rd floor Callahan Hall and 2nd floor IDEA Lab on alternating weeks.

For more information contact the Adult & Teen Services department at 513-3135 or lpreference@lewistonmaine.gov.

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 15

LEWISTON -- 1-3pm at the Lewiston Public Library: TEEN DATING VIOLENCE AWARENESS MONTH DROP-IN

February is Teen Dating Violence Awareness Month. Join Her Safety Net, Safe Voices and the Lewiston Public Library for an engaging and interactive event that gives us all a chance to think about what a healthy and safe dating relationship could be. Learn about re-

Calendar

Send your submissions to the Editor. More online.

sources in this area while enjoying games, raffles and snacks.

This event is open to middle & high school aged teens and will take place in the 2nd floor IDEA Lab at the Lewiston Public Library. For more information, contact the Adult & Teen Services Department at 53-3135 or lpreference@lewistonmaine.gov

February 15

BRUNSWICK -- 7:30 pm at Lemont Block Collective, Winter Light Concerts - Bach Goldberg Variations transcription for string trio. For more information, see dapontequartet.org. Dinners with prix fixe menus at local restaurants are available for some concerts - call restaurants for reservations. Restaurant Enoteca-Athena - (207) 721-0100

February 22

LEWISTON -- Hiring Event from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free and open to the public. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=10052910>

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

Thursdays

ZOOM -- Writing Your

FLAGSHIP CINEMAS
Premium

Premium entertainment at affordable prices!



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WWW.FLAGSHIPCINEMAS.COM

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

GENERATOR

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

PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free

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

PET SITTER WANTED

Looking for a kind petsitter for myself in the Oxford area. Willing to pay mileage and base rate. Experience preferred. Please contact- Melissa 207-539-3204

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

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

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two

Classifieds \$25 per week

UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

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

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

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship

Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

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

TRAVEL TRAILER

2020 Keystone Sprinter Limited. Excellent condition. Located at KOA Naples Maine seasonal site. 3 slide outs, 2 air conditioners, 2 refrigerators, gas stove with oven, 2 TV's, fireplace, king size bed, queen couch, 2 recliners, furnace, automatic stabilizer jack, 50 amp service. Valued at \$43,900. Will negotiate. Call 207-784-6815.

WANTED

I am using a 40-year-old computer and my wife and I would like to buy a "wow" computer to communicate with our grandchildren and our children. Please call (207) 650-7224.

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Summit Community Church in Gorham Hosts Afternoon of Fun



GORHAM, ME (February 3, 2023) -- Project 1413 is hosting an afternoon of fun to serve families affected by disabilities. Caregivers and siblings are also invited for a time of games, crafts,

snacks, and FUN on February 25 from 1-4 PM.

If you plan on attending or would like more information, please register at <https://summitmaine.churchcenter.com> Project 1413 is a

ministry of Summit Community Church. We have a burden for individuals and families affected by disabilities. You can find more information about Project 1413 here. <https://summitmaine.org/project1413/>

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

Maine Named Powerhouse State for Pizza Box Recycling



MCLEAN, VA (February 1, 2023)—Football fans will eat nearly 13 million pizzas during the Big Game in February, but the big winners are the areas that make it easy for fans to recycle those pizza boxes, including Maine. According to a Paper and Packaging Board (P+PB) analysis produced by Resource Recycling Systems, 10 states and the District of Columbia shine as pizza box powerhouses where at least 90% of residents can recycle their pizza boxes.

“Although a majority of communities accept corrugated pizza boxes for recycling, there’s been a lot of consumer confusion,” explained Mary Anne Hansan, president of P+PB. “This massive pizza eating occasion is a great time to clarify that pizza boxes are made to be recycled, but you should check your local guidelines to see if they take them.”

The new analysis produced for P+PB’s How Life Unfolds® campaign included examining over 7,500 recycling program guidelines representing 90% of the population to determine which jurisdictions accept pizza boxes for recycling. The top jurisdictions where 90% or more of residents can recycle pizza boxes are (in

alphabetical order):

- Alaska
- Connecticut
- Delaware
- District of Columbia
- Maine
- Nebraska
- New Hampshire
- New York
- Rhode Island
- South Carolina
- Vermont

The data is important since only 57% of Americans realize pizza boxes can be recycled at all, even though a majority of people have access to pizza box recycling. Since U.S. residents use about 3 billion pizza boxes a year, amounting to 600,000 tons of cardboard material that can be recycled and kept out of landfills, that represents a big opportunity for consumers and the environment.

Hansan added, “Inconsistencies around local recycling program implementation, the influence of regional waste management operators, commodity export considerations and state-level policies are some factors that contribute to regional variability.”

“The paper industry is communicating with recycling centers across the U.S. to encourage them to update their recycling guidelines. We know that paper mills across the

country are using recycled pizza boxes, even ones with grease stains and a little stuck on cheese, to make the products that we use and rely on every day,” said Hansan.

How to Recycle Pizza Boxes

For consumers, recycling a pizza box is as simple as these three easy steps: Empty, Flatten and Recycle the box.

Empty the box
Flatten it

Drop it in the recycling bin or take it to the recycling center

Recycling rules vary based on location. Consumers can check local guidelines by inputting their zip code at BeRecycled.org.

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* APY- Annual Percentage Yield as of 12/22/2022. Rates subject to change without notice. \$500 minimum to open and earn the advertised dividend. Early withdrawals subject to penalty. Federally insured by NCUA.

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

Come join a team of officers who have created a family atmosphere with a great community to back them.

- Work schedule is two days on, two days off and every other weekend. Plenty of overtime offered.
- Outstanding medical, vision, dental, and life insurance.
- Town pays 100% for single employee health, 85% for all other plans.

- We also offer a Flex Spending plan.
- Generous PTO package.
- ME PERS 2C (25 years / no age requirement.)
- Uniforms and boots provided.
- Includes membership to our local YMCA and Fish and Game Club.

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.