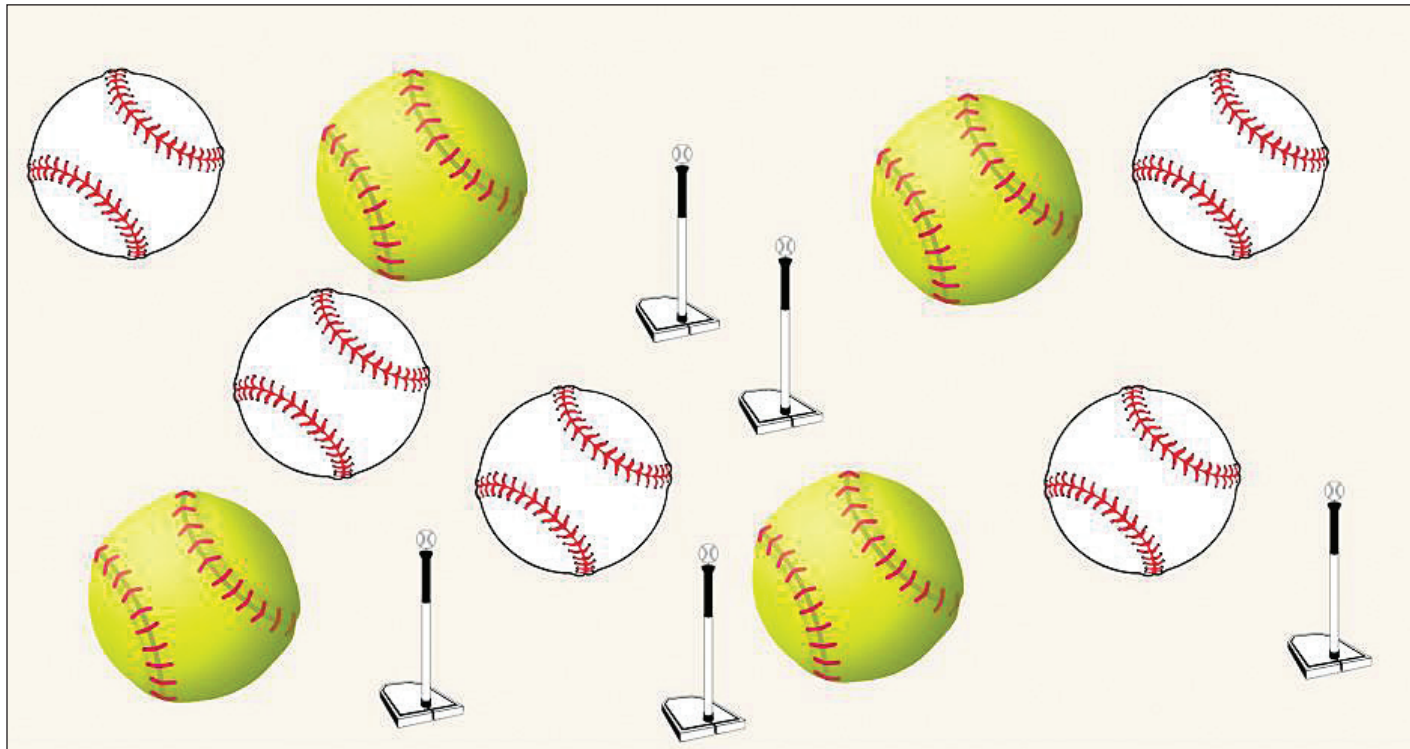


Register for Softball and Baseball with Gorham Rec Dept



TEE BALL SOFTBALL & BASEBALL

GORHAM, ME (February 10, 2023) -- Since it has been so warm outside, we at Gorham Recreation Department are dreaming of softball and baseball! Youth tee ball, baseball and softball signups are now available! Please do not wait until the last minute

to register. This will help us plan the teams, coaches, and order the shirts on time. FMI see gorhamme.myrec.com

ONE IMPORTANT CHANGE: Sandlot Softball has been discontinued.

We would like to encourage girls in this age group to consider Gorham

Little League Softball. Please contact Gorham Little League if you have questions or concerns. Registration closes soon so please register your child as soon as possible. <https://leagues.bluesombbrero.com/Default.aspx?tabid=1349224>

Gorham can Ski for FREE at Mt. Abram

(February 10, 2023) -- We at Mt. Abram are incredibly excited to be partnering with L.L.Bean on Tuesday, February 21st to offer a FREE ski day. With the pricing of skiing and snowboarding going up this creates less opportunity for families to have the opportunity to even try these sports. We are incredibly proud to be providing this opportunity with the hopes of many first time skiers and riders joining us.

Event Includes: FREE Lift Tickets, FREE Rentals, FREE Uphill Passes, and FREE Live Music.

Expect Delays + Lines: This day will not have a capacity on number of tickets. Please expect lines and busy conditions around the mountain. Our team is working as hard as we can to provide the best experience for everyone there. However, we are expecting one of our busiest days ever.

Live Music: We have two groups playing for the day! Lee Stearns will be performing from 1:00 PM - 4:00 PM and Chris Goodenough will be performing from 5:00 PM - 8:00 PM.

Tickets: Tickets will be available day of at the L.L. Bean boot mobiles parked next to our ticket booths on both the Main Side and West Side. There are no online ticket reservations for the day.

Rentals: Rentals will be available day of at our rental shops. Rentals are first come first serve. There are no online rentals reservations for the day. Uphill rentals are not included in the free rentals.

Parking and Carpooling: Our parking lots are only so big and we want to encourage carpooling. With this in mind starting at 8:00 AM the first 50 cars with four passengers or more will receive a \$10 off return to visit voucher

Gorham High Seeks Donations for Backpack Program

GORHAM, ME (February 10, 2023) -- Donation Request! Gorham High School has seen an increase in the number of students accessing the Backpack Program and the need for snack items throughout the day. If you are interested in making a food donation, the following items are being collected: granola bars; microwave popcorn; microwave mac and cheese (individual serving cups); individual snack bags (cheez-its, goldfish, fruit snacks, pretzels, etc.).

Any size donation is appreciated and can be dropped off at the GHS office during school hours!

Thank you so much!

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Newsmakers, Names & Faces

Maine's Rural Communities Benefit from \$378M Investment

B A N G O R , ME (February 7, 2023) – Ahead of the 2023 State of the Union address, U.S. Department of Agriculture (USDA) Rural Development State Director Rhiannon C. Hampson celebrated the Biden-Harris Administration's actions in delivering on its promises by highlighting significant investments and benefits that USDA Rural Development is having here in Maine.

USDA Rural Development State Director Rhiannon C. Hampson said. "Rural Maine will not be left behind; we have had two years of the Biden-Harris Administration showing up for us - putting our tax dollars to work in ways that truly grow our economy from the ground up and the middle out. From supporting our heritage industries with critical small business capital, to ensuring our children's futures by helping small utilities deliver as partners in protecting our natural resources and providing our energy needs, USDA Rural Development is honored to 'walk the talk' here at home." She added, "Our hardworking team at Maine Rural Development is made up of your neighbors, people who live right here and care deeply about the success of our communities. The Biden-Harris Administration has given

us an historic opportunity to invest in what we believe in - Maine, and we are meeting this moment. We are not done yet. As we move forward into this new fiscal year, USDA Rural Development is identifying new and innovative ways to support the incredible people, communities, and small business of Maine. Dirigo."

Here is a look at USDA Rural Development's actions in fiscal year 2022 to strengthen and empower economic growth and prosperity in Maine's rural communities, minimize impacts of climate change, create good-paying jobs for Maine workers, and invest in our families.

Increasing Access to Opportunities in Rural America: USDA Rural Development invested in Maine's rural communities through providing quality affordable housing and job and business creation in rural Maine. As a result, rural Americans are better able to live, work, raise families, and thrive in the communities they love. Through these investments, USDA is amplifying President Biden's promise to grow the economy and create good-paying jobs. In Fiscal Year 2022, USDA Rural Development in Maine helped:

825 low or very-low income Maine families or

individuals to obtain the American Dream of homeownership, investing a total of \$167,006,694 and creating generational wealth and stability.

Approximately 5,000 Maine families or individuals living in multi-family properties to pay their rent, totaling \$38,451,040 in rental assistance and vouchers to ensure everyone has a safe and affordable place to live.

101 Maine families to make essential repairs or weatherization to improve their homes.

232 Maine businesses were assisted or supported and approximately 154 Maine jobs were created or saved.

Expanding Equity in Rural Communities: USDA Rural Development is committed to the values of equity and inclusion, ensuring rural Mainers, regardless of how rural their community, have access to critical community infrastructure.

21 community facilities received \$12,665,238 through the Community Facilities Programs to help provide essential services to 628,337 rural people in Maine.

15 of these community facilities are rural healthcare clinics, hospitals, and organizations, receiving a total of \$9,956,600 to help provide quality healthcare in Maine's rural communities.

One landmark example of this initiative to ensure equitable access to services, is a recent Emergency Rural Health Care Grant in the amount of \$5,012,000 to Wabanaki Public Health and Wellness. The grant, announced in November, is assisting the Center for Wabanaki

Health and Recovery, a department within Wabanaki Public Health & Wellness, to move into the next stage of development to solve regional healthcare issues in the five Wabanaki communities of Maine. The Center will offer everything from medication-assisted treatment to transitional housing, medicine walks cultivating traditional foods, childcare, telemedicine and connecting with employers. The Rural Development funding will provide staff support, further renovations, and additional programming.

Implementing Climate-Smart Solutions: Climate change is happening, and America's rural communities are on the frontlines. USDA is leading the way through climate-smart solutions that will improve the profitability and resilience of producers and foresters, open new market opportunities, and build wealth that stays in rural communities for generations to come.

For instance, USDA Rural Development provided:

11 water and wastewater systems with a total of \$41,250,600 in funding for critical upgrades that help systems operate in ways that preserve the surrounding rivers, streams, and ocean, ensuring these waterways can be used for fishing and recreation for Maine people.

32 Maine businesses or agricultural producers with Rural Energy for America Program (REAP) for a total of \$120,846,243 invested in expanding renewable energy systems and support energy-efficiency projects for people in rural Maine.

Invested \$9.6 million in partnership with

Aligned Solar Partners through the Electric Loan Program to finance a solar electric project located at Souther Farm, in Livermore Falls, that will benefit five Maine schools and one municipality through energy savings, providing clean renewable energy.

Investing in Maine Food Systems: USDA is transforming the nation's food system through a more equitable, diverse, and resilient meat and poultry supply chain. These actions touch all parts of the food supply chain - from food production, food processing, food aggregation, and distribution to consumers. For instance, USDA Rural Development in Maine invested in:

Four agribusinesses in Maine received Value-Added Producer Grants for a total of \$715,000 to assist with marketing or planning activities for producing local foods and value-added agricultural products.

Partnered with the Reinvestment Fund to invest more than \$500,000 to improve access to healthy foods in Maine's underserved communities through the Healthy Food Financing Initiative (HFFI):

Farmer's Market Space at 24 Court Street, in Skowhegan, will use its \$200,000 HFFI award to construct 24 Court, a new building on the campus of the Maine Grains gristmill and home of the downtown Farmer's Market. This indoor space will be a permanent market plaza outdoors for year-round operations of the 25-year-old Farmer's Market local food and nutrition assistance programs for low-income families.

Cooperative Development Institute, in Lewiston, will use its \$200,000 HFFI award to support predevelopment staffing and professional services as a part of a longer-term construction project. CDI and its partners will develop Lewiston Community Food Center, a hybrid food center model, which will provide fresh, healthy, and affordable staple and perishable foods through scaled, low-cost retail operations.

Good Turn Coop, in Rockland, will use its \$135,700 HFFI award to support an expansion of the store's footprint by 900 square feet to house essential new refrigeration and freezer units, and to provide new retail space.

Another local example of investment in the availability of local foods is the Piscataquis Regional Food Center, in Dover-Foxcroft, which received a \$28,000 Emergency Rural Health Care Grant to install a 600 cubic-foot freezer and a 48-kilowatt propane powered backup generator to safely store food products in frozen, refrigerated, and shelf-stable forms until they can be delivered to rural distribution partners.

USDA Rural Development has offices in Presque Isle, Bangor, Lewiston, and Scarborough. For more information on the programs offered by USDA Rural Development, contact the USDA Rural Development State Office at (207) 990-9100 or visit www.rd.usda.gov/me.

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

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Newsmakers, Names & Faces

USM Receives \$1.2M Gift from the Avangrid Foundation

PORTLAND, ME (February 1, 2023) – The University of Southern Maine Foundation has received a generous \$1.2 million gift from Avangrid Foundation, the philanthropic arm of Central Maine Power’s parent company, AVANGRID. The gift honors the legacy of Maine business icon and 12th president of USM, David Flanagan, who died in October 2021, and is an investment in sustainability education.

Best known for his leadership at Maine’s largest utility during the 1990s, Flanagan was widely respected throughout his career as a go-to problem solver whose dynamic leadership brought new life to some of Maine’s most steadfast institutions such as Central Maine Power and USM.

Many remember him as the face of CMP during the massive 1998 ice storm, which caused power outages across the region for nearly a month. A passionate conservationist, Flanagan was dedicated to environmental sustainability in his native state and served as chair of the Maine chapter of The Nature Conservancy, among other diverse areas of public service.

Avangrid Foundation’s investment will cre-



ate the AVANGRID David Flanagan Endowed Professorship at USM’s Muskie School of Public Service. The endowed professorship will help USM attract and retain top faculty with public policy expertise to facilitate teaching and research in sustainability, energy, and climate transition with significance in Maine and beyond.

The gift will also establish the AVANGRID David Flanagan Memorial Endowed Scholarship in Sustainability at the Muskie School, which is celebrating 25 years as Maine’s preeminent public policy school. The scholarship will be available for exceptional graduate students who are enrolled in either the Master of Policy, Planning, and Management (MPPM) or Master of Public Health (MPH) degree programs and who have shown an interest in and commitment to sustainability and Maine’s green future.

“We are honored to make this important investment in Maine’s future in the name of a transformative leader who made a profound and lasting contribution to the state he loved,” said AVANGRID CEO Pedro Azagra. “Through this partnership between AVANGRID, USM, and the Muskie School, we can help elevate sustainability as a field of study and research, a critical focus for Maine. Together we can collaborate on research and programs that tie into future careers at AVANGRID, and the energy needs of our communities.”

Named president of the University of Southern Maine in 2014, Flanagan committed himself to making the difficult decisions that brought financial stability to the University during a challenging time. He sought to strengthen the University’s position as an essential partner in the economic, cultural, and civic life of southern Maine and

the state’s largest economic and urban centers. Beyond his tremendous impact as president, Flanagan also spent several years as Chair of the Board of Visitors at the Muskie School of Public Service. Between 1986 and 1995, Flanagan also served as a member of the UMaine System’s Board of Trustees including a term as chairman.

Acknowledging the gift, USM President Jacqueline Edmondson said, “We are so honored to receive the Avangrid Foundation’s gift, which will help to open new career pathways for our students. Creating an endowed faculty position through this gift will serve to elevate the Muskie School’s reputation as a leader in sustainability policy, analytics, and practice. This will forward our goals, inspired by Senator Muskie, to be responsible stewards of our environment and our future.”

Former Governor John Baldacci commented,

“David was a friend, and I had the distinct privilege of working closely with him over many years. He was one of Maine’s finest, and through his deep dedication to our state and its people, left behind a lasting legacy. This gift pays tribute to the communities he loved and the future generations he always sought to serve.”

The Avangrid Foundation gift will benefit USM’s distinguished Muskie School of Public Service, a center of academic and research excellence at the University. Environmental stewardship and sustainability are at the heart of the legacy of Maine’s esteemed Senator Edmund S. Muskie. Fifty years ago, Senator Muskie, as chairman of the Air and Water Pollution Subcommittee, ushered in landmark environmental legislation that became the Clean Water Act. His legacy continues today with exceptional graduate programs that enable students

to explore careers that help our planet move toward a healthier and more sustainable future.

The Muskie School is nationally recognized for its signature master’s programs in Policy, Planning, and Management (MPPM) and Public Health (MPH). The Muskie School combines extensive applied research and a technical assistance portfolio with rigorous academic programs, including undergraduate degrees in geography-anthropology and tourism & hospitality. The school’s research arm is the Cutler Institute for Health and Social Policy, which annually represents nearly \$20 million in grants and contracts focused on the critical issues of our society, including economic development and sustainability.

Avangrid Foundation’s investment will also help leverage matching funds from the Harold Alfond Foundation, where Flanagan served as a trustee from 2014 – 2021. The matching funds would support the continued development of the University of Maine Graduate and Professional Center (The Maine Center), which includes the Muskie School, as well as University of Maine School of Law and Graduate School of Business.

Updates from the Gorham Town Manager’s Office

GORHAM, ME (February 10, 2023) – The following are notes from the Town of Gorham Man-

ager’s Office.

Gorham Climate Priorities Survey & Climate Resilience Community Workshop

The Town of Gorham is working to enroll in the Governor’s Office of Policy, Innovation, and the Future (GOPIF)’s “Community Resilience Partnership,” which will make the Town eligible for funding for projects that meet objectives included in the state’s Maine Won’t Wait four-year climate action plan.

Gorham Climate Pri-

orities Survey

All citizens are invited to help the Town determine climate priorities to protect key infrastructure, safeguard our natural resources, and support local agriculture by sharing input via a survey at <https://survey123.arcgis.com/share/c43e6fca31514025b1925c81f5d6a58a>.

Climate Resilience Community Workshop

The community can also join a workshop to learn how climate change impacts Gorham and help decide which climate proj-

ects should be prioritized for funding opportunities.

Employment Opportunities

A municipal career at the Town of Gorham allows employees to work with a close-knit team, and to make a real impact on the lives of friends, family, and neighbors from the very start, while earning a comprehensive package of pay, benefits, and paid time off (for eligible employees).

We are currently hiring for several positions, including Administrative

Assistant for the Assessing Division, Youth Services Librarian for the Baxter Memorial Library, Driver Operator for the Public Works Department, Summer Camp Counselors for the Recreation Department, and Police Officer for the Gorham Police Department.

To view openings and apply, folks can visit the Employment Opportunities page on the Town website at <https://www.gorham-me.org/human-resources/pages/employment-opportunities>.

Interested in how climate change impacts Gorham?

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Maine Air National Guard Return from Six-Month Deployment

PORTLAND, ME (February 10, 2023) (readMedia)— The Maine Air National Guard's 243rd Engineering Squadron (EIS) welcomed home 30 personnel this week who were supporting overseas operations in Africa and Southwest Asia for over six months. The personnel were spread throughout various areas of the U.S. Central Command's and U.S. Africa Command's area of responsibility including Kuwait, Qatar, Saudi Arabia, Jordan, Niger, Djibouti, and Kenya.

The personnel provided specialized cyber

engineering resources and support assets for command and control systems for CENTCOM and AFRICOM. The returning members of the South Portland-based 243rd EIS worked in similar fields to which they train and prepare for at the South Portland Air National Guard Station.

"We have a very specialized skill set that plays an important role in supporting missions globally," said Capt. Alec Johnston, the 243rd EIS's officer in charge of engineering who spent most of his deployment at Ali Al Salem Air Base in Kuwait City. "We

had a component of our team in Germany, providing management to the others. This allowed us to have a direct line of communication with our own 243rd EIS personnel who were receiving requests straight from the commands in Germany for our support in the other countries."

Members of the 243rd EIS are trained in providing information technology and communications setup, support, and removal at military installations across the globe. Many of the members of this deployment have supported previous missions.

"The 243rd plays an

important role in providing communication support and these deployments will continue to allow our members to get incredible real-world experience," said Lt. Col. Clint Reed, commander of the 243rd EIS returning from deployment. "It's an incredible opportunity to see a different part of the world. But it also gives us a great sense of accomplishment after completing a mission like this to return home to our support network in Maine who've been there for us throughout our deployment."

Personnel from the 243rd EIS returned in four

groups over the past week. Family and friends joined members of the Maine National Guard at the Portland International Jetport to greet the small groups.

"It's great to be home," said Johnston, from West Gardiner. "While we had an incredible experience and we take pride in the work we were doing, I think I can speak for the rest of the 243rd to say that we are all happy to be back in Maine."

The 243rd EIS is co-located at the South Portland Air National Guard Station with the 265th Combat Communications Squadron. Both

units of the Maine Air National Guard have supported numerous state and federal missions in recent years. Noticeably in Maine, both units provided personnel to support regional COVID-19 testing and vaccination sites and helped logistical operations for providing necessary equipment to health care providers throughout the area.

In addition to the two units in South Portland, the Maine Air National Guard is composed of the 101st Air Refueling Wing in Bangor, and the Joint Force Headquarters component in Augusta.

MCCS Board Ends Student Covid-19 Vaccine Requirement

AUGUSTA, ME (February 9, 2023) — Maine's community colleges have ended a COVID-19 vaccine requirement for on-campus students, effective immediately.

The student vaccine protocol had required all on-campus students to be vaccinated against COVID-19.

Maine Community College System (MCCS) President David Daigler cited better access and range of preventative and treatment options for COVID-19, strong vac-

ination rates in Maine, and improved outcomes for pandemic victims as key factors in his recommendation to the board of trustees.

"I believe the board should consider ending the vaccine requirement for on-campus students, while simultaneously adopting language urging students to get the COVID-19 vaccination and boosters," Daigler told the board at its regular meeting on Wednesday, February 8th.

The MCCS Board of Trustees voted unanimously to rescind the student

vaccine requirement and adopt language "to strongly encourage all learners to receive the COVID-19 vaccinations and boosters."

"We have been monitoring COVID-19 benchmarks all along, and this vote is a thoughtfully and carefully considered decision by the board," Chairwoman Joyce Maker said. "It is the right time to adopt new tools and tactics to best address managing COVID-19 on campus."

Daigler announced that the seven colleges will promptly strengthen

and expand wellness education programs aimed at mitigating the spread of respiratory and other illnesses, including COVID-19, influenza, and Respiratory Syncytial Virus (RSV).

"It's been three full years since the pandemic began, and the situation has changed since we initiated this vaccination protocol," Daigler said. "It's time to change our approach by ending the requirement and focusing on wellness education programs."

"The health and safety of the people in our community remains our top priority, and we know the pandemic is not over. That is why we are coupling this decision with a commitment to expanding and strengthening our on-campus wellness education efforts," Daigler said.

Trustee Dr. Mark Fourre, president of Coastal Healthcare Alliance and

a longtime senior health care executive, supported the change.

"A successful vaccination campaign and natural immunity now provide a significant level of protection for our communities. We also have new tools available to treat the virus. That shift, coupled with the urgent need to prepare our workforce for the future, lead me to believe that now is the right time to update the student vaccine protocol," Fourre said.

There is one exception to the new protocol: Students in some programs may be required to have a COVID-19 vaccination due to the requirements at third-party locations, such as student placement sites.

Maine's seven community colleges serve approximately 25,000 people a year at nine campuses and four off-campus centers across the state. The

policy affects students at all those locations. Students at off-site locations must follow the site requirements.

Expanded wellness education efforts may include, but are not limited to, facilitating access to health care tools such as vaccination and flu shot clinics, direct messages to students, digital and print messaging in public spaces, and wellness messages in campus community newsletters.

"This was not an easy decision because we don't want to send a signal that our community doesn't need to take any COVID-19 preventative measures. Nothing could be further from the truth," Daigler said. "The health and safety of our community remains our top priority, but requiring students to have the vaccine is no longer a primary way to accomplish that."

Collins, King, Pingree Meet with Gov. Mills at U.S. Capitol

WASHINGTON, D.C. (February 10, 2023) — U.S. Senators Susan Collins and Angus King and U.S. Representative Chellie Pingree today met with Governor Janet Mills at the U.S. Capitol.

"There's nothing more important than working together when it comes to advocating for our state and helping Maine people," said Senators Collins and King and Representative Pingree. "During today's meeting, we discussed opportunities for greater collaboration be-

tween the federal delegation and state government to build on our productive partnership and improve life for the people of Maine. We look forward to helping ensure that every Mainer has the opportunity to succeed and will continue working together for the state that we are proud to call home."

"I appreciated the opportunity to meet with Senators Collins and King and Representative Pingree," said Governor Mills. "From our successful efforts to secure a life-

line for Maine's lobster industry to our work together during the pandemic and beyond, I am deeply grateful for the strong partnership of Maine's Congressional Delegation throughout my time as Governor. I look forward to our continued collaboration as we all work to make Maine the best place to live, work, and raise a family."

Governor Mills is visiting Washington, D.C., to take part in the annual winter meeting of the National Governors Association.



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Paid Family and Medical Leave Commission Report Shared

AUGUSTA, ME (February 10, 2023) – On Tuesday, Sen. Mattie Daughtry, D-Brunswick, and Rep. Kristen Cloutier, D-Lewiston, shared the final report from the Commission to Develop a Paid Family and Medical Leave Benefits Program. Sen. Daughtry and Rep. Cloutier, who co-chaired the commission, joined a press conference to promote a paid family and medical leave (PFML) policy for Maine. The press event was hosted by a coalition supporting PFML, with February marking 30 years since the federal Family Medical Leave Act was passed.

“Maine needs a statewide paid family and medical leave policy. While we’re already leading the nation with our statewide earned paid leave policy, it became abundantly clear during my work with the commission that more work needs to be done,”

said Sen. Daughtry. “It was gratifying to work with so many people from across the state, with all of us pulling in the same direction: Creating a paid family and medical leave plan that works for Maine. We all knew we had an incredible opportunity to get this done, and to do it right — for Maine businesses, for Maine workers, for Maine families.”

“This session, we have a momentous opportunity in the Legislature to enhance Maine’s care infrastructure,” said Rep. Cloutier. “The United States is the only developed country in the world without a national paid family and medical leave policy, leaving it up to states to piece together solutions. I am proud of the work the commission has done over the past two years to study existing programs in other states, receive public input, develop a plan and make pol-

icy recommendations. A statewide PFML program will support our working families, make our economy more competitive and set Maine on a better path to improved health and well-being, both now and well into the future.”

Only 15 percent of American workers have access to any sort of paid leave, and fewer than 60 percent of the workforce has access to unpaid leave under the Family Medical Leave Act. Nationally, one in four women takes fewer than 11 days of parental leave after giving birth despite a recommended six- to eight-week recovery period.

The Commission to Develop a Paid Family and Medical Leave Benefits Program was formed in the 130th Legislature by LD 1559, “Resolve, To Create the Commission To Develop a Paid Family and Medical Leave Benefits Program,” which

was sponsored by Sen. Daughtry and co-sponsored by Rep. Cloutier. The report is the compilation of nearly two years of work.

Recommendations in the commission’s report include:

The Maine program should include all workers. This includes full-time, part-time, temporary and seasonal workers. Self-employed workers would be able to opt into the program, and this is consistent with other paid programs in the U.S.

Leave can be used to care for a new child, to care for a family member with a serious health condition, or to attend to certain emergencies related to a family member’s military deployment. The Commission also agreed on the inclusion of “safe leave” used for the purpose of attending to certain medical and non-medical needs arising from domes-

tic violence, harassment or stalking.

Eligibility must be based on a level of income earned, because the Department of Labor does not collect information on the number of hours worked by employees and only has data on income earned. The Commission recommends that the Labor and Housing Committee determines what the income eligibility requirements of the program should be.

Employers with fewer than 15 employees should be exempt from contributions to fund the program. This number was chosen to match the threshold that is currently used for the state’s unpaid family and medical leave program.

The majority of commission members support an 80-90% wage replacement. The Commission supports establishing a maximum replacement rate of 120% of the state

average weekly wage for the program.

There should be an annual 12-week maximum leave limit for a particular qualifying need and a 16-week combined limit. Members also supported the ability for employees to use intermittent leave as long as the minimum was for full workday increments (whatever that full day might look like for the employee). Commission members noted that smaller periods of time for appointments could be covered by paid time off.

The program should be streamlined and uncomplicated for both employers and employees, whether it is administered by a state department or through a private contract.

Sen. Daughtry and Rep. Cloutier also recently attended a White House briefing on state-level paid family and medical leave efforts around the country.

Daughtry Introduces Bills to Improve Teens’ Health at School

AUGUSTA, ME (February 10, 2023) – On Thursday, Sen. Mattie Daughtry, D-Brunswick, introduced bills to help teens have a healthier high school experience. LD 257, “An Act to Provide for a Later Starting Time for High Schools,” and LD 253, “An Act to Add Health and Physical Education Requirements to High School Diploma Standards” were the subjects of public hearings before the Education and Cultural Affairs Committee.

“Just like reading and writing, physical education has a lifelong benefit. And just like eating a balanced diet and staying active, getting enough sleep is vital for teens’ health and development,” said Sen. Daughtry. “If we want to give our kids the best chance possible for suc-

cess, we need to make sure school works for them. We’ve long known that school is about more than essays and textbooks. Let’s help our students learn to the best of their ability and potential, while also giving them tools for a healthy and successful life.”

LD 257 would require public school districts in Maine to ensure that high schools’ school days start no earlier than 8:30 a.m., beginning with the 2024-2025 school year. California became the first state in the nation to pass similar legislation, and several other states are considering later school start times as well. Many local school districts in Maine have made the switch, including Biddeford, Saco, Dayton and Old Orchard Beach.

Teens need on average 8.5-9.5 hours of sleep per night. However, data

from the Youth Risk Behavior

Health Survey shows that over 72 percent of high school students in the U.S. get less than 8 hours of sleep per night, with 22 percent getting less than 6 hours of sleep per night. According to the CDC, insufficient sleep among children and adolescents is associated with an increased risk for diabetes, injuries, poor mental health, attention and behavior problems, and poor academic performance.

“Starting school later for high school students has indeed been demonstrated to increase weekday sleep duration, and additional studies have further shown increased school attendance, increased academic performance, a decrease in the number of reported depressive symptoms, and a decrease in the number

of automobile accidents among adolescent drivers,” said Dr. Deborah Hagler, with the Maine Chapter of the American Academy of Pediatrics, in testimony supporting the bill.

The Maine Council of Child and Adolescent Psychiatry also submitted testimony supporting the bill.

LD 253 would add a requirement for health and physical education to the standards for receiving a high school diploma. According to the Centers for Disease Control and Prevention, physical education provides numerous benefits: higher grades and standardized test scores, better classroom behavior, more physical activity, lower rates of absenteeism, and better attention and focus inside the classroom.

Robert Oates, a retired physical education

teacher who now lives in Hollis Center, testified in favor of LD 253.

“I made the case then and now that Physical Education is more than just skills for a sports team. It should teach human movement in all aspects of life ... from changing a car tire to shoveling snow. At parent Open House each Fall, I spoke about our goals in all courses: to allow our students to feel COMPETENT in their physical skills so that they would be CONFIDENT to join in physical activities during their life,” he wrote, adding, “I feel that without that confidence in our own competence, most of us would back out of physical activity, one of the three legs that a healthy lifestyle stands on ... the others being nutrition and sleep.”

“The mental and physical health of our

school community was affected dramatically during and after the pandemic and quite honestly our students need physical and health education now more than ever. The well-being of our students is not something that we should be questioning,” said Dan Gish, Wellness Content Leader at Lewiston High School, who also testified in favor of the bill.

Both LD 257 and LD 253 face further action in committee.

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

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Arts & Entertainment

Gorham Rec Dept Offers Fun February Vacation Activities

GORHAM, ME (February 9, 2023) – For February Vacation, Gorham Recreation Department will offer:

\$5 Public Skating at USM Ice Arena Tuesday 2/21 from 1:50 pm - 2:50 pm -- Free ice skate rentals (limited quantities and sizes).	Shaw Open Gym Wednesday 2/22 from 12:00pm - 4:00pm	\$5 Public Skating at USM Ice Arena Thursday 2/23 from 11:30am - 1:00pm -- Free ice skate rentals (limited quantities and sizes)	Nerf Afternoon Friday 2/24 from 1:00pm - 3:00pm, open to grades 3-6. Cost: \$10.00, held at Shaw Gym	There will be a variety of individual and group challenges/obstacles to participate in, including the ever popular capture the flag! FMI, visit gorhamme.myrec.com	Spring youth sports will be out soon. Follow us on social media and our websites for more information!
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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.

Habitat for Humanity Looking for Families to Own New Homes



GREATER PORTLAND, ME (February 9, 2023) -- Habitat homes are for affordable, energy-efficient and for people who never thought they could own a home! Think you don't qualify? A family of four can earn up to \$73,255! Future homeowners must make no more than 65% of the area median income and demonstrate a need for affordable housing, an ability to pay a low interest mortgage, and a willingness to partner with Habitat.

How to Apply:

1. Download an application or request a mailed copy online at habitatportlandme.org/apply OR pick it up at 659 Warren Avenue, Portland, ME
2. Ask questions and get help filling out your application: Group sessions available March 4-7 (Scarborough); March 8-9 (Standish); March 13-14 (Gorham); March 15-16 (Windham); One-on-one meetings available by request
3. Completed applications due by noon on April 5, 2023

Questions? Email Family Services Director, Molly, at molly@habitatme.org or call 207-772-2151 x 104.

Charity Card Making
Baxter Memorial Library, Gorham

Monday, Feb 27 9-11
The Schneider Room

All kinds of card making is welcome. Looking to make birthday and holiday cards to donate to local charities. Bring your own supplies. If there is enough interest, we will schedule regular day(s)/month

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Healthy Living for ME Network Announces Free Workshops

STATEWIDE (February 8, 2023) - The Healthy Living for ME network has announced the workshops happening across the state during February and into the winter months. Topics addressed by the workshops include “A Matter of Balance,” to support falls prevention methods and mitigate the fear of falling; “Tai Chi for Health and Balance;” “Living Well for Better Health,” to support those with ongoing health conditions such as COPD, and “Building Better Caregivers.” Workshop offerings are described in more detail below.

Healthy Living for ME welcomes referrals from healthcare providers. The network’s evidence-based programming helps patients manage and prevent conditions before they become more serious or result in emergency situations.

The February workshops are:

A Matter of Balance - This workshop emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

A Matter of Balance is being offered in-person by Healthy Living for ME network partner, Maine-General Medical Center. The workshop begins on February 20, 2023 and will be held on Mondays and Wednesdays, 10:00 a.m.-12:00 p.m. through March 15, 2023 at 126 North Street, Waterville, ME.

Tai Chi for Health and Balance - Tai Chi is an enjoyable exercise that can improve balance, re-

lieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Tai Chi is being offered in-person by Healthy Living for ME network partner, Aroostook Agency on Aging. The workshop begins February 14, 2023 and will be held Tuesdays and Thursdays from 11:00 a.m. – 12:00 p.m. through April 20, 2023 at 260 Main Street, Suite B, Presque Isle, Maine

Tai Chi is being offered online (virtual) by Healthy Living for ME network partner, Spectrum Generations. The

workshop begins February 21, 2023 and will be held Tuesdays and Thursdays from 7:00 p.m. – 8:00 p.m. through May 11, 2023.

Living Well for Better Health - This workshop helps participants deal with ongoing conditions such as diabetes, COPD, arthritis, and high blood pressure. Topics covered include: handling frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and evaluating new treatments.

Healthy Living for ME network partner, Spectrum Generations is offering Living Well for Better Health online (virtual). The workshop begins February 23, 2023 and will be held on Thursdays, 8:30

a.m. – 11:00 a.m. through March 30, 2023.

Building Better Caregivers - This program was designed for family caregivers of people with an Acquired Brain Injury (ABI), Post-Traumatic Stress Disorder (PTSD), dementia, and/or any other condition that affects memory. Topics include: caregiver stress, dealing with difficult care partner behavior, finding help, making decisions about treatment, housing, etc., communicating effectively with family, friends, and health professionals, dealing with caregiver and care partner difficult emotions, planning for future needs, and legal issues related to caregiving. Program participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management

program. Healthy Living for ME network partner, SeniorsPlus is offering Building Better Caregivers, in-person. The workshop begins February 27, 2023 and will be held on Mondays, 1:00 p.m. – 3:30 p.m. through April 3, 2023.

Though the workshops are free for participants, registration is required. Family, friends, caregivers, and supports of participants are also welcome to register and participate. Please contact Healthy Living for ME at 1-800-620-6036 or info@healthylivingforme.org for more information and to register. You can also register via our website, www.healthylivingforme.org.

To learn more about these and other workshops offered by Healthy Living for ME, visit www.healthylivingforme.org.

AARP Maine Announces Virtual Listening Tour Throughout State

PORTLAND, ME (February 10, 2023) – One year ago, AARP Maine sponsored its first virtual “listening tour” of our state, and heard a wealth of concerns, suggestions, and ideas from AARP members and non-members alike.

This year, State Di-

rector Noël Bonam, Volunteer State President Carl Bucciantini and Executive Council member Carl Toney invite Mainers to once again join them for What’s Your Story? AARP Maine’s 2023 Virtual Listening Tour. These interactive sessions give Maine residents the oppor-

tunity to share what is on their minds about issues of importance to the 50+ population from across the state.

AARP Maine leadership expects a robust conversation to take place at each tour “stop” and plans to get direct input from older Mainers, understand

region-specific issues, share resources, help navigate Mainers’ concerns or ideas, and connect with local services.

Registration is NOW OPEN

Even though the virtual tour “stops” have been divided into regions, participants are welcome to

attend whichever session best suits their schedule.

All events are free, but registration is required. All sessions take place between 6:30-8PM

Local tour stops include:

2/20/23 Kennebec and Moose River Valley

2/22/23 Portland and Casco Bay

2/27/23 Southern Maine (Maine Beaches)

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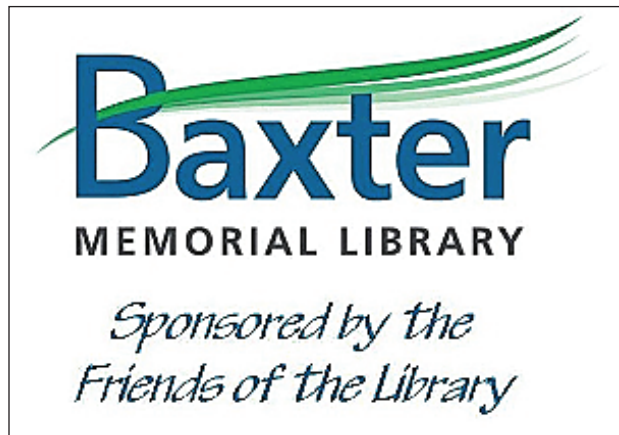
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Help Amphibians with Gorham's Baxter Memorial Library



GORHAM, ME (February 1, 2023) – The following are events coming up at Baxter Memorial Library:

Citizen Science—Help Amphibians on Tuesday, February 21st 6pm

The warm, rainy nights of spring bring frogs and salamanders out in droves, creating what is referred to as “big nights”. However, many of these migrants face trouble as they meet one of the new-

est habitats on the landscape - roads. This talk will introduce the community science project Maine Big Night, a project that anyone can participate in to collect data and help migrating amphibians in roadways. This is an all ages event. Adults, Families, and Teens are all encouraged to take part in this important citizen science initiative. Come to the program to learn how you can help amphibians!

Pokemon Fun! on Wednesday, February 22nd 10-11am

Visit the library for Pokemon fun! We will have game demos for those of you interested in learning how to play Pokemon Card Game. Bring your

decks if you wish to play along. We will have crafts, Pokemon cards, and activities for everyone.

All ages are welcome!

Percy's Birthday Party! on Thursday, February 23rd 10-11:30am

Percy, our beloved library mascot who resides in Youth Services, celebrates his 18th birthday here at Baxter

Memorial Library! Join us for a fun morning of activities, crafts, singing and cake! All ages are welcome!

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Responsible Pet Care of Oxford Hills to Hold Spay/Neuter Clinic

SOUTH PARIS, ME (February 10, 2023) -- Spots are filling up fast for our low-cost spay/neuter clinic for CATS ONLY on March 1, 2 and 3. We have about 20 spots left for females. We only have

3 spots left for males! Call the shelter at 207-743-8679 to book your spot. Fees are as follows and include the surgery, rabies and distemper vax, flea treatment, nail trim and ear clean-

ing: Males - \$100; Females - \$130. Cash only. Huge thanks again to Back Roads Spay+Neuter, The Cleo Fund and the Animal Welfare Society for making this possible.

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USM Gorham Artist-in-Residence Presents Braiding Circles



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GORHAM, ME (February 10, 2023) -- The University of Southern Maine is excited to announce its Spring 2023 artist-in-residence, Veronica A. Perez. Perez creates art at the nexus of interdisciplinary sculpture and community practice, encouraging a reflection on identity for participants and viewers alike. Their sculptures tell intimate stories that comment on larger systemic issues affecting BIPOC folk in our immediate communities. braiding circles is Perez's residency project, organized by the University of Southern Maine Art Gallery.

Consisting of community workshops and a culminating exhibition, this project focuses on belonging, identity, and lived experience as embodied through hair. Throughout the Spring semester, Veronica will work with groups internal and external to the University in braiding workshops. Together, they will create the braids and stories that



Photo by Coco McCracken



Photo by Ben Wheeler



Photo by Ben Wheeler

comprise Perez's sculptures.

All are invited to come to the culminating exhibition, with an opening reception on May 11 at University of Southern Maine Art Gallery, 5 University Way, Gorham, Maine.

The exhibition will be an immersive installation featuring hair, hands, and

oral stories that ruminate on themes such as fractured identity, representation, and power through the vision of students and community members.

The Art Gallery is open 11:00 a.m.– 4:30 p.m., Tuesday– Saturday; All USM Art Gallery programs are free.



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VA Maine Recognizes Hospitalized Veterans

AUGUSTA, ME (February 10, 2023)— The VA Maine Healthcare System will recognize and honor hospitalized Veterans from Feb. 12-18 during National Salute to Veteran Patients week.

Since 1978, VA has used the week of Valen-

tine's Day to provide a weeklong commemoration for Veterans. Local commemoration efforts include Compassionate Contact Corps volunteers, local Veteran Service Organizations sponsoring hospital-wide events, and Valentine's Day card submissions from community

members throughout the state.

"We are here to pay tribute to America's heroes—the men and women we proudly care for and serve," said Kylie Higgins, Chief, VA Maine Center for Development and Civic Engagement. "This week, VA facilities across

the Nation are honoring these men and women, and reflecting upon VA's obligation to serve those who have served us".

In 2022, schools, community groups, and youth organizations nationwide sent more than 300 valentines to VA Maine at the Togus campus which

were distributed to Veteran inpatients. Additionally, more than 15 volunteers and community organizations contributed to events and activities recognizing hospitalized Veterans.

In addition to donations and as a compliment to in-person volunteer assignments, VA also pro-

vides volunteers with virtual and remote assignments which allows them to safely support Veteran inpatients during the pandemic.

To learn more about volunteer opportunities at VA Maine, e-mail VHA-TOGVOLUNTARYSERVICE@va.gov or call 207-621-4886!

Application Open for Student Position on State Board of Ed

AUGUSTA, ME (February 8, 2023)—The Maine State Board of Education is currently seeking applications for the newest student member to join the Board. Applications are being accepted through March 1, 2023.

"Student voice is critically important to the State Board of Education's decision making process," said Fern Desjardins, State Board of Education Chair. "We are pleased to open applications to public high school sophomores in Maine's

First Congressional District and look forward to hearing from the incredible student leaders in Maine schools."

The Maine State Board of Education has two nonvoting student members who join the Board as high school juniors and serve for two years, one enrolled in a school in Maine's First Congressional District and the other enrolled in a school in the Second Congressional District. At all times, the State Board has one high school junior and

one senior as members, with staggered appointments.

Applications are currently being accepted from students who attend public school in the First Congressional District (Cumberland, Knox, Lincoln, Sagadahoc, York, and part of Kennebec County) and are currently a high school sophomore. Application materials are available on the State Board of Education web page. The Board has also mailed application materials to all First Congressional District

high school principals and school counselors. Completed applications, both hard copy and digital copy, should be sent to:

Sandra Bourget; Office Specialist; Maine State Board of Education; 23 State House Station; Augusta, Maine 04333-0023; Phone: (207) 624-6616; Sandra.A.Bourget@maine.gov

After applications close on March 1, 2023, they will be reviewed according to the process described in Maine Education and School Stat-

utes, Title 20-A, Chapter 5, State Board of Education. Semifinalists will be interviewed in March 2023, after which three finalists will be chosen. The names and application materials of the finalists will be sent to the Governor's office for final selection. The Joint Standing Committee on Education and Cultural Affairs of the Maine State Legislature interviews the nominee in a public hearing and makes a recommendation about the nominee to the Maine Senate. The Maine

Senate is charged with confirming the appointment.

This is an extraordinary opportunity for Maine students to practice civic engagement while serving as both a representative of Maine students and an active education leader in our state.

For further information please visit the Maine State Board of Education web page or contact Sandra Bourget, Office Specialist, at 207-624-6616 or via email at Sandra.A.Bourget@maine.gov.

Holocaust & Human Rights Center Offers Opportunities

AUGUSTA, ME (February 1, 2023) – The following are upcoming events and opportunities with the Holocaust & Human Rights Center Maine.

A Screening & Discussion

TRACES: Portraits of Resistance, Survival and Resolve

Please join us on February 28th at 6:30 p.m. to watch three animated films on the Holocaust, created by Humanity for Action as a teaching tool for all ages. Register online. We will be joined by Humanity in Action founder and executive director Judith Goldstein who will introduce the films, present the accompanying tools and resources for educational use, and lead a follow-up discussion. While the evening is recommended to educators, all are welcome to attend and participate.

In 2022, Humanity in Action created a documentary trilogy TRACES—Portraits of Resistance, Survival and Resolve. The short films share first-hand



Clark Young, Teacher and Co-Author of 'Remember This: The Lesson of Jan Karski' at Georgetown University

testimonials from the time of the Holocaust to preserve the stories and lessons and to emphasize their relevance for the present. There is an accompanying collection of tools and resources to enrich the viewing experience and assist educators in creating engaging lesson plans. We hope you will join other educators on zoom to watch portions of the films, talk about effective ways to use them in your classrooms, and earn two continuing education credits. Register online.

An Afternoon with Playwright Clark Young

Remember This: The Lessons of Jan Karski, March 5th

We will gather at the Michael Klahr Center for a conversation about this remarkable story from 1:00 to 3:00 on March 5th. The playwright Clark Young will introduce his play and talk about researching, writing and bringing it to the stage. Clark will also play clips of the film version which opens in theaters this April and will be featured on PBS Great Performances. The gathering will include a question and answer period, a social gathering, and book signing.

In a tour-de-force performance, Emmy Award winner and Academy Award nominee David Strathairn portrays the Polish World War II hero and Holocaust witness Jan Karski, who risked his life to carry his report of the Warsaw ghetto from war-torn Poland to the Allied Nations and Oval Office, only

to be met with inaction and disbelief. Learn more on our blog. Strathairn captures the remarkable life of this self-described "insignificant, little man" in a story of moral courage and individual responsibility. Register online.

Walking On Thin Ice
Gia Drew, Thursday
March 9th from 6:00–7:30

Gia Drew will talk about her experience coming out as one of the first transgender teachers and coaches in Maine and how losing her career as an educator was probably the best thing that could have ever happened to her. Gia (she/her) is the Executive Director at EqualityMaine, whose mission is to protect and advance full equality for lesbian, gay, bisexual, transgender, and queer Mainers by creating an inclusive and intersectional movement through political action, community building, education, engagement and collaboration.

Gia serves on multiple committees and boards, including the Maine Advisory Board to the US Commission on Civil Rights, the MaineCare Advisory Committee, Maine Health Access Foundation's Community Advisory Committee, and the board of directors for the Equality Federation. Register online and a zoom link will be sent before the event.

Awards & Scholarships
Applications Are Now Open

We are delighted to announce the opening of the 2023 Awards & Scholarships program sponsored

by the HHRC. Below are descriptions of the opportunities with links to the applications on our website. We would appreciate it if you could help us spread the word about this important HHRC tradition.

The Lawrence Alan Spiegel Remembrance Scholarship

The Spiegel Scholarship (\$1,000) is awarded annually to the high school senior who authors the prize-winning, original essay on the prompt: "Learning about the Holocaust affected my view of the world and it is important for others to learn about it too." Criteria: originality of voice and viewpoint, structure, command of language and mechanics. The deadline for entry is April 15th. Download the application online.

The Mathilde Schlossberger Outstanding Student of the Year Award

The Schlossberger Award recognizes an exceptional piece of original writing, fiction or non-fiction, or an unusually expressive piece of visual or performance art relating to human rights. The award was created by Florence and Kurt Strauss of Portland in memory of Kurt's maternal grandmother, who was murdered at Theresienstadt. The deadline for entry is April 15th. Download the application online.

African American History Month

In 1926, Dr. Carter G. Woodson instituted the first week-long celebration to raise awareness of African Americans' contributions to history. Prior to his ini-

tiative, little information could be found regarding African American history. Important achievements were left out of history books, and there was a widespread misconception that African Americans had made little contribution to America's society or history. Fifty years later, the week became a month, and now February is celebrated as African American History Month, chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln, both of whom dramatically affected the lives of African Americans. Frederick Douglass (1817-1895) was a writer, lecturer, editor, and civil rights activist who escaped slavery at age 21 and went on to campaign for the abolition of slavery, establish a newspaper, and become the Minister to Haiti. He was a powerful voice in the anti-slavery and civil rights movement of his time. Abraham Lincoln (1809-1865) issued the Emancipation Proclamation on January 1, 1863, declaring that all slaves within the Confederacy would be permanently free. Now the Association for the Study of African American Life and History, founded by Dr. Woodson, sets the theme for each year.

Holocaust & Human Rights Center of Maine is located at The Michael Klahr Center at UMA, 46 University Drive, Augusta, Maine 04330

For more information, to register for events, or apply for scholarships, visit <https://www.hhrc-maine.org>



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Seniors Not Acting Their Age

Nordic Skiing Narrow Gauge Pathway



Skiers begin a trek on Narrow Gauge Pathway with a view of Bigelow Mountain in the distance



A skier ascends Narrow Gauge Pathway next to whitewater rapids on the Carrabassett River



A long bridge on the Narrow Gauge Pathway crosses an expanse of frozen wetlands

By Ron Chase

When the Penobscot Paddle & Chowder Society winter outings schedule was planned last October, I volunteered to coordinate a Nordic ski trip at a location to be determined on January 15th. At the time, it seemed reasonable to expect there would be several options to choose from. Not this winter. Acceptable snow for Nordic skiing has been extremely scarce and essentially non-existent in the foothills and coastal plain.

As the deadline approached, I still hadn't made a decision as quality choices south of Aroostook County were limited. Several years had passed since I'd skied the Narrow Gauge Pathway in Carrabassett Valley, so that option seemed worth exploring. I rely on my friend, Brent Elwell, for all things Carrabassett Valley. A call

to him a couple of days prior to the scheduled trip resulted in hopeful information as he'd been skiing in the valley regularly and more snow was forecast for that night. He volunteered to check Narrow Gauge trail conditions the following morning.

Brent supplied great news. The Narrow Gauge was groomed and ideal for skiing. Chowderheads, Jade & Sean Klutz, were elated with his report and quickly signed on.

The Narrow Gauge Pathway is one of the most unique bike and ski trails in Maine. The historic trail follows the former Kingfield and Dead River Railroad bed along the boulder-strewn Carrabassett River between the Town of Carrabassett and the tiny village of Bigelow. A chapter in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in*

Maine narrates an exceptional bike ride on the path.

The parking lot at the Airport Trailhead located on the right off Route 27 about a mile north of the Carriage Road in Carrabassett Valley was almost full when the four of us arrived. The weather was sunny and surprisingly warm with a moderate breeze. The parking area was a busy place as skiers, fat tire bikers, skijorers, snowshoers, and dog walkers were all preparing for a trek.

We began by skiing a connector trail across a groomed open field north of the airstrip with a spectacular view of Bigelow Mountain in the distance. Traversing the William Munzer Recreational Bridge over the Carrabassett River, we arrived at the actual beginning of the Narrow Gauge Pathway.

Despite heavy traffic, the trail was well-groomed and in good condition. The tracks were in excellent

shape for classic skiing. Minor damage caused by the many competing activities diminished the quality of the untracked sector but it was still more than adequate for skate skiers.

We crossed a narrow bridge over Houston Brook and traveled adjacent to the river while enjoying views of the challenging whitewater rapids we'd paddled during club trips in the past. Ascending gradually in a mixed conifer and hardwood forest, traffic was busy in both directions. While never steep, the path rose steadily for much of our ski to the northern terminus in Bigelow.

The well-formed tracks facilitated an efficient kick and glide as we skied uphill. The trail turned away from the river and passed a Maine Huts Trail (MHT) junction on the right. Skiers have the option of following the path to Stratton Brook Hut, however the difficulty level increases. We continued

on the Narrow Gauge.

The trail rejoined the river where a steep embankment overlooks a particularly precipitous section of the mountain freshet. Shortly after, we crossed a long bridge over an expanse of frozen wetlands and passed an old cabin built by railroad workers in 1900 that is still in use. The gradient moderated as four Chowderheads arrived at the junction for Campbell Field Trailhead.

Following a relaxing break at Campbell Field, we proceeded north past another MHT junction that also provides access to Stratton Brook Hut. Forgoing that option, we soon reached the outskirts of the old village of Bigelow where the former Bigelow Train Depot is now a private residence. A short spur left leads to Stratton Brook Trailhead. We decided to begin our return trip.

That's when the

fun began in earnest. We enjoyed an exhilarating descent on the fast hard-packed tracks double poling most of the five plus miles back to Airport Trailhead. A multitude of skiers, snowshoers, and bikers were met on our return. Narrow Gauge Pathway has to be one of the most popular multi-use winter trails in Maine.

It's snowing as I write. Skiing options will soon be plentiful!

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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Cultivating Resilience Podcast Looking for Interviewees

ORONO, ME (February 10, 2023) — University of Maine Cooperative Extension recently

launched a new podcast called *Cultivating Resilience*, developed in partnership with colleagues in the Cultivemos network, a group of farmers, farm workers and organizations that support them in the Northeast, from Maine to West Virginia. *Cultivating Resilience* is a six-episode podcast featuring candid conversations with farmers about how they find connection and strength amid daily struggles. The group is currently looking for farmers to talk to for the podcast's second season, due out later this year.

"We are excited to continue with a second season and bring these important stories to a new group of listeners," says Leslie Forstadt, human development specialist at UMaine Extension and co-lead of the Farm Com-

munication Cohort, which produces the podcast. "Each episode shares the lived experiences of farmers and how they stay resilient in the face of stress. Some episodes also feature Extension educators and the work they do with farmers to develop and implement strategies for resilience."

For season two, the Cultivemos Farm Communication Cohort is looking for farmers who are trying to acquire or have recently acquired farmland; farmers who have passed or are planning to pass on their farm to someone other than a family member; or farmers who can speak to balancing farm, family and life responsibilities.

Farming is often referred to as one of the most stressful jobs in the country, citing family

and financial pressures, isolation, physical strain and exhaustion. Everyone on a farm is part of a larger community, and on *Cultivating Resilience*, farmers and farm workers discuss stressors and supports. Topics covered include family farm succession, climate change, community belonging, farm finances and overall well being. Experts also provide resources to strengthen mental health and survive uncertain times. The podcast is free and available on common platforms like Google and Apple. Episode transcriptions are available in English and Spanish.

For more information about the podcast, including how to participate in season two, contact Leslie Forstadt, 207-581-3487; leslie.forstadt@maine.edu.



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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 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.mainejobcenter.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

February 23

LEWISTON -- Lewis-

Calendar

Send your submissions to the Editor. More online.

ton Public Library is hosting Predators: The Balance of Nature on Thursday, February 23rd from 2-3pm in Callahan Hall at the Lewiston Public Library. Information for this event can be found on our website: <https://lplonline.org/events/predators-the-balance-of-nature/>

February 25

GRAY -- First Congregational Church of Gray holds Saturday Night Church Supper at 5:00 P. M. at the Parish House, 5 Brown Street, Gray. Handicapped accessible. Seating capacity - 50

Meals are single-sized and are \$10 each. Please pay at the door. The Meal includes: A variety of Casseroles, Salads, Baked Pea Beans, Red Hot Dogs, Breads, and an Assortment of Desserts and Beverages.

February 25

BUXTON -- Haddock Supper Buffet - Saturday, February 25, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are

not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

March 16

WILTON -- "Medicare Made Simple" class, presented by SeniorsPlus, an introductory class on Medicare held from 3-5pm at SeniorsPlus, 284 Main St., Suite 10, Wilton.

Free. Register by March 9 by calling 207-795-4010.

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 reg-

ister 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 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
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- Acquire tarps and field maintenance equipment
- Add scoreboards

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SENIORS

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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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1. Download an application or request a mailed copy online at habitatportlandme.org/apply OR pick it up at 659 Warren Avenue, Portland, ME
2. Ask questions and get help filling out your application:
 - Group sessions available March 4-7 (Scarborough); March 8-9 (Standish); March 13-14 (Gorham); March 15-16 (Windham)
 - One-on-one meetings available by request
3. Completed applications due by noon on April 5, 2023

Questions? Email Family Services Director, Molly, at molly@habitatme.org or call 207-772-2151 x 104.



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