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Thursday
July 20, 2023

# Ride on Gorham's Trail Systems and Hang at Junction Bowl



GORHAM, ME (July 14, 2023) -- Join a guided ride of one or more of Gorham's four trail systems or bring your own group and do your own thing, then hang out at Junction Bowl - https://www.facebook.com/JctBowl (an outdoor area on the

side and back will be set up for members) for drinks and food.

Meet at Junction Bowl at 9:30, park in the Village Elementary School yard a few yards south of Junction. Location: https://goo.gl/maps/yZSSeWeqpLe-

jy9vs9.

Rides will start around 10:00. We will need some ride leaders, let us know if you are interested and which area(s) you know and would like to lead.

## Face Paint Party, Cosplay Coming Up at Gorham's BML



Sponsored by the Friends of the Library

GORHAM, ME (July 14, 2023)

– On Tuesday, July 25 from 10-11am, join Youth Services staff to have



your face painted like a Super Hero. (All ages).

On Thursday, July 27 at 6pm, join a

panel of Maine cosplayers in our Schneider Great Room to learn about the art and techniques of cosplay. (Ages 12+).

### 10-Year-Old with Type 1 Diabetes Shares Story at Hearing

WASHINGTON D.C. (July 11, 2023) -- At the invitation of U.S. Senator Collins, Vice Chairman of the Senate Appropriations Committee and co-chair of the Senate Diabetes Caucus, Maria Muayad of Yarmouth testified before the Appropriations Committee during a hearing held in conjunction with the JDRF Children's Congress, a biennial event to raise awareness about Type 1 diabetes (T1D).

Maria, a 2023 Children's Congress Delegate, was diagnosed with T1D three years ago. As an advocate for T1D at her school, Maria enjoys making posters and short videos to spread awareness among her peers.

Senator Collins during her opening statement: Your personal stories really matter. They motivate Senators and Representatives to get involved in the cause. And I want to tell you my personal story of how I got involved. One of the very first meetings I had as a brand new Senator in 1997 was with families who had children with Type 1. I'll never forget this 10-year old boy looking up at me and saying, 'Senator Collins, I wish I could just take one day off from having diabetes - Christmas or my birthday.' And that's why I started the bipartisan Senate Diabetes Caucus that very year....It is so inspiring to look out and see that wave of blue in town today. Your passion and advocacy, your hope for a cure, are contagious. Together, I am confident that we will continue our progress and achieve that goal.

Maria during her opening statement: My family and I are first generation Americans and proud Mainers. We know that with hard work, we can do anything. Every Delegate knows this too. And that's why we're here. My dream and my family's big hope is to cure Type 1 diabetes. Together, with your help, we can do it.

During Q&A, Senator Collins asked Maria: Maria, first of all, thank you for that inspiring testimony. I know that you and your family moved to Maine from Iraq and that you were diagnosed in Maine

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# Newsmakers, Names & Faces

### **DHHS Proposes to End COVID-19 Vaccination Requirement**

AUGUSTA, (July 14, 2023) — The Maine Department of Health and Human Services (DHHS) announced today that it will propose removing the COVID-19 vaccine from the list of immunizations required for workers in health care facilities in response to evolving scientific evidence and trends.

COVID-19 While vaccination remains an important tool to protect public health, the vaccination requirement for health care workers achieved the intended benefits of saving lives, protecting health care capacity, and limiting the spread of the virus in Maine during the height of the pandemic. Despite having the oldest population in the nation, Maine consistently rated among the top states in the country on vaccination and among the lowest on COVID-19 deaths. Maine currently ranks third on bivalent booster vaccination overall and first for those age 65 and older. Additionally, Maine health care professionals' strong culture of patient safety has limited risk of severe COVID-19 being spread among staff and patients.

The Department filed the proposed rule change with the Secretary of State today based on available clinical and epidemiological data about COVID-19, increased population immunity resulting from vaccination and prior infections, decreasing disease severity, improved treatments, and declining infection and death rates. This follows the U.S. Centers for Medicare and Medicaid Services' (CMS) withdrawal of its requirement for COVID-19 vaccination of health care workers on June 6, 2023. Maine is among four remaining states with some type of COVID-19 vaccine requirement.

In light of this information, the Department of Public Safety's Maine Bureau of Emergency Medical Services (Maine EMS) will present information to the Board of Emergency Medical Services at their regularly scheduled board meeting on August 2, 2023, for them to consider corresponding action on the existing immunization requirements detailed in Chapter 21 of the Maine EMS Rules. The information presented to the Board will include updates from the scientific literature about the efficacy of the immunization requirements based on the current COVID-19 variant as well as data from the Maine EMS electronic patient care reporting system on EMS clinician exposures. The Board has the authority to make its own determination about the EMS vaccination requirement.

The U.S. Centers for Disease Control and Prevention (CDC) continues to recommend that everyone 6 months and older, including health care workers, remain up to date on COVID-19 vaccination.

As such, the Department announced today that it will partner with Maine health care providers to encourage voluntary vaccination of health care workers and residents. In the fall of 2021, the Department partnered with Maine Long-Term Care Ombudsman Program to launch the Power of Care campaign to educate staff about the benefits of vaccination. The Department will invest an additional \$250,000 to extend the campaign through April 2024 and broaden its reach to include long-term care residents. Additionally, it will work with Maine hospitals on their efforts to educate and vaccinate their workers.

"Since the beginning of the COVID-19 pandemic, Maine has followed the science in developing policies to limit the spread of the virus," said Health and Human Services Commissioner Jeanne Lambrew. "Today, a robust body of evolving evidence tells us that this requirement achieved its goals of saving lives and protecting health at a crucial time. We continue to encourage all Maine people, including dedicated health care workers tending to Maine's most vulnerable residents, to stay up to date on COVID-19 vaccination."

"Maine's hospitals and health systems remain grateful for the Mills Administration's leadership on this issue," said Steven Michaud, President of the Maine Hospital Association. "This requirement protected our patients, caregivers and hospitals during the height of the pandemic. We support this science-based update to the rule and will continue to be guided by patient safety in our efforts to limit the spread of the virus and promote vaccination as a valuable tool to protect public health."

"Maine Health Care Association (MHCA) commends the Mills Administration for continuing to respond to the latest data for higher risk patients. It and updating COVID vaccine requirements accordingly," said Angela Westhoff, President and CEO of MHCA. "The requirement achieved its intended goals and we fully support this change. Infections remain low and Maine has some of the highest vaccination rates for long-term care staff and residents. As the science evolves, we will continue to follow best practices for infection prevention and control and will promote ongoing efforts to educate our community about the many benefits of vaccines."

"The Maine Medical Association (MMA) supports the Governor's announcement today to end the requirement that health care workers be vaccinated against COVID 19," said Erik Steele, D.O., President of MMA. "The MMA sees this as a difficult but timely decision firmly based in a complete scientific understanding of the status of the epidemic, ready access for all health care workers to personal protective equipment, the ability of the health care industry to rapidly step up protective measures in the future if needed, and plenty of the anti-COVID medication Paxlovid available is the constellation of these things that makes today's decision possible."

DHHS expects the rule to be published next Wednesday and to adopt the rule following public comment by the end of 2023. DHHS will exercise enforcement discretion regarding COVID-19 vaccination of health care workers during the rulemaking process. Health care providers remain free to implement COVID-19 vaccination requirements for their employees.

The State of Maine has long required the immunization of employees of designated health care facilities to reduce the risk of exposure to and transmission of vaccine-preventable diseases. Health care workers are defined as including any individual employed by a hospital, multi-level health care facility, home health agency, nursing facility, residential care facility, and intermediate care facility for individuals with intellectual disabilities that is licensed by the State of Maine.

For information on getting a COVID-19 vaccine, please visit Maine. gov/covid19/vaccines or speak to your health care provider or pharmacist.

### Maine CDC Shares Tips to Avoid Illnesses from Mosquitoes

AUGUSTA,  $\mathbf{ME}$ (July 14, 2023) - As mosquito activity increases over the summer months, the Maine Center for Disease Control and Prevention (Maine CDC) urges residents and visitors to take precautions against exposure to mosquitoes and mosquito bites. In Maine, mosquitoes spread diseases including Eastern Equine Encephalitis virus

(EEE), Jamestown Canyon virus (JCV), and West Nile virus (WNV).

Many infected people show no symptoms. Others experience mild flu-like symptoms such as fever, headache, and weakness. Some people may experience severe symptoms, including: Vomiting, Neck stiffness, Loss of coordination, Speech difficulties, Confusion, Seizures, Encephalitis, Meningitis

If untreated, some infections can lead to death. If you experience any of these symptoms following a mosquito bite, call a health care provider imme-

The best protection against all mosquito-borne diseases is to prevent mosquito bites. Maine CDC recommends:

Wearing long

sleeves and long pants

Using an EPA-approved repellent on skin and clothing

Taking extra precautions at dusk and dawn when mosquitoes are most

Using screens on windows and doors

Draining artificial sources of standing water where mosquitoes can lay eggs

Taking steps to prevent mosquito bites when traveling

To protect your pets from mosquito bites, speak to your animal's veterinarian. If you have horses, inquire about vaccinations against EEE and WNV.

Maine CDC tests mosquitoes for EEE and WNV throughout the summer months, beginning in July. Weekly arboviral surveillance reports for this season will begin later this month and historical reports are available at www. maine.gov/dhhs/vectorborne.

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



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# Newsmakers, Names & Faces

#### Hearing

Continued from page 1

with Type 1 diabetes. I want to ask you whether you think that having Type 1 led to your decision to become a pediatrician when you grow up.

Maria: Yes, it did lead to me wanting to become a pediatrician. Because I know that only kids and adults with Type 1 will understand the pain and struggle that they go through. I would like to help kids better understand that.

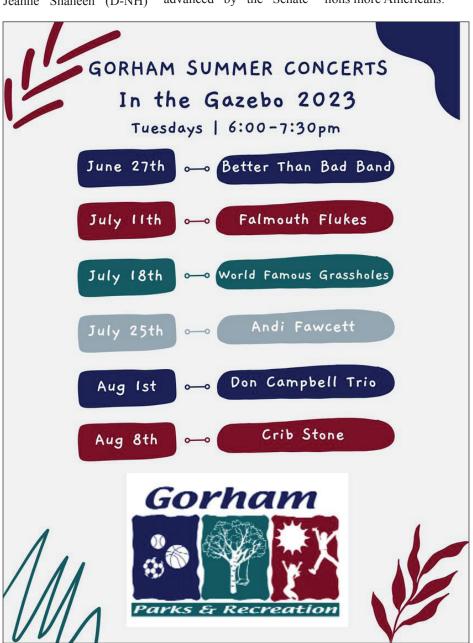
Approximately 165 Children's Congress delegates from all 50 states and five countries attended the hearing.

The focus of the 12th Children's Congress centered on the urgent need to reauthorize the Special Diabetes Program (SDP), which is set to expire on September 30th. In June, Senators Collins and Jeanne Shaheen (D-NH)



introduced legislation to reauthorize this critical program, which currently provides \$150 million each year for dedicated T1D research, as well as the Special Diabetes Program for Indians. This bill was advanced by the Senate

Health Committee in June. In April, they introduced the INSULIN Act, which comprehensively would address the skyrocketing costs of insulin, removing barriers to care and making it more accessible for millions more Americans.





### PUT YOUR COMPASSION INTO ACTIONA

All donations are appreciated.

TRAUMA INTERVENTION PROGRAM of Greater Portland is recruiting volunteers!

#### WHAT IS A TIP VOLUNTEER?

TIP volunteers are called by law enforcement, fire, medical and hospital personnel to respond to scenes of sudden or unexpected death (natural, homicide, suicide, accidental, infant) industrial accidents, sexual assaults, overdoses, violent crime and other traumatic incidents to provide immediate emotional and practical support to families, friends, witnesses and survivors.



TIP of Greater Portland volunteers are dispatched through the 911 system or hospital ER staff in the communities of Portland, South Portland, Westbrook, Scarborough, Falmouth, Gorham, Windham and Cumberland

#### WHAT IS REQUIRED FOR ME TO BE A TIP VOLUNTEER?

- ♥ Successful completion of ALL Training
- ♥ Fingerprint & Background Check through
- Valid Driver's License and Vehicle
- NO EXPERIEN
- Clean Driving Record
- Proof of Auto Insurance Cell Phone (with texting)
- Internet and Email Access
- Three 12-hour shifts per month Attend Mandatory Continuing Education
- Meeting on the 2nd Tuesday of each month



#### FALL 2023 TRAINING ACADEMY

Thursday	September 21	6:30 pm - 9:30 pm
Friday	September 22	6:30 pm - 9:30 pm
Saturday	September 23	9:00 am - 5:00 pm
Sunday	September 24	9:00 am - 2:00 pm
Tuesday	September 26	6:30 pm - 9:30 pm
Thursday	September 28	6:30 pm - 9:30 pm
Friday	September 29	6:00 pm - 9:00 pm
Saturday	September 30	9:00 am - 3:00 pm
Three Mont	ths of Field Training	g TBA
	-	

Training to be held in the Westbrook Public Safety

The First Mandatory Monthly CE meeting will be held Tuesday, October 10, 2023, 6:00 pm - 9:00 pm.



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### Seniors Not Acting Their Age

# Cruising the Eastern Trails



Scarborough Marsh is a scenic section of the Eastern Trail

By Ron Chase

Cycling is one of my favorite activities and a primary source of aerobic exercise. The older I get the more I enjoy it. A runner for almost forty years, a knee replacement compelled me to quit. The knee guy said, "If you keep running, you'll be back for another one." A certified sissy, I'm not suffering that very painful rehabilitation again if I can avoid it.

Harvard Medical School reports what I've long believed. Cycling is great exercise and a wonderful form of recreation for almost everyone, especially us old people. An outstanding aerobic workout, it's much easier on the joints than walking and running. Those clever

folks at Harvard say cycling is excellent for the heart, brain, blood vessels, muscles, balance, and bone density. I just finished a bike ride and I'm already feeling smarter and tougher. Unbalanced since birth, I doubt there's any cure for that. If you're a fellow geriatric, grab a bike and get out on the trails. If you're young, start now and make it a lifelong addiction.

I ride a lot. The actual mileage I log is confidential as I don't want to be accused of being obsessive compulsive, a rumor without merit. Safety is my biggest cycling concern. There are simply too many people driving around texting and nipping. My preference is to get off the



A cyclist traverses Eastern Trail Bridge over Interstate 95

roads and ride traffic-free bike trails whenever possible.

The State of Maine promotes itself as a cycling friendly state. Unfortunately, that's not really true, at least comparatively speaking. Many states have a superior network of bike trails. Traveling to Utah and back a few summers ago, I rode 33 different trails, most just off major highways. In Florida, there are scores of paved bike trails spread throughout the state where gray-haired cyclists are often found. Here in Maine. we only have a handful of true bike trails that allow for a decent ride. Many riders consider a ten-mile round-trip to be the minimum acceptable distance. The vast majority of our scenic country roads lack a safe shoulder for bike travel. The good news, things are improving.

Two great trail rides in southern Maine are two sections of the Eastern Trail. The northern sector from Scarborough to Saco is eight miles one-way while the southern ride between Biddeford and Kennebunk is six. My wife, Nancy, recently joined me for a ride on both. She's younger than I so you'll have to consult with her on whether or not she qualifies as geriatric. We chose hybrid bikes for our outing.

Leaving the Black Point Road Trailhead in Scarborough, we rode south on the hard-packed dirt and gravel trail for a long mile to Scarborough Marsh. This is such a captivating area it's almost impossible to avoid stopping to fully appreciate the wonderful views. Normally, kayakers and canoeists can be seen exploring the tidal waters. As usual, several bird watchers were carefully surveying the expansive wetlands as we proceeded.

After passing the the northern trail. Shortmarsh and crossing busy ly before arriving at the



A family of turkeys cross the Eastern Trail in Kennebunk

Pine Point Road, we entered a shaded exceptionally serene path that continues for about five miles to Saco. A noteworthy bridge dedicated to one of the trail founders, John Andrews, crosses over Route One when approaching Saco. After several street crossings in the final mile, we arrived at the southern trailhead at Thornton Academy. It's possible to navigate through the streets of Saco and Biddeford to connect with the southern trail but we chose to return to Scarborough and avoid the traffic.

The weather was beautiful and it was an exceptional day for cycling, so we decided to drive to Biddeford and complete the southern trail. The Biddeford Trailhead is located behind Southern Maine Health Care just a short distance from Interstate 95.

The ride to Kennebunk is similar in character to the Scarborough Marsh to Saco section of the northern trail. Shortly before arriving at the Kennebunk Trailhead, we crossed the impressive Eastern Trail Bridge over Interstate 95. Just beyond, a spur trail on the right leads to Kennebunk Elementary School where there is parking and an excellent place for a break. After completing the return to Biddeford our combined ride totaled thirty very pleasurable miles.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates exploits on five Maine bike trails and three offshore island bike trips.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.northcountrypress.com/maineal-fresco or in bookstores and through online retailers. His previous books "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

### Free Community College Extended for Two More Years

AUGUSTA, ME
(July 14, 2023) – Tuition-free community college in Maine was extended to two more graduating high school classes under the budget passed by the legislature and signed today by Governor Janet Mills

The \$15 million investment will allow students graduating from high school or its equivalent in 2024 and 2025 to attend any Maine community college without paying any tuition or mandatory fees – a value of more than \$3,800 a year.

"Extending Free College to the Classes of 2024 and 2025 tells today's high school students that the State of Maine believes in them and is willing to invest in them and their future," said Maine Community College System (MCCS) President David Daigler.

scholarship means they won't have to work multiple jobs while they study or take just one or two classes at a time because they can't afford more. They'll have time to focus on learning a trade or becoming a nurse or a police officer or a chet, or pursuing any of the hundreds of degrees or oneyear certificates we offer. And they'll graduate as the kind of skilled workers Maine desperately needs right now and for years into the future. It's a bold move that benefits workers, employers, and the entire state of Maine," Daigler said.

Following a proposal from Governor Mills, Maine launched the Free Community College program in April 2022 with a one-time state investment of \$20 million, benefiting the pandemic-era high school graduates from 2020-2023. In the first

year, 6,400 students attended community college tuition-free.

Earlier this year, some students told law-makers what a difference the program made for them. Maya Eichorn, now a top student at York County Community College, said she wasn't even considering college.

"One year ago ... I was dropping out (of high school) to take the HiSET exam," she said. "Today, I am a full-time college student with a 4.0. Without the Maine Free College program, I would be aimlessly moving through life."

Tuition-free education at Maine's community colleges is also available to current high school students through OnCourse, an early college program, and for anyone enrolled in most short-term workforce training programs.



Thursday, July 20, 2023

### Flower Brigade Brings Colorful Joy to Wiscasset Art Walk, July 27



During the Wiscasset Art Walk, fresh bouquet organizers Terry Heller (I) and Jan Flowers, greet visitors and raise funds for local high school students. The Garden Club of Wiscasset bouquet brigade returns to the Wiscasset Art Walk on July 27, 5-8pm. (Bob Bond photo)

WISCASSET, ME (July 14, 2023) – Each month, visitors to Wiscasset Art Walk evenings – the last Thursday of June through September – are greeted by a tabletop landscape of brilliant colors, tucked into spotless glass jars, under the banner of Garden Club of Wiscasset.

Since 2016, garden club members have been staffing a sidewalk table during the art walks with fresh bouquets coming from members' gardens. According to Terry Heller, who is organizing the bouquet brigade, members get an email reminder a week or two before Wiscasset Art Walk evening. Mem-

bers then bring their flowers, picked that morning, to her porch by 3pm on art walk day. "We always have flowers," she said, "everyone helps." About 15 members are involved each month to pick flowers and to assemble them artfully.

By 4:30, the buckets of fresh flowers have been assembled into bouquets and placed in jars. "It's fun to do because it's a pretty thing," said Terry. She's also noticed that there are various ways to assemble glass jar bouquets. Some members assemble the flowers in their hands, she explained, adjusting for height and color and cutting the stems just right

before placing them in jars, and others put flowers directly into the jars and do the assembling then. And new for the July 27 WAW, 5-8pm, the floralists will be using Hosta leaves curled horizontally inside the jars to add even more pizzaz.

GCW member Jan Flowers started helping the flower brigade in 2019 when she stopped at their table for a look and has been involved ever since. She enjoys selling the bouquets during WAW where she meets town residents and people from away. Her favorite sidewalk story is about meeting a garden club member from another state who was so charmed

by the bouquet table that she left behind a \$100 gift.

For each of the monthly sidewalk sales, the Garden Club will have 24-30 bouquets selling for \$5 or \$10. "That way, we don't have to worry about making change," and if there are any unsold at the end of the night, Jan explains, they are given away to assisted living centers and sometimes the street musicians who have been serenading them.

Proceeds from bouquet sales support the GCW's scholarship fund. In 2022, two regional high school students each received \$1500 towards their education in horticulture or a related field.

The observant visitor can watch the seasons change at the GCW table. The late spring flowers get replaced by the abundance of mid-summer blooms which are followed by the challenges of late summer and early fall. Jan's approach is to "find what's pretty and cut it." This usually includes leaves, grasses, wildflowers, seed heads, and other non-traditional materials. And growing new members, too, is an opportunity that Terry appreciates: "We're training new members in the benefits of volunteering."

In 2023, the business sponsors who support the many free WAW activities and performers are Lead



The sidewalk bouquets, gathered by Garden Club of Wiscasset members, reflect the changes of the seasons across the four Wiscasset Art Walk evenings. The floral bouquets, a scholarship fundraiser, return on Thursday, July 27, 5-8pm, during WAW. (Bob Bond photo)

Sponsor Fogg and Dalton Art Restoration and Major Sponsors Ames True Value, Big Barn Coffee, Bradbury Art & Antiques, Carriage House Gardens, Cod Cove Inn, First National Bank, J. Edward Knight Insurance, Jodie's Café, Peter Eaton Antiques, Red's Eats, Rock Paper Scissors, Sherri Dunbar/Tim Dunham Realty, IndustrialME, BIRCH Home Furnishings & Gifts, and Water Street Kitchen & Bar.

For more information about Wiscasset Art Walk, visit www.wiscassetartwalk.org or email to wiscassetartwalk@gmail.com . Wiscasset Art Walk is a program of Wiscasset Creative Alliance.

### New 4-H Teen Program Seeks to Increase Civic Engagement

ORONO, ME (July 14, 2023) — University of Maine Cooperative Extension 4-H is accepting applications for a new civic engagement program called Youth Have a Voice.

This nine-month program is open to all Maine teens and recent high school graduates who are interested in taking a more active role in serving their local communities, the state or the country. Partic-

ipants will learn leadership skills and ways to take part in civic action by completing a service project in a topic of their interest in one of three categories: board member, policy leader or public service leader.

Youth board members will serve on a board, committee or advisory council where they will learn about public boards, the issues they address and how to effectively partic-



ipate. Policy leaders will learn about the impact of a local, state or national policy and write a response or opinion about it. Public service leaders will learn about community needs and how to follow a strategy while coordinating a service project.

Teens will be mentored by adults to assist their understanding of civic processes and ways to meet their project goals. The program will run from

September 2023 to May 2024, and the total time commitment may vary from 30–80 hours depending on the type of project.

Teens 14–19 years old or entering high school in fall 2023 can register for the program by completing a non-competitive application available on the program webpage. The information will be used to match teens with the resources they need to

complete the program. A three-credit Early College course in leadership development at UMaine may also be available for interested students.

Registration is open until July 31. The program will be limited to 16 youth. For more information or to request reasonable accommodation, please contact Andrew Hudacs, andrew.hudacs@maine.edu; 207.581.8204.







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# Daniel Donato's Cosmic Country at Cranmore



NH (July 14, 2023) — The Arts Jubilee Summer Concert Series presents Daniel Donato's Cosmic Country on Thursday, July 20th at Cranmore Mountain Resort. Cold Chocolate will open the show at 6:00 pm, followed by Donato and his band at 7:00 pm.

When people first meet Daniel Donato, they're not fully braced for this walking tornado of creative energy. Donato, a 27-year-old Nashville native, weaves outlaw country, Grateful Dead-style Americana, and first-rate songwriting into a singular form he calls "21st-century cosmic country."

The Telecaster-wielding wunderkind—who at 16 became the youngest musician to regularly play the

NORTH CONWAY, iconic honky tonk Robert's Western World while gigging with the Don Kelley Band—gained a formidable education by jamming regularly with Nashville's most seasoned players. Around the time he turned 18, one of Donato's high school teachers gave him a Grateful Dead box set. It was another 'eureka moment' for the guitarist. His love for the Dead may have been ignited much earlier by virtue of the fact that his mother was a bonafide Deadhead who followed the group on tour when she was pregnant with the future guitarist, but it was that collection that changed the way he looked at music. "It gave me a tie to all of the classic country gold I'd been working down at the honky-tonks each week-

end," he said. "Grateful Dead and Merle Haggard had always lived in my heart, but now, the link was made, and I had a vision on how to keep it alive for this generation that I am coming from."

Incubated to the sounds of the Dead, educated by some of Nashville's finest players, and having more than 2,000 shows under his belt, Daniel Donato is indeed a whirligig of creative fire. He's been dabbling in professional music since the age of 14, and yet he's just getting started.

Concert admission is \$18 for adults, \$12 for seniors, \$5 for students, and free for kids 12 and under. Pre-order tickets online at www.artsjubilee.org, or pay at the gate on the night of the show (cash or credit). There's plenty of free parking on site, food and beverages will be available for purchase, and there will be a raffle for a variety of great local prizes at every concert. Seating is not provided at the venue, so concertgoers are encouraged to bring a lawn chair or blanket to enjoy the show. Animals are not allowed on the property except for leashed service dogs. All concerts are rain or shine with the exception of rare circumstances, so guests are advised to come prepared as they would to any outdoor event. For more information visit www.artsjubilee. org. Special thanks to our Season Sponsor: White Mountain Oil & Propane, and to our Concert Lodging Sponsor: The Fox Ridge

### Field Day at Tidewater Farm Scheduled for Aug. 12

FALMOUTH, ME (July 14, 2023) — University of Maine Cooperative Extension will host a Field Day 10 a.m.-noon on Saturday, Aug. 12 at the UMaine Gardens at Tidewater Farm, 200 Presumpscot Point Road.

Come experience the gardens at Tidewater Farm, learn about UMaine Extension's work, ask gardening questions and participate in hands-on demonstrations with Extension staff and Volunteers. Demonstrations begin at 10:30 AM. Child-friendly activities will be provided. No registration required.

With the wide variety of flowers blooming in August, visitors will enjoy a walk through the gardens and participate in a handson demonstration of deadheading annuals and perennials. Additional topics include how to extend the gardening season by plant-

Master Gardener ing vegetable crops well into the late summer and early fall and various setups for protecting your crops against frost.

Representatives from the Falmouth Land Trust will be on hand to share information about local trails and nature-based programming. Learn how the Land Trust protects natural resources through conservation easements and participate in a child-friendly activity.



or to request a reasonable

website or contact Pamela maine.edu; 207.949.4524.

For more information accommodation, visit our Hargest, pamela.hargest@

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Thursday, July 20, 2023

### NPWF Calls for Federal Action to Pass Paid Family, Medical Leave

WASHINGTON, D.C. (July 11, 2023) – "Today, Maine became the 14th state (including the District of Columbia) to enact a strong paid family and medical leave program, providing Mainers up to 12 weeks of paid leave to care for themselves or family members – including extended and

chosen family. Thanks to the tireless work of the Maine Paid Leave Coalition, as well as the Maine State Legislature and Governor Janet Mills, working people in Maine will no longer have to choose between their jobs or their families.

"This law is evidence that robust, inclu-

sive, comprehensive paid leave programs make sense not only for working caregivers, but for all employers – including small businesses – and the economy as a whole. While a series of states have made progress in making paid family and medical leave law, it is just a piece of our nation's incomplete

patchwork of paid leave policies to support working families. It's time for federal lawmakers to take notice and act.

"Too many American families still cannot take time off from work without fear of losing pay or losing their jobs altogether. This is why we must continue the fight for

a comprehensive, national paid family and medical leave program that will afford protections to the diversity of our workforce. A national program would both bolster existing state programs – like those recently passed in Maine, Minnesota, Delaware, Maryland and more – and ensure that workers

can access paid leave no matter where they live. We will continue to work with our nation's leaders and fellow advocates all across the country to fight for all workers to have access to the protections that enable them to take care of themselves and their families while earning a living."

### Plan Approved to Address PFAS Contamination

AUGUSTA, (July 14, 2023) - The Department of Agriculture, Conservation and Forestry (DACF) announced today that the PFAS Fund Advisory Committee unanimously approved the Plan for Administration of the Fund to Address PFAS Contamination. This represents a crucial step in assisting Maine farms impacted by PFAS contamination and reaffirms Maine's commitment to protecting human health and maintaining farm viability. The PFAS Fund will expand upon existing support extended to impacted farmers through the Bureau of Agriculture, Food and Rural Resources. It will provide critical aid to Maine farms grappling with PFAS contamination, working to revitalize their operations while also reinforcing the state's steadfast commitment to the welfare

of its citizens and the longevity of its agricultural sector.

"Today marks a significant milestone in Maine's effort to combat PFAS contamination. The PFAS Fund Advisory Committee has approved a well-informed plan for the Fund's administration, which represents hundreds of hours of time invested by farmers, finance and business experts, researchers, healthcare professionals, legislators, and many others to activate critical resources to address this pressing issue," said DACF Commissioner Amanda Beal. "Together, we are determined to safeguard our agricultural landscapes and protect our communities from the harmful effects of

Governor Mills' establishment of the PFAS Task Force in 2019 marked the State of Maine's start to proactively addressing PFAS contamination. With bipartisan support and significant resources allocated by the Legislature, the State has since implemented a first-of-its-kind, cross-agency response effort to identify the extent of PFAS contamination and provide financial and other support to impacted communities. DACF works directly with impacted farmers, offering guidance and resources to navigate the uncertainties associated with PFAS contamination. The PFAS Fund is the latest initiative to provide comprehensive assistance to commercial farmers and individuals affected by PFAS.

The PFAS Fund will be crucial in augmenting existing DACF financial assistance to support commercial farms throughout the investigation and implementation of recovery strategies. It will, for example, provide income replacement payments, cover the costs of necessary infrastructure upgrades, and support "navigators" who will offer guidance to producers on how to obtain assistance and services.

In cases where the extent of contamination is impossible to overcome, the PFAS Fund can purchase PFAS-impacted property at fair market value as if there was no PFAS contamination.

Research is also a cornerstone of the PFAS Fund, which will launch a competitive research grant program to fund studies that help farmers determine the best options for maintaining and enhancing viability despite the presence of PFAS. It will also seek to establish a dedicated research station on one of the

purchased parcels of land.

Addressing the health concerns of affected individuals is a critical aspect of the PFAS Fund. It will support access to healthcare for impacted commercial farm families, farm workers, and residents whose drinking water wells were contaminated by PFAS because of the land application of biosolids. The Fund proposes covering costs not otherwise covered by insurance for blood testing, mental health care, and medical monitoring. Additionally, it will support a clinical trial for PFAS body burden reduction treatments and a study to determine routes and magnitude of soil-related PFAS exposure.

DACF was required to develop an implementation plan before using the funds. The PFAS Fund advisory committee and its four subcommittees collec-

tively met 30 times in six months to craft, review. and approve this Plan and its 23 specific strategic recommendations. PFAS Fund Director Beth Valentine oversaw the process, including two public hearings to review and discuss the Fund and proposals. DACF appreciates the dedication and hard work of all committee and subcommittee members, as well as of co-chairs Senator Stacy Brenner and Representative Jessica Fay.

The DACF acknowledges that the discovery of PFAS on a commercial farm is devastating. However, with the support of existing programs and the additional assistance provided by the PFAS Fund, Maine will continue to lead the nation in helping commercial farmers overcome the challenges presented by PFAS contamination.

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Page 8 Thursday, July 20, 2023

### Maine State Ballet Presents "Hansel And Gretel"

FALMOUTH, ME (July 14, 2023) – Maine State Ballet presents the classic fairy tale of a brother and sister who become lost in the woods from their parents. Guided by stars and angels through the night, they awake to fall into the hands of a witch living in a gingerbread house. Together, the children plan their escape and return safely home to their village. This narrated ballet is a treat for young and old alike!

Caelin Martin and Hanna Miele dance the roles of Hansel and Gretel with Glenn Davis and Sydney Morrison as their parents. Crowd favorites Janet Davis and Eliot Konzal share the role of the Witch. Maine State Ballet company and school dancers round out the cast of

FALMOUTH, ME
14, 2023) – Maine
Ballet presents the ic fairy tale of a brothid sister who become in the woods from their its. Guided by stars and is through the night, awake to fall into the interest of the

Performances run two weekends at MSB's in-house "Lopez Theater" – Thursday, August 3 – Saturday, August 12

Tickets \$19-27, with discounts available for seniors & children, at mainestateballet.org and 207-781-3587.

Maine State Ballet, a non-profit based in Falmouth, Maine, is one of the state's leading arts organizations whose mission is to uplift the Maine community through inspiring dance education and performance.

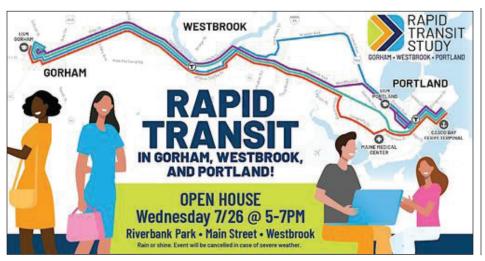




Maine State Ballet houses the Maine State Ballet Company, the 175-seat Lopez Theater, and its School

for the Performing Arts, this year celebrating 100 years of dance instruction in ballet, tap, and jazz.







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### First Ever Workshop, Retreat for the Hurdy-Gurdy Offered



**Noelle Beaudin** 

SANDWICH, NH (July 14, 2023) -- Ever heard of a hurdy-gurdy? You may know it by many other names - vielle a roue, zanfona, or organistrum - as there is a version of this medieval instrument in just about ev-



Alison Gowan

ery European country. But did you know that this instrument has been making a popular comeback? Its unique sound is now heard in everything from popular film scores to rock bands to folk music and back again to its traditional medieval dance music heritage.

Now, there is a local

more interest and education to this instrument in the USA, and it's starting with the first-ever Workshop and Retreat to be held at Geneva Point Center in Moultonborough, NH from August 20-24th, 2023. This workshop and retreat is offered for the very beginner all the way to the most advanced player. If you're interested in learning and don't have an instrument, three will be rentals available.

The roster of teachers for this workshop will also be impressive as Sergio González, a hurdy-gurdy player and teacher hailing from Barcelona, Spain and Alison Gowan, a Quebec-based hurdy-gurdy effort underway to bring player and vocalist, will be leading the majority of the classes. Locally, Noelle Beaudin, a hurdy-gurdy player and composer from Sandwich, NH, will also be teaching at the Workshop. Together, she and Max Enloe, a player and instrument technical expert from Dallas, Texas have created the Workshop program and have started, what they hope, will be the first of many educational outreach efforts for this instrument in the Northeast.

If you are interested in learning more about this Workshop and Retreat, visit www.GurdyWorld.com for more information, or you can email: info@gurdyworld.com or ring 603-677-



Sergio González

### Maine State Music Theatre to Present 9 To 5: The Musical

BRUNSWICK, ME (July 11, 2023) -- The award-winning Broadway hit based on the 1980 cult classic movie, 9 to 5; The Musical is set to keep the summer entertainment going full speed at Maine State Music Theatre.

"I get letters every year saying When are you doing 9 to 5?!?," says MSMT Artistic Director Curt Dale Clark. He continues: "The movie was one of the most hilarious ever written, and the success of the stage show is the fact that they've found a way to transfer the humor of that film onto the stage it's outstanding!"

With music and lyrics by Dolly Parton and a book by Patricia Resnick, who co-authored the film,

9 to 5: The Musical opened on Broadway in 2009, after an out-of-town preview in Los Angeles. A national tour hit the road in 2010, as well as subsequent regional, stock and international productions including a wildly successful revival on London's West End.

9 to 5: The Musical will open with preview performances on July 19, with an official opening of July 20 at the Pickard Theatre at Bowdoin College. Performances continue through August 5, 2023.

The cast for MSMT's 9 to 5: The Musical includes MSMT favorites Lauren Blackman as the "Lily Tomlin" character, Violet Newstead, with MSMT The Color Purple breakout star Jaden Dom-



Jaden Dominique, Kevin Earley, Lauren Blackman & Carolyn Anne Miller in 9 to 5: The Musical at MSMT Photo: MSMT/Jared Morneau Photography

inique as "Jane Fonda" Judy Bernly, and Carolyn Anne Miller, fresh from her performance as Kate in Titanic, taking on the role made popular by Parton herself, Doralee Rhodes. Kevin Earley, also featured in MSMT's Titanic, plays

the "sexist, egotistical, lying, hypocritical bigot of a boss" Franklin Hart, with MSMT stalwart Charis Leos as Roz, his long-suffering office snoop.

Also featured in 9 to

5: The Musical are Alicia Babin, Micheal Di Liberto, Stephane Duret, David Girolmo, Lucy Godinez, Stephanie Maloney, Sarah Miramontes, Michael Olaribigbe, J.P. Qualters, Mandie Rapoza and Davon Williams. Rounding out the ensemble are the 2023 MSMT Singers: Collin Flanagan, Jasmine Gillenwaters, Elijah James, Jalen Kirkman, Chelsea Pena, Camila V. Romero, Albert Sterner and Cari Walton.

MSMT's production and creative team of 9 to 5: The Musical: Kenny Ingram (Director/Choreographer), Aaron McAllister (Music Director), Amy Bertacini (Production Stage Manager), Bill Mohney (Scenic Design), Ryan Joyner (Projections), Annalise V. Caudle (Lighting), Shannon Slaton (Sound Design), Katie Dowse (Costume Design), Kevin Foster (Wig and Hair Design).

Tickets for 9 to 5: The Musical and all MSMT productions, can be purchased only by calling the Box Office at 207.725.8769 or by visiting www.msmt.org.

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





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### **Bangor Savings Bank Foundation Awards Nonprofits Grants**

(**July 13, 2023**)--The Bangor Savings Bank Foundation granted \$195,000 to 23 nonprofit organizations in Northern New England that are uplifting their communities. The Foundation selects grant applicants committed to enhancing local education, social and civic services, culture and arts, economic and workforce development, and health and wellness, strengthening the overall vitality of the region.

The current grant awardees provide an array of services and programs that contribute to resilient Maine and New Hampshire communities. Their impactful efforts encompass areas from providing housing assistance to supporting individuals experiencing homelessness to expanding financial literacy education for low-income students.

"Northern New England communities are closely connected with deep roots, and we are committed to doing our part to continue strengthening them," said Bob Montgomery-Rice, Pres-

ident and CEO of Bangor Savings Bank. "The Bangor Savings Bank Foundation helps empower nonprofit organizations to expand their significant work through these grant funds. Each recipient inspires us with their dedication to further the well-being of our communities."

One recipient is Northern Light Acadia Hospital in Bangor, Maine, which was awarded \$200,000 (\$40,000 over five years). The hospital is a psychiatric healthcare facility that serves Maine residents. The grant will help expand mental healthcare services through the construction of a 50-bed pediatric inpatient facility which will greatly improve access to behavioral health and wellness resources and care for people in need.

"This generous funding allows us to enhance our programs and provide vital support to even more of those in need of behavioral health services," said John Campell, MD, FANPA, interim president of Northern Light Acadia Hospital. "We are deeply grateful for this opportunity to make a difference

and remain dedicated to our mission of empowering people to improve their lives."

These are the additional grant recipients:

\$7,500

The Black Heritage Trail of New Hampshire

Portsmouth, Rockingham County, New Hampshire

The Black Heritage Trail of New Hampshire works to visibly honor and share a truer, more inclusive history through exhibits, educational programs, curriculum development, and tours. The grant will support program expansion to K-12 schools, partnerships with afterschool and summer programs, and new educational tours for middle school students launching in 2024.

\$5,500

Community Housing Improvement Project (CHIP, Inc.)

Newcastle, Lincoln County, Maine

CHIP assists low-income and rural disadvantaged residents, seniors, and others who lack resources by improving their housing. The grant will help provide home repairs including weatherproofing, replacement of windows, doors and roofs, handicap access ramps, and electrical and plumbing repairs to homeowners facing illness, disability, or financial need in Central and Eastern Lincoln County, Maine.

\$10,000 Fair Tide

Kittery, York County,

Maine
Fair Tide helps find permanent housing for individuals and families who are experiencing homelessness in Kittery, Maine. The grant will support the development of Mainspring, a resource hub of social services to provide food and housing needs, with building renovations

\$10,000 Junior Achievement

in one facility.

(Statewide)

for easy access to services

of Maine
Portland, Maine

Junior Achievement of Maine empowers today's youth to succeed through K-12 programming, including work and career readiness, entrepreneurship, and financial

literacy. The grant will

help deliver financial literacy education, career exploration, workforce readiness, and entrepreneurship training to more than 1,000 low-income students from Kittery to Fort Kent, Maine with age-appropriate curricula and allow at-risk children to succeed.

Additional Recipi-

Animal Welfare Society | \$5,500, West Kennebunk, Maine (Statewide)

Bangor Greendrinks | \$5,500, Bangor, Penobscot County, Maine

Bar Harbor Historical Society | \$5,500, Bar Harbor, Hancock County, Maine

Black Owned Maine (Fiscal Agent: Maine Immigrants Rights Coalition) | \$10,000, Portland, Cumberland County, Maine

Blue Ocean Society for Marine Conservation | \$6,500, Portsmouth, Rockingham County, New Hampshire

Boots2Roots | \$5,500, Portland, Maine (Statewide)

Camp CaPella | \$7,500, Holden, Maine (Statewide) Christine B. Foundation, Inc. | \$10,000, Bangor, Penobscot County, Maine

Coastal Rivers Conservation Trust | \$5,500, Damariscotta, Lincoln County, Maine

Dempsey Center | \$7,500, Portland, Maine (Statewide)

Heart of Maine Resource Center | \$7,500, Dexter, Penobscot County, Maine

In Her Presence | \$7,500, Westbrook, Cumberland County, Maine

Lincoln County Television | \$10,000, Newcastle, Lincoln County, Maine

Maine MILL | \$5,500, Lewiston, Androscoggin County, Maine

Maine Needs | \$5,500, Portland, Maine (Statewide)

Orono Economic Development Corporation (Fiscal Agent: Penobscot Valley Ski Club) | \$5,500, Bangor, Penobscot County, Maine

Thompson Free Library | \$5,500, Dover-Fox-croft, Piscataquis County, Maine

Veggies to Table | \$6,000, Newcastle, Lincoln County, Maine

### City Kids Gala Raises \$180K to Provide Resources for Youth

Boston, MA (July 10, 2023) – City Kids, a youth education nonprofit created by City Realty Group Managing Partners Fred Starikov and Stephen Whalen with the goal of sparking intellectual curiosity among the children of Boston by providing them with unique experi-

ences and powerful educational resources, raised \$180,000 at its annual City Kids Gala. The event, held at the new Scores Boston in the West End, drew hundreds of supporters to an exciting new venue for the purpose of supporting the City Kids mission.

The City Kids Gala



featured inspirational guest speakers and a variety of exciting auction items and live entertainment. The event surpassed fundraising goals and was made possible by generous sponsors, such as The Hamilton Foundation, Elevated Realty, Rogers & Gray, Embarc, and many others. The gala proceeds will help City Kids broaden its already strong impact in providing educational resources for underserved youth in Boston and beyond.

"Thank you to all our sponsors and people who donated trips and silent auction items, your thoughtful contributions truly meant everything



to us," said City Kids Co-Founder Stephen Whalen. "We will always remember your support continue to be grateful as we continue to give back and work to have a positive impact on the education of our children."

City Kids also presented Amran Osman, Generational Noor founder and guest speaker, with a \$10,000 donation for Generational Noor. This nonprofit, based in Whalen's home state of Maine, focuses on educating the immigrant community on substance use disorder and mental health. Generational Noor fights substance abuse in BIPOC

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communities by hosting community roundtables and providing culturally sensitive training and treatment around addiction.

"We at Generational Noor want to take a moment to thank Steve Whalen and City kids for being our first donors and believing in Generational Noor when it was just a dream of a girl on

**Jason Hodsdon Masonry** 

Jasonhodsdonmasonry@gmail.com

a mission to change her community and help the people around her," said Osman. "Because of that first donation, we were able to do our first few events and round table discussions and now approximately over 1,000 people benefited from our first year of programming at Generational Noor."

For more information on how to support City Kids, please visit www.cityrealtyboston. com/citykids. To see what City Kids is up to day to day, check its Facebook and Instagram.

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

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Thursday, July 20, 2023

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Page 12 Thursday, July 20, 2023

### King Demands VA Reimburses Maine Veterans' Homes

WASHINGTON, D.C. (July 14, 2023) -U.S. Senator Angus King, a member of the Senate Veterans' Affairs Committee, today urged the Department of Veterans Affairs (VA) to resume payments for domiciliary care for veterans with dementia as permitted by law. Congress passed legislation in 2021 authorizing the VA to cover the costs of domiciliary care after the Department stopped reimbursements for the long-supported care in 2019. Now, with organizations like Maine Veterans' Homes (MVH) forced to carry the financial burden, King demanded in a Senate Veterans Affairs Committee hearing that the agency follow Congressional direction and authorize reimbursements as quickly as possible.

In an exchange with Cynthia Gantt, the Deputy Director of the Office of Patient Centered Care and Cultural Transformation

within Patient Care Services at the VA, King suggested that the VA swiftly implement the domiciliary care law passed by Congress in 2021.

"One of the bills before the committee today involves the reimbursement for domiciliary care for veterans with dementia. And this is something that Maine Veterans' Homes undertook. On January 5, 2021, the President signed the Johnny Isakson and David P. Rowe Veterans Health Care Act. It had in it Section 3007: "the VA to allow a waiver for eligible veterans to receive per diem payments for domiciliary care." As of today, no rules have been issued by the Veterans Administration to implement this law," began Senator King. "This wasn't a suggestion from the United States Congress. This was a law. And we are still waiting."

"So I have a bill in

before this committee that would mandate that the rules be issued. The Veterans' Administration, for reasons that escape me, are opposing this rule. That takes a lot of nerve. Just issue the damn rule. If you're going to issue the rule, do it. Otherwise, we're going to pass this bill. But it's a damn shame that we have to pass a second bill to implement a bill that we already passed. So what's the problem here?" Senator King asked.

Gantt replied, "Senator, VA is not supporting this bill because we are actively, as you mentioned, working on—"

"Define 'active.' It's 2021. Let's see, we're two and a half years later. That's not very active. Eisenhower retook Europe in eleven months," King proclaimed.

After receiving a clear answer from Gantt that the VA will swiftly implement the legislation,

Senator King reaffirmed her commitment that the issue will be resolved in a matter of months.

King concluded, "I'm delighted to hear that, and I'm delighted to hear about the coordination, but the Veterans Homes the DAV, the VFW all support the bill that I'm talking about in order to move your agency to issue the rules so that we can give the veterans the care that they deserve. So as you can tell, this is not acceptable. And so you said actively, I'll take you at your word and consider that a commitment to move on this matter in the immediate future, and that means in the next several months."

In May 2023, King and the entire Maine Congressional Delegation introduced a bipartisan, bicameral bill to fast-track reimbursements from the Department of Veterans Affairs (VA) to Maine Veterans' Homes (MVH). In

a previous hearing, King had also pressed VA Secretary Denis McDonough to follow Congressional guidance and authorize reimbursements as quickly as possible. The current delay has forced MVH, and in some cases veterans and their families, to pay out-of-pocket for the care costing approximately \$130,000 per month and over \$2.5 million since

As a member of the Senate Veterans' Affairs Committee, Senator King works to oversee the VA and ensure the proper implementation of various programs, such as the PACT Act, the State Veterans Homes Domiciliary Care Flexibility Act, and the John Scott Hannon Act. Senator King hopes to help improve the Department's capacity by investing in its workforce, facilities, and other modernization efforts.

Last year, Senator

King conducted 11 interviews with Maine veterans as part of the Library of Congress' Veterans History Project, an effort by the Library to collect, preserve and distribute the personal accounts of American war veterans so that future generations may hear directly from veterans and better understand the realities of

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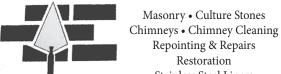
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#### July 20

GORHAM -- On Thursday, July 20th at 6 PM, Cressey Road Church (81 Cressey Road, Gorham) will be hosting a free concert featuring 2-time Grammy Nominee Brad White. Brad's performances use vocals, piano artistry, and the saxophone to bring humor, heart, and hymns of the generations together. Refreshments to follow. 839-3111

#### Fridays July 21 – August 18

LEWISTON -- Opening Minds through Art (OMA) classes Fridays July 14–August 18 from 1-3 p.m. at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston. Through a series of classes, OMA engages students with dementia in creating freewheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

### July 21, 22, 23, 27, 28, 29

BAR MILLS -- The Original's present A PI-CASSO BY JEFFREY HATCHER, at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, July 21st, 22nd, 27th, 28th, 29th at 7:30pm and July 23rd at 2:30pm. Tickets: \$15 General Admission at www. sacorivertheate.org or call 207-929-6473 for reservations.

#### July 22

GRAY -- First Congregational Church of Gray

### Calendar

Send your submissions to the Editor. More online.

Saturday Night Church Supper, Saturday July 22, 2023 @ 5:00 at the Parish House, 5 Brown Street, Gray

Handicapped Accessible. Meals are Singled-sized and are \$10.00 each. Please pay at the door.

The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts & Beverages

#### July 22 LEWISTON SPARKS' ARK

Come see, learn and interact with Sparks' Ark's amazing animals in Callahan Hall at 11:00AM. For all ages. No registration required. Free. 513-3133; www.LPLonline.org

#### July 22

WESTBROOK --Annual Prides Corner Church Yard Sale

Where: Prides Corner Community Church, 235 Pride St, Westbrook, ME 04038

When: July 22, from 7:30-1PM

### July 24; August 7, 14, 21, 28

LEWISTON -- The Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Kennedy Park this summer for children ages 5-14 on Mondays July 10, 17, 24 and August 7, 14, 21, 28 at 3:00PM. Information can also be found on our website at https://lplonline.org/events/art-van-in-kennedy-park-2-july/ and https://lplonline.org/events/artvan-in-kennedy-park-2-august/

For any further information, please contact the Children's Department at LPLKids@lewistonmaine.gov or call 207-513-3133.

#### July 29

BUXTON -- Haddock Supper Buffet - Saturday, July 29, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 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.

#### Sept 2

GORHAM -- On Saturday, September 2nd, starting at 1:00 pm at the United Methodist Church, 439 Park Avenue in Auburn, the Maine Iris Society will hold its annual auction of Siberian irises and daylilies. All are welcome

#### Oct 21 WESTBROOK

Annual Holiday Craft Fair and Silent Auction

Where: Prides Corner Community Church, 235 Pride St. Westbrook, ME 04038

When: October 21, from 9AM to 3PM

Handmade crafts, baked goods and very popular silent auction items featuring sports memorabilia, game tickets, themed gift baskets, fabulous items and gift certificates! SI-LENT AUCTION ENDS AT 2PM.

### Every 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> Monday

LEWISTON -- PRO-GRAMS FOR HOMES-CHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club

and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.

### Second and fourth Thursdays

LEWISTON **TRADING** YOUTH 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

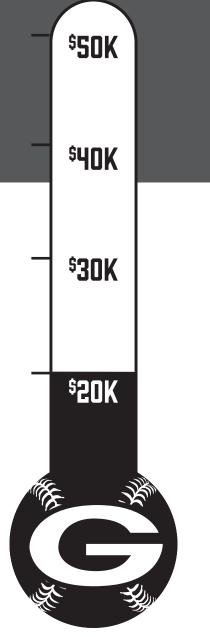
#### Wednesdays

L E W I S T O N
-- 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.

#### Every second Monday

LEWISTON -- Caregiver Support Groups, Date: Monday, January 9 (every second Monday); Time: 5:30–7 p.m. Facilitator: Dana Morrell, SW. Location: SeniorsPlus, 8 Falcon Road, Lewiston.



# 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



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

#### **CLEANERS**

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

MJ's- Cleaning Over10yearsexperience. Reasonable rates. Available to work with your schedule. Call: 207-539-3204.

#### **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 Power**brush 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 cotfee 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

#### **HOUSE KEEPING**

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

#### LIVE & CODE **IN MAINE**

Maine cybersecurity startup seeks local software engineer

Defendify is looking for a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-inone cybersecurity platform. Position information and to apply: www. defendify.com/careers.

#### **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

#### **SENIORS**

**LEWISTON SENIOR** CITIZENS TRIPS **FOR 2023** 

#### 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.

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

#### **SUPERVISED EXERCISE**

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, inhome options available. Call Mike Phelan for more information. 207-577-8777

#### WANTED

#### **Full & Part Time**

John's Cleaners in Lewiston is seaking a garment pressor & delivery person. No experience necessary. We will train. Pay is \$14 -\$16 / hr with paid holidays. Call 784-9096 or apply

in person.

Best Source for Arts, Music and Theater! Your

Hometown Paper.

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

### Classified Ads TO 40 WORDS!

NUMBER OF WEEKS TO RUN:

EACH ADDITIONAL WORD 25¢

Send payment with completed form to our bookkeeping office: 89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

Card #
Phone:
CATEGORY:
HEADLINE:
AD INFO:

Page 16 Thursday, July 20, 2023

### Updates from the Town of Gorham Manager's Office

GORHAM, ME (July 14, 2023) -- The following are notes from the Town of Gorham Manager's Office:

Reminder: July 25, 2023 Special School Budget Validation Election Information

A Special School Budget Validation Election will take place on Tuesday, July 25, 2023 to allow voters to validate the revised FY 24 school budget.

The school budget amounts that voters will validate at the Special Election, that were adopted at the Town Council meeting held July 11, 2023, can be viewed at

https://www.gorhamme.org/sites/g/files/ vyhlif4456/f/uploads/ final\_fy24\_budget\_numbers\_approved\_by\_council.pdf.

Below are helpful website links and answers to frequently asked questions:

· Visit here to learn how/where to register to vote:

https://www.gorhamme.org/sites/g/files/ vyhlif4456/f/uploads/ maine\_voting\_residence\_ fact\_sheet.pdf

When do polls open and close on Election Day? Poll places open at 7am and close at 8pm.

· Where do I vote?

Visit https://www.gorhamme.org/sites/g/files/vyhlif4456/f/uploads/municipal\_street\_list\_rev\_03\_30\_22.pdf to view

a listing of assigned polling wards based on odd/even residential street addresses in

Gorham. Wards are as follows:

- · Ward 1-1: Gorham Middle School - 106 Weeks Road
- · Ward 1-2: Great Falls Elementary School -73 Justice Way
- · Ward 2: Shaw Gym, Gorham Municipal Center - 75 South Street

· Visit https://www.gorhamme.org/sites/g/files/vyhlif4456/f/uploads/voting\_map\_2021.pdf to view a map of voting

wards.

Voter Registration
Unenrolled voters
can enroll in a party at
any time including Election Day since the State of
Maine offers Election Day
voter registration.

Absentee Voting

Absentee ballots are available by request by calling the Town Clerk's Office at 222-1670. Please note that absentee voting will not be held in Council Chambers for this election; however, voting booths are set up in the Clerk's Office for citizens to vote in-person during normal office

hours (7am - 5pm, Mon-Thurs) starting Wednesday, July 12th. The last day to request an absentee ballot or vote in the Town Clerk's Office will be July 20th at 5pm. Ballots can be returned up to until 8pm on Election Day in the ballot box outside of the Gorham Municipal Center or in the Town Clerk's Office.

The State website is not available for requesting absentee ballots for this election since it is a local election.

For general election information, folks can visit https://www.gorham-me.org/townclerk/pages/election-voting-information. For assistance with additional questions about absentee voting, citizens can visit the Town Clerk's Office or call 222-1670.

### Road Projects and Improvements

Gorham Public Works summer road projects and improvements are in full swing. Citizens can find important notices regarding work that could impact travel under News and Announcements on the Town website at https://www.gorham-me.org/node/1/news, and on the Town's Facebook page at https://www.facebook.com/TownofGorham/.

Below is a list of current projects happening

Gorham

Grow with Us

MEMO

TO: Town Council
FROM: The Town Manager's Office
DATE: July 14, 2023
SUBJECT: Town Manager's Office Report

. Reminder: July 25, 2023 Special School Budget Validation Election Information

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The school budget amounts that voters will validate at the Special Election, that were adopted at the Town Council meeting held July 11, 2023, can be viewed at <a href="https://www.gorham-me.org/sites/g/files/vvhlif4456/f/uploads/final\_fv24">https://www.gorham-me.org/sites/g/files/vvhlif4456/f/uploads/final\_fv24</a> budget numbers approved by council.pdf.

Below are helpful website links and answers to frequently asked questions:

- Visit here to learn how/where to register to vote: <a href="https://www.gorham-public/https://
- me.org/sites/g/files/vyhlif4456/f/uploads/maine voting residence fact sheet.pdf
   When do polls open and close on Election Day? *Poll places open at 7am and close at 8pm.*
- Where do I veto
  - Visit <a href="https://www.gorham-">https://www.gorham-</a>

me.org/sites/g/files/vyhlif4456/f/uploads/municipal street list rev 03 30 22.pdf to view a listing of assigned polling wards based on odd/even residential street addresses in Gorham. Wards are as follows:

- Ward 1-1: Gorham Middle School 106 Weeks Road
- Ward 1-2: Great Falls Elementary School 73 Justice Way
- Ward 2: Shaw Gym, Gorham Municipal Center 75 South Street
- Visit https://www.gorham-

 $\underline{me.org/sites/g/files/vyhlif4456/f/uploads/voting\ map\ 2021.pdf}\ to\ view\ a\ map\ of\ voting\ wards.$ 

#### Voter Registration

Unenrolled voters can enroll in a party at any time including Election Day since the State of Maine offers Election Day voter registration.

#### Absentee Voting

Absentee ballots are available by request by calling the Town Clerk's Office at 222-1670. Please note that absentee voting will not be held in Council Chambers for this election; however, voting booths are set up

around town:

In an effort to reduce noise created when vehicles run on centerline rumble strips, MDOT will be installing new centerline rumble strips on Route 202 later this summer beginning at the 45 mph sign north of Wentworth Drive, and continuing northeast for 2.05 miles. The new strips are not as deep as the previous design and will still alert distracted drivers while reducing noise emissions.

Public Works and hired contractors will be performing road work within the right of way at the intersection of Saco Street and Brackett Road. The project will last approximately four weeks and will include widening of Saco Street to include a left turn lane and widening Brackett Road to include a right turn lane. Due to the concerns of heavy traffic,

the contractor has been given permission to perform the work at night. The time frame will be between 7PM and 7AM. This will make the operations of this project safer and more efficient for the crews.

Paving work by Shaw Brothers Construction took place in the evening hours of July 12th on Fort Hill Road from Valley View Drive to USM.

· Gorham Sand and Gravel will begin work within the next two weeks on the Plummer Road culvert project. There will be replacement of an existing deteriorating culvert between Winding Brook Way and #114 with a precast concrete box culvert with a simulated streambed material in order to allow for sufficient fish passage through this crossing. The installation of this culvert will include: excavation, instillation of culvert and related backfill, gravels, base and surface pavements. Citizens are advised to be prepared for traffic detours that will last roughly four weeks. Once a start date is established, Gorham Public Works will announce updates to the community via Facebook and the Town webpage.

Fire Service Training Opportunity to be Hosted by Gorham Fire & Mutual Aid Partners at USM Gorham Campus – August 1, 2023

Gorham Fire, along with its mutual aid partners, will host a fire service training opportunity with speaker Assistant Chief Nick Esposito of Truck Tactics Training LLC on August 1, 2023 at the University of Southern Maine - Gorham Campus that will offer attendees training on the tactical use and positioning of aerial apparatus.



GORHAM, ME (April 29, 2023) -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and

ME welcome your donations. The during our operating that hours. Clean clothes in good shape help the most, as they go right out to who help people locally or in nearby communities. An attempt is made to have season appropriate clothes we available to you. After we have displayed them for a time, they are donated to AM serve the people in need in Ukraine.

In addition to helping folks find clothes, we want to spend time with you!

There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are Welcome!

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



\*Annual Percentage Rate as of 06/01/2023. Rates subject to change without notice.

Not all applicants will qualify for the lowest rate.