



Dempsey Challenge celebrates 15 years

LEWISTON/AUBURN, ME (September 15, 2023) -- The Dempsey Challenge is BACK and is celebrating 15 incredible years of running, walking, and cycling to make life better for people impacted by cancer. This fundraising event, held annually, is the cornerstone event for the Dempsey Center. Since its inception in 2008, participants in the Dempsey Challenge have raised over \$18 million dollars, with 100% of funds going directly to the Center.

The Dempsey Center was founded by actor, Patrick Dempsey, in 2008 after his mother's experience with cancer and as a way to give back to his hometown community of Lewiston, Maine. Today, the Dempsey Center has grown to two locations in Lewiston and South Portland, Maine, a hospitality home in Portland, Maine, and has adapted to providing robust support virtually via Dempsey Connects. The programs offered by the Dempsey Center provide a wide range of holistic support that address the physical, functional, social, and emotional well-being of people impacted by cancer. All services are provided at no cost to cancer patients, survivors, care partners, family members, and friends.

"We want all Mainers impacted by cancer to know the Dempsey Center is here for them. Last year we saw clients from across Maine, providing holistic, whole-person support to not only the cancer patient, but to their care partners and loved ones as well," said Founder Patrick Dempsey.

Cara Valentino, Dempsey Center CEO + President says that the organization has seen tremendous growth. "Last year, we served approximately 2,200 clients, and we have already served that total number of clients as of August. The need for integrative care to complement clinical treatment continues to grow exponentially," said Valentino, who added that the Dempsey Center is on the path to serve more than 4,000 individuals in 2023.

Registration for the 15th Anniversary Dempsey Challenge presented by Karyopharm Therapeutics is still open! Join us in Simard-Payne Park for the in-person events or join us virtually and participate from anywhere in the world presented by



our friends at Amgen Oncology.

This year's in-person event will take place on one-day—Saturday, September 23rd—and will feature 5k run/walk events presented by Poland Spring Brand 100% Natural Spring Water; Wendy's Way Family Ride, 25-mile, 50-mile, and 65-mile cycling events presented by Specialized; and a NEW Dempsey Duathlon (~4.5-mile run, 21.5-mile ride) presented by Geiger.

Those participating in-person will see some special guests in Simard-Payne Park this year. Noelle Lambert, Paralympian, competitor in Survivor Season 43, and Founder of The Born to Run Foundation will be present, as well as Ethan Zohn, Survivor: Africa winner, founder of Grassroot Soccer, and cancer survivor.

"The Dempsey Challenge has been a staple in the Lewiston/Auburn community for the past 15 years. We are so grateful to the community and all those who rally together to make this incredible event with a special purpose possible," says Deneka

Deletetsky, Event Manager.

After raising a record \$1.6 million in 2022, this year's goal is to raise \$1.8 million that will go directly to providing services to people impacted by cancer at no cost. "It is an ambitious goal," says Deletetsky, "but we know our community is ready to rally together for the challenge."

For the latest updates about Dempsey Challenge 2023, please visit Dempsey-Challenge.org.

To learn more about the Dempsey Center, visit DempseyCenter.org.

Clothes Galore at Gorham's Mission of Hope Clothes Closet

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

Town of Gorham announces fall brush drop off days

GORHAM, ME (September 15, 2023) -- 2023 Fall Brush Drop Off information: Residents only, no commercial drop off. No stumps will be accepted. Leaves & grass clippings accepted in the designated area throughout the season. Please do not leave bags behind.

When: Saturday, 10/7 and Saturday, 10/21

Time: 8 am to 12 noon

Location: 80 Huston Rd.

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

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Newsmakers, Names & Faces

Funds available for Mainers in declared disaster areas

BANGOR, ME (September 15, 2023) – As the state prepared for a major weekend storm, U.S. Department of Agriculture (USDA) Rural Development Maine State Director Rhiannon Hampson today announced that the Department has launched a pilot program to make it easier for rural Mainers to repair and rebuild storm-damaged homes in presidentially declared disaster areas. The pilot program covers disasters since July 18, 2022, and may include future natural disasters declared through the next two years.

“The Biden-Harris Administration and USDA are working hard to find solutions to help people impacted by natural disasters in rural areas,” State Director Hampson said. “Mainers deserve the resources to rebuild their homes and lives after storms and floods. Whether you’re a senior living in retirement or a young family getting started, if your home was damaged in a recent natural disaster, this pilot program may be able to help. It includes manufactured housing and offers reimbursements for

emergency repairs that were already completed. Flexibilities such as these mean Rural Development can help even more low-income Mainers enjoy secure homes.”

This USDA pilot program significantly expands eligibility for people seeking Single Family Housing Repair Loans and Grants to repair and rebuild their homes damaged in areas of presidentially declared disasters.

As a part of this pilot, USDA is making a number of changes to the grant and loan program, including:

Lowering the minimum age from 62 to 18 for eligible homeowners.

Refinancing debt and reimbursing repair costs incurred as a result of the natural disaster.

Financing costs to relocate mobile and manufactured homes.

In Maine, funding is available to homeowners in eligible rural areas affected by specific storms. Funds are available for homes damaged in presidentially declared disaster areas that occurred since July 18, 2022, including the severe storms and flooding

occurring:

December 23-December 24, 2022, in Franklin, Knox, Oxford, Somerset, Waldo, or York counties;

April 30-May 1, 2023, in Franklin, Kennebec, Knox, Lincoln, Oxford, Sagadahoc, and Somerset counties;

June 26, 2023 in Oxford County;

June 29, 2023, in Franklin County.

Funds may also be used in areas subject to future natural disasters in the next two years. Income restrictions apply. Applications must be submitted

directly to the Rural Development State Office. For more information on how to apply, contact our Single Family Housing staff at 207-990-9100 (SFH-Maine@USDA.gov) or visit www.rd.usda.gov/me.

Additional information is also available on page 60883 of the Sept. 6 Federal Register and page 45809 of the July 18 Federal Register.

For more resources to support rural communities seeking disaster assistance, visit <https://www.rd.usda.gov/page/rural-development-disaster-assistance>.

Day’s Jewelers participating in 2023 Jewelers for Children Day

WATERVILLE, ME (September 15, 2023) – On September 23rd, 2023, Day’s Jewelers will be one of many jewelers across the United States participating in Jewelers for Children’s annual fundraising day. This event aims to celebrate the success of the jewelry industry’s ongoing support for children in need and raise awareness and funds for the many charities that Jewelers for Children support.

Jewelers for Children is a non-profit orga-

nization that brings together jewelers across the U.S. to raise funds and awareness for children affected by illness, abuse, or neglect. The organization was founded in 1999 and, since then, has raised over sixty million dollars for children in need. JFC is partnered with charity organizations such as St. Jude Children’s Research Hospital®, Make-A-Wish® America, the Elizabeth Glaser Pediatric AIDS Foundation, and the National CASA Association.

On the annual Jewelers for Children Day, partners of JFC come together to donate portions of their sales to the organization. This encourages community involvement across the country, uniting communities through the common goal of helping, uplifting, and supporting children and their families during life’s toughest moments. The event raises both awareness and funds to support these families and has become a hugely successful approach throughout the

years.

Joe Corey, President of Day’s Jewelers, serves on the Jewelers for Children Board of Directors. Of JFC Day, Joe says “supporting our communities and doing our part to make the world a better place is one of our core values at Day’s. I’m proud to announce that once again we will donate 5% of our sales to Jewelers for Children on JFC Day this year. The charities that JFC support have made such a major impact on the lives of so

many families. We firmly believe that it is our responsibility to continue to give back in any way that we can.”

As a family-focused company, Day’s Jewelers believes in supporting and uplifting children in need, along with their families, who benefit from organizations like St. Jude, CASA, Elizabeth Glaser Pediatric Aids foundation, and Make-A-Wish®. Several Make-A-Wish® events have occurred in Day’s locations, marking this organization

as one very close to the company’s heart.

In 2014, Day’s celebrated 100 years of business with a donation to JFC. The family-owned business hoped to make a big impact on the communities they serve, work, and live in. After a year of fundraising, Day’s Jewelers was able to present JFC with a check for \$100,000 to continue supporting children in need across the world.

2023 marks Day’s sixth year of participation in JFC Day.

Playwrights Festival open for script submissions

PORTLAND, ME (September 15, 2023) – Acorn Productions, producers of the annual Maine Playwrights Festival, announces that they are now accepting scripts for this season’s twenty-second edition of the state’s long-running incubator for new plays by local playwrights. Anybody living in Maine is eligible to submit a new play between 8 and 30 minutes in length for consideration in the festival. The deadline for submissions is Monday, November 27th, 2023. Submission informa-

tion is available at www.acorn-productions.org.

“At the Maine Playwrights Festival, we’re excited to not only to showcase local playwrights’ work, but also to provide ways for writers at all sorts of levels to develop their craft as playwrights,” says Daniel Burson, the festival’s Artistic Director. “When you submit a script to the festival, it might lead to a world premiere production next spring. Or it might also lead to a workshop reading, a writing class led by a professional play-

wright, or simply a chance to practice the remarkable art of telling stories through theater. We want to offer support for Maine’s playwrights at every stage of their writing lives.”

The festival is centered on developing and honing short plays, from submission through staged readings, rewrites, and culminating in public performances. The 2024 Maine Playwrights Festival will be comprised of two weekends of fully staged performances of short plays, to be performed in Portland

in April, 2024. The Festival anticipates selecting 5 or 6 short plays for production this year. The selected playwrights will receive extensive support for revising their pieces during a workshop phase before the plays go into rehearsals. In addition to the festival productions, several playwrights not selected for the full festival will get the opportunity to workshop their plays with this year’s professional playwright-in-residence (to be announced later this month).

All new plays submit-

ted to the festival must be original works 8-30 minutes in length, and have not received a professional production prior to submission. Playwrights who are interested in submitting a new play for consideration by the November 27th deadline can visit Acorn’s website at www.acorn-productions.org for complete details.

The Maine Playwrights Festival has evolved through the years from a set of dramatic readings at Acorn’s studio space on Congress Street to a se-

ries of full performances by some of Maine’s best-known playwrights. Each year, playwrights from across Maine submit between 50 and 70 scripts to the festival, and a committee of local theater professionals reads them and selects a small group of plays for production at public performances in the spring. Over the years, the festival has showcased over 100 Maine playwrights, many of whom have subsequently had their work produced at theater festivals all over the country.



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Newsmakers, Names & Faces

Gorham, Westbrook schools work to increase wellbeing, achievement

MAINE (September 15, 2023) -- As the new school year begins, 71 schools across Maine launched their first year of implementing the BARR (Building Assets, Reducing Risks) model with students and staff. The Maine Department of Education (DOE) invested \$10 million in federal emergency relief funds to provide access to the BARR model for Maine schools. BARR is a research-backed model focused on strengthening relationships, reducing high-risk student behavior, and improving academic achievement.

The Maine DOE made the investment to support educators, students, and schools in recovering from the impact the pandemic has had on wellbeing, engagement with school, and school climate. The BARR model strengthens relationships between educators and between students

and educators and utilizes real-time data to support students based on their strengths and connections to school. BARR aligns with the Maine Department of Education's whole student approach focused on ensuring all students are healthy, safe, engaged, supported, challenged, and prepared.

"Camden Hills has always been committed to helping our students transition smoothly into high school, and we are excited to do so in a coordinated and systematic way with the support of the BARR program. Now more than ever, schools need to reinvest in creating a safe and empathetic space for kids to flourish academically, emotionally, and socially. I'm proud to share that our reinvestment includes adding research-based BARR strategies to our dedicated teachers' toolbox," said Camden Hills Regional

High School Principal Jen Curtis.

Educators at new BARR model schools spent their summers participating in multi-day trainings with BARR coaches to learn about the model and adapt it to their school cultures. The trainings helped develop stronger ties between educators and between educators, administrators, counseling staff, and other school support staff who will form the school-based BARR teams and work together to support students and one another. They also participated in several interactive, hands-on learning and relationship-building activities that they will be able to lead with their students.

"Our [BARR] training last week was just what the doctor ordered. It helped to reestablish our commitment, our structure, and our process. The training also helped to guide a conversa-

tion about resiliency which we all need post-pandemic," said Westbrook High School Co-Principal Wendy Harvey.

"I was just saying to our curriculum director that while I appreciate the contacts she has lined up from a school that is currently implementing BARR, we really don't need them. The teachers and staff who attended the BARR training are our most compelling supporters of this initiative," said Maranacook High School Principal Michele LaForge.

"The training resuscitated my staff. It felt like we were on life support last year. Yes, we can breathe!," said a school administrator at Narragansett Elementary School.

Studies show that the BARR model results in increased student engagement, reduced chronic absenteeism, a 40 percent reduction on average in fail-

ure rates after one year of implementation, increased student achievement rates, and a reduction in high-risk student behavior and substance use. BARR reports that the effects are strongest for male students, students of color, students eligible for free or reduced-price lunch, multilingual learners, and students with disabilities. Educators report increased job satisfaction and higher levels of collaboration after implementing BARR.

15 Maine schools previously implemented BARR. Noble High School first implemented BARR with half of its 9th grade class in 2014. By the end of the first semester, BARR students had missed roughly half as many days of school as non-BARR students and the school expanded BARR to include all students. Bucksport High School's graduation rate increased by more than

15 percent after implementing BARR.

Last week, the National Governors Association (NGA) selected Maine as one of five states to participate in a new initiative launched to bolster the mental health and wellbeing of students and school staff. Through this initiative, the NGA will support the implementation of the BARR model. Maine will receive technical support from the NGA and their national and state partners and engage in peer learning opportunities with the other states chosen for the initiative, New Hampshire, North Carolina, Oregon, and Wyoming.

Local schools participating: Gorham: Great Falls Elementary School; Narragansett Elementary School; Village Elementary School
Westbrook: Canal School; Congin Elementary; Saccarappa School; Westbrook High School; Westbrook Middle School

St. Mary's celebrates \$100M in construction-to-permanent loans



Pictured Left to Right: to right Kyle Schneck, chief lending officer, Judy Kurisko-Leclerc, vice president, senior mortgage loan officer, Ken Senus, President and CEO, Lorinda Gilbert, construction loan administrator

MANCHESTER, NH (September 12, 2023) — Recently, St. Mary's Bank exceeded \$100 million in Construction-to-Permanent (CTP) Residential Mortgage Loans, a milestone achieved since the program was relaunched in 2020 to help address New Hampshire's housing crisis.

"Supply of adequate and new housing is lim-

ited, and affordability is a major concern," said Kyle Schneck, Chief Lending Officer at St. Mary's Bank. "As a credit union, we feel a responsibility to not only serve the needs of our members, but the needs of the communities in which we serve. Our CTP program is one solution we provide."

Citing data from NH Housing Finance

Authority's 2023 Housing Needs Assessment, Schneck said 23,500 new housing units are required to stabilize the housing supply, with 60,000 additional units required by 2030.

The supply of housing has not kept up with demand, as the for-sale housing inventory has rapidly decreased since 2019.

"During the peak homebuying season of 2019, around 9,000 homes were listed for sale each month compared to less than 5,000 during the 2022 season," explained Schneck. "Further compounding the housing shortage is a statewide rental vacancy rate under 1 percent."

Longer term trends, noted Schneck, show home values and rent in New Hampshire continuing to outpace wage growth. According to NH Housing Finance Authority, between 2000 and

2020 New Hampshire's home values rose by 111% and rents rose 94%, while the median income of a New Hampshire household increased by 73%.

"Affordability will continue to be a challenge as long as housing supply is low," said Schneck. "If interest rates remain high, it will only compound the problem."

Regarding the credit union's residential construction program, Construction Loan Administrator Lorinda Gilbert said CTP loans may be applied to new construction, additions, and large-scale remodeled homes throughout New Hampshire.

"Owners are able to build a home to fit their family's individual needs/desires," explained Gilbert, who noted the program provides 12-months of interest-only payments on the amount of the loan used

during construction. "In keeping with our mission, we do all we can to remove as many barriers to home ownership as possible."

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Seniors Not Acting Their Age

Downeast Hike and Bike



Hikers stop to enjoy a view near the beginning of West Quoddy Head Trail



Green Point is one of several spectacular locations on the Coastal Trail at West Quoddy Head



A cyclist stops to enjoy a view of Liberty Point on the Roosevelt Park Carriage Roads

By Ron Chase
When our friends, Susan and Ken Gordon, invited my wife, Nancy, and I to join them and several other frequent outdoor companions for a multi-day adventure vacation in Downeast Maine and on Campobello Island in New Brunswick, an affirmative answer was

easy. The chance to share hiking, biking, and sea kayaking escapades with them was something we didn't want to miss.

The plan was to camp at Herring Cove Provincial Park on Campobello Island. The campground would be base camp for a variety of stimulating day

trips. Our previous experience on Campobello Island was limited to a tour of the Roosevelt Cottage exactly 50 years ago this summer, so this opportunity was particularly appealing. Typical of the entire summer, there was a chance of heavy rain in the forecast.

After setting up camp, we biked and hiked campground trails on the first day. A deluge of rain followed for the entire night and into the next morning. Tent leaks were a problem for a few but nothing that wasn't manageable.

Once the skies cleared, four of us decided to hike the trails on West Quoddy Head in Lubec. Our choice was driven by

two factors. First, the trail along the cliffs provides some of the most spectacular hiking in Maine. Second, Ken and I wanted to study the strong currents that run along the shore in that area. Heavy fog and turbulent seas there had caused us to abort a Bold Coast sea kayak expedition the previous year. Since the tides would be almost identical, we wanted to determine the cause of the rough conditions.

The trail system begins at the parking area adjacent to West Quoddy Head Light in Quoddy Head State Park. Our hiking choice was simple as the spectacular Coastal Trail follows along the edge of the escarpment for over a mile.

No surprise, we encountered wet trail conditions as a result of the rain storm. In some sections, shallow rivulets flowed down the trail while puddles of water saturated the path in other areas. A rare visual benefit, streams of water could be observed gushing out of the walls of the cliffs.

We carefully hiked along the rim attempting to avoid slippery spots while frequently stopping to embrace the wonderful views. Landmarks such as Gulliver's Hole, High Ledge, and Green Point were passed as we progressed southwest. Our trek concluded after reaching Carrying Place Cove where the cliffs ended. While relaxing and studying the currents, we were joined by another member of our group on the return trip.

Ken and I concluded



Trekkers begin their return on the West Quoddy Head Coastal Trail

the turbulence we experienced kayaking the previous year was likely the result of a strong incoming tide. At the time, extremely dense fog prevented a wider perspective that would have made the cause more apparent.

After completing the hike, we stopped to visit the 165-year old lighthouse. Maine's most easternmost lighthouse, the historic candy-striped structure is still an important navigation aid.

When we returned to Campobello, Ken and I decided to ride the Roosevelt Park Carriage Roads. The gravel roads travel through mixed hardwood and conifer forests and facilitate trips to salt water coves, sand and gravel beaches, and scenic cliffs that populate the southeastern end of the island.

The trails are similar in character to the Carriage Roads of Acadia National Park on Mount Desert Island. However, cars are allowed on some of the Roosevelt Trails. We used mountain bikes for our ride but hybrids would work fine.

Starting from Route 774, we rode south on Cranberry Point Drive to that impressive overlook. Leaving the point, we traversed Fox Hill Drive to Herring Cove. Shortly beyond, a spur trail led to scenic Con Robinson's Point. We continued our exploration visiting Raccoon Beach, Lower Duck Pond, and Liberty Point.

Situated on the southeastern tip of Campobello, Liberty Point is a majestic location with sheer cliffs and a gigantic boulder just off shore called Sugar Loaf Rock. From a viewing platform, we could see the towering red cliffs of Grand Manan Island across the Bay of Fundy.

More adventures are anticipated in the coming days. Sea kayaking along the east side of Campobello is next on the agenda.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight Maine bike rides and nine popular hikes.

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

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\$800K for Maine roadway innovation

WASHINGTON DC (August 25, 2023) – The U.S. Department of Transportation’s (USDOT) Federal Highway Administration (FHWA) today announced an \$800,000 grant for the Maine Department of Transportation (MaineDOT) to improve travel monitoring on roads throughout the state as well as traffic incident management through enhanced data-sharing. MaineDOT’s grant is one of 10 being provided for projects in eight States and the District of Columbia under FHWA’s Accelerated Innovation Deployment (AID) Demonstration program that encourages the use of innovative transportation tools and technologies. The program complements President Biden’s Investing in America agenda that is rebuilding our nation’s infrastructure and creating a manufacturing and innovation boom.

“Innovation is essential for the future of transportation infrastructure and this grant will help the Maine Department of Transportation harness technologies that can enhance travel on its roads and respond to traffic incidents more effectively,” said Federal Highway Administrator Shailen Bhatt. “The grants, along with additional funding from the President’s Bipartisan Infrastructure Law, will bring more innovations to America’s road, highway, and bridge projects.”

Maine DOT will use its grant for a pilot project to improve real-time roadway operational awareness by establishing an enhanced and scalable process for the management, analysis, integration, and practical display of datasets crowdsourced whenever and wherever people travel. The datasets will be compiled using sen-



sors, social media platforms, third-party data providers, and specially developed mobile apps. Maine DOT also expects the project to provide insights on how to recognize, respond to, and analyze incidents statewide.

The AID Demonstration Program, with funding provided under the Bipartisan Infrastructure Law, provides incentive grants and other resources to offset the risk of implementing a transportation innovation. The incentive funding, distributed through a competitive discretionary grant process, allows Tribal Governments, State Departments of Transportation (DOTs), Federal land management agencies, and local governments to accelerate the implementation and adoption of innovation in highway transportation and demonstrate state-of-the-art technologies. Metropolitan planning organizations and local governments can also apply in partnership with State DOTs.

The program, which is housed within FHWA’s Technology and Innovation Deployment Program, supports the dissemination and deployment of proven transportation innovations through any phase of a high-

way transportation project including project planning and delivery and system operations. The grants build on FHWA’s efforts to collaborate with state, local, and Tribal governments, as well as federal land management agencies, to accelerate the use of innovations and reduce project delivery time.

Since the AID program was launched in February 2014, FHWA has awarded more than \$95.7 million for 127 grants to help federal, state, local, and tribal government agencies speed up their use of innovative practices, tools and technologies, including those supported under FHWA’s Every Day Counts (EDC) program. EDC is a State-based program model that identifies and rapidly deploys proven, yet underutilized innovations that will more quickly make the U.S. transportation system adaptable, sustainable, equitable, and safer for all.

FHWA expects to announce the next round of AID Demo grant funding soon. For more information about projects awarded FHWA AID demonstration grant program grants, visit <https://www.fhwa.dot.gov/innovation/grants/projects/>.

Don’t miss out on this un-BEE-lievable training

MAINE (September 15, 2023) – Participants can complete the course content (which will take approximately 14-16 hours) at their own pace

anytime during the period the course is open (Online Class - Opens October 2nd & Closes October 31st, 2023). There is an optional live Q & A session with the

instructors during which you can ask questions about the course content. <https://cpe.rutgers.edu/beekeeping/beginners-beekeeping>

MaineCF award available to MSAD #52 teachers



PORTLAND & ELLSWORTH, ME (September 15, 2023) — Full-time teachers at Greene, Leeds, Tripp and Turner schools may be eligible for the Patience W. Norman Prize for Teacher Excellence at the Maine Community Foundation (MaineCF).

The award recognizes Maine School Administrative District #52 teachers

who stimulate intellectual curiosity, raise aspirations and demand critical thinking in their classrooms. Teachers must have a minimum of five years tenure at MSAD #52 schools.

Patience Norman was a history teacher with a fine, inquisitive mind who believed her students were capable of academic excellence. She required her

students to work hard and challenged them to surpass hers, and their own, expectations. The donors’ hope is to promote teacher retention by recognizing an educator who exemplifies excellence in teaching.

Nomination forms are available at www.maine.cf.org/scholarships. They must be postmarked by Oct. 13.

MAINE WOOD CARVERS ASSOCIATION 2023 SHOW AND COMPETITION

will be held at the Gardiner Lions Club
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Arts & Entertainment

Run for Recovery this weekend

PORTLAND, ME (September 15, 2023) -- Tie up your laces and get moving to help the women and children of McAuley Residence on Saturday September 23. The McAuley Walk/Run for Recovery is a timed race, so you set your pace and enjoy. Come enjoy yoga,

music, activities, and awards as we celebrate 35 years of changing women's lives.

8 am: Registration – yoga and stretch

9 am: Kick off – walk/run start

The event will take place at Northern Light Mercy Hospital's Out-

patient Specialty and Surgery Center, which is located next to the pond on campus next door to the hospital. Northern Light Mercy Hospital's Outpatient Specialty and Surgery Center 155 Fore River Parkway, Portland.

The event is rain or shine. Learn more and



sign up here: NorthernLightHealth.org/McAuleyWalk

Fundraising prizes: Raise \$250 or more and receive a custom McAuley Walk/Run for Recovery Sea Bag Wrist-

let!

Raise \$500 or more and receive a custom McAuley Race Sea Bag Tote!

Can't join us? You can still help!

Every gift received

through the McAuley Walk/Run for Recovery event page will be used to provide free registration to a member of the recovery community that would like to participate.

Cooking for Crowds workshop offered this the fall

FALMOUTH, ME (September 1, 2023)— University of Maine Cooperative Extension will offer food safety training for volunteer cooks at the Cumber-

land County Office in Falmouth throughout the fall. Visit the program website for exact dates and location.

The workshop offers up-to-date information on

how to handle, transport, store and prepare foods safely for large group functions such as soup kitchens, church suppers, food pantries and community fundrais-

ers. Participants receive "Cooking for Crowds," a manual specifically designed for volunteer cooks; a certificate of attendance; posters; and an instant-read thermome-

ter. This class meets the Good Shepherd Food Bank food safety training requirements.

The \$15 per person fee includes all materials. Find the full schedule

and register at the event website. For more information or to request a reasonable accommodation, contact 207.781.6099 or 800.287.1471 (in Maine).

On exhibit:

LensCraft Photographs by John Tiedje



The photography of John Tiedje is on exhibit at the Stier Gallery in the **Thomas Memorial Library** in Cape Elizabeth during the month of September.



Library Hours:
 Monday 10AM-5PM
 Tuesday 10AM-7PM
 Wednesday 10AM-5PM
 Thursday 10AM-7PM
 Friday 10AM-5PM
 Saturday 10AM-5PM
 Sunday Closed

Thomas Memorial Library
 6 Scott Dyer Rd,
 Cape Elizabeth, ME 04107

Remember loved ones with Hospice of Southern Maine

PORTLAND, ME (September 15, 2023) -- Hospice of Southern Maine will hold its annual community remembrance event on Saturday, September 23 at 6:00 pm. As dusk falls over Deering Oaks Park in Portland, imagine thousands of luminarias glowing warmly, each light representing someone who has brought love and light into our lives. Whether your loss


was recent or many years ago, anyone in the community is encouraged to attend. Sharing the experience with others can be a very healing and transformative experience. After luminarias are lit at 6:00, there will be a short program with music.

The event is free and open to the public. Personalized luminarias may be ordered online at www.hospiceofsouthernmaine.org/twilight.

hospiceofsouthernmaine.org/twilight or by mail or phone for \$15 each. Order by September 21st for Hospice of Southern Maine to place and light them at the event, or order at the walk-in table on the night of the event.


Please visit our website today to order your luminaria(s) and sign up - www.hospiceofsouthernmaine.org/twilight.

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Dempsey Challenge schedule of events

Get ready for a week filled with activities, training, sharing and community engagement as we enter Dempsey Challenge week and head into a powerful weekend you will never forget!

DEMPSEY CHALLENGE WEEK

Monday, September 18

Signs of Hope + Healing

You may begin to drop off your homemade Signs of Hope + Healing at the Dempsey Centers in Lewiston or South Portland, starting Monday, September 18. Learn More

Tuesday, September 19

11:00 AM ET: Tuesdays Together presented by Unum, Facebook and Instagram Live

Signs of Hope + Healing Drop Off at Dempsey Centers in Lewiston + South Portland.

Volunteer Orientation via Zoom, 6:00 PM ET

If you have registered to volunteer at the Dempsey Challenge, please attend the orientation via the Zoom link sent to your email. If you have questions, please email dempseychallengevolunteer@gmail.com.

Wednesday, September 20

"Where in the World?" Post a picture of yourself training for the Challenge or make a TikTok and tag us!

A look at the Global Dempsey Challenge and participants from around the world.

Facebook: @DempseyCenter Instagram: @dempsey_center TikTok: @dempseycenter

Signs of Hope + Healing Drop Off at

Dempsey Centers in Lewiston + South Portland.

Thursday, September 21

Signs of Hope + Healing Drop Off at Dempsey Centers in Lewiston + South Portland.

-7PM Deadline to drop at our South Portland location

12:00 PM ET - Top Fundraiser Award deadline

Deadline to raise \$3,000+ to receive invitation for Champions for Hope reception. Deadline to be recognized as a top individual or team award winner. Deadline for the College Cup and High School Challenge awards.

4:00 PM - 7:00 PM - Packet Pickup + Dempsey Center Open House

New for 2023: Pick up your packets + bibs and tour the Dempsey Center's Lewiston location. Discover all the services that the Dempsey Center provides at no cost to people impacted by cancer.

PLEASE NOTE: Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at the Dempsey Center located at 29 Lowell Street in Lewiston. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 6:15am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick up your bib and packet for you.

Friday, September 22

Signs of Hope + Healing Drop Off at

See Schedule, page 10



Why I participate in the Dempsey Challenge

Debbie Wilson (she/her) is taking on her 4th Dempsey Challenge this year. While she participated virtually in 2020 and 2021 from Canada, she was able to participate in Lewiston last year and will do so again this year as a 5k walker.

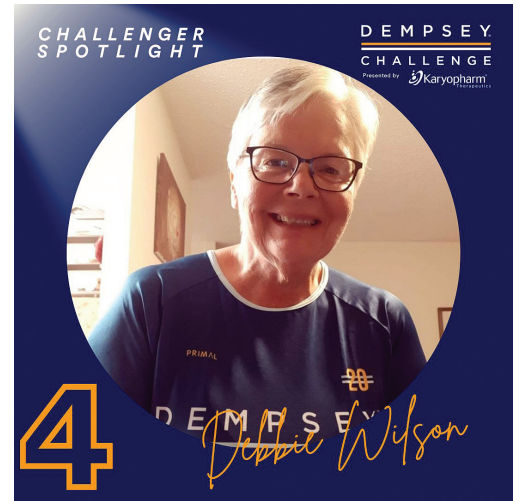
Read on for Debbie's story and her "why" for participating in the Dempsey Challenge every year...

"In my case, learning about the Dempsey Center in 2019 was both therapeutic and inspirational. My husband of 37 years had died the previous year from cancer. As his caregiver I was coming to grips with how the experience was still impacting me. I'd recently sold our home in a rural community and moved to an apartment in a nearby city. Although I had an amazing group of family and friends, many did not live nearby and I had to figure out what kind of future I wanted. I started reading about the Dempsey Center and listening to people tell their stories, including the Dempsey family - their mother's cancer journey, and their reasons for opening the Dempsey Center. I was inspired to take better care of myself physically, mentally and emotionally. I took an interest in holistic medicine for the first time in my life. I started to use social media to follow people who were inspirational. 2020 was a pivot-

al year for me. Due to COVID, the Dempsey Center was Re-Imagining the Dempsey Challenge. I was Re-Imagining my life. Due to COVID restrictions, I didn't see my children for 11 months, and my contact with friends was very limited. I immersed myself in what was happening at the Dempsey Center. They announced that they would introduce a Virtual Challenge that year. They had regular 'Live' chats to inform everyone of what was going on. I decided I would sign up for the Virtual Challenge and wanted to train for the 10k. I walked every day. Travis McKenzie was a huge inspiration when he completed his month-long running challenge. By the time September arrived, I'd been walking 60+ kilometers a week.

Since 2020, I started 'friending' many people on Facebook who were in some way connected with the Dempsey Center. In 2022, when I participated live in Lewiston, I got to meet many of these virtual friends. It was an amazing experience. I want to especially thank Candy Kilbreth Benoit for inviting me to join her Away team back in 2020. And to my current Be The Miracle team captain Dennis Richardson and co-captain Steven Ismail for their dedication to their Challenge fundraising.

I participate in the Dempsey Challenge because it keeps me focused on how I want to live the rest of my life. It's a daily challenge for me, but I listen to inspirational speeches I've previously heard, or re-read articles, to pull me back on track



when I slip.

I support the Dempsey Center because of the many ways I have benefited since I first heard of it. I've been able to participate in some online events through

Dempsey Connects. I believe that the Center is a role model for services that are needed around the world. And I appreciate that I have always been welcomed with open arms.

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Ways to honor loved ones at Dempsey Challenge

While there is lots of fun to be had at Dempsey Challenge every year, it is also a time to honor those who have been impacted by a cancer diagnosis. And there are many ways to do so...

Throughout the weekend, Challengers and those joining us in the park

can sign the Honor Wall, located near the Mission Tent.

People impacted by a cancer diagnosis are welcome to join us during the Survivor Walk, presented by Concentra. Beginning at 1:00pm on Challenge Day, all those participating will be asked to line



up and walk through Simard-Payne Park in memory and honor of all those impacted by cancer.

Anyone is welcome to create a Sign of Hope and Healing in honor of a cancer patient, survivor, care partner, or loved one. After you create your sign, please put your name and phone number on the back and drop it off at your nearest Dempsey Center loca-

tion, or bring it to Packet Pick-Up on Thursday or Friday of Challenge Week.

There will be shirts available to all survivors and those in active treatment. Please visit the Customer Service Tent in the park on Dempsey Challenge Day.

For all of these opportunities, participation in the Dempsey Challenge is not required. But if you are interested in taking on a run, walk, or ride event, we invite you to do so! Visit www.DempseyChallenge.org to learn more about the entire day of events!

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



Congratulations to the participants of the Dempsey Challenge, You rock!



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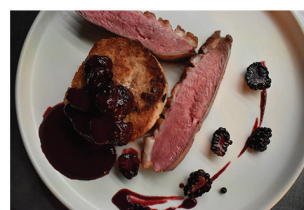
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Global community participates in Dempsey Challenge

Did you know you can take on the Dempsey Challenge virtually from ANYWHERE?!

The 2023 Dempsey Challenge has a virtual option again this year, al-

lowing our global community to participate from anywhere however you want to! We have had folks climb mountains, go horseback riding, kayak down a waterway, the list goes on.

And we love seeing how creative you can be!

After you complete your event, complete the Virtual Finisher Form (found on our website and in the Participant Guide)

and let us know what you did for your Challenge!

If you are interested in taking on the Virtual Challenge, presented by Amgen Oncology, visit www.DempseyChallenge.org.

Team “Be the Miracle” back for Dempsey Challenge

Eli and Isaak Anokye are taking on their 5th and 6th Challenge, respectively, each of them taking on a variety of cycling and running events over the years. This year, Eli is taking on the Family Ride, while Isaak is taking on the Duathlon as a youth participant. Both are members of team “Be The Miracle”!

As some of our youngest Dempsey Challenge participants, we love hearing how they take on their events and why they love joining us year after year. Both Eli and Isaak shared their thoughts and answered a few questions for us below...

What does it mean to you to participate in the Dempsey Challenge and to give to the Dempsey Center?

ELI: “I get to do good things for my community and help people.”

ISAAK: “It means I get to help people who got sick.”

Do you have a favorite memory of Dempsey Challenge to share?

ELI: “Getting to participate at the park for the first time in 2019.”

ISAAK: “Getting on the stage with Patrick Dempsey at the opening Ceremony 2018, and the practice rides those were so much fun!”

What would you say to someone considering participating in the Dempsey Challenge?

ELI: “Why wouldn’t you do it?! If you do not know how to ride a bike, you can run instead.”

ISAAK: “Just do it! It’s so much fun.”

If you want to be like Eli and Isaak and take on the 2023 Dempsey Challenge, presented by Karyopharm Therapeutics, there is still plenty of time to register! Visit www.DempseyChallenge.org to learn all the details of this year’s one-day event.



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Schedule

Continued from page 7

Healing Drop Off at Dempsey Centers in Lewiston + South Portland.

-7PM Deadline to drop off at our Lewiston location

10:00 AM - 7:00 PM - Packet Pickup + Dempsey Center Open House

New for 2023: Pick up your packets + bibs and tour the Dempsey Center's Lewiston location. Discover all the services that the Dempsey Center provides at no cost to people impacted by cancer.

PLEASE NOTE: Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at the Dempsey Center located at 29 Lowell Street in Lewiston. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 6:15am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick

up your bib and packet for you.

7:00 PM - 8:30 PM - Champions for Hope, Hilton Garden Inn - Auburn

Honor cancer survivors and celebrate this year's top fundraisers. By invitation only.

DEMPSEY CHALLENGE EVENT DAY Saturday, September 23

PLEASE NOTE: Due to traffic, volume, and efficiency, we are offering Packet Pickup on Thursday and Friday at the Dempsey Center located at 29 Lowell Street in Lewiston. If you're unable to pick up your bib and t-shirt, a friend or family member may do it for you. We will be offering a small window for Packet Pickup at the Customer Service Tent from 6:15am-7:30am, minimally staffed, and should be used for extenuating circumstances only. Please plan ahead or consider having someone else pick up your bib and packet for you.

6:15 AM: Customer Service Tent opens (Simard-Payne Park)

Forgot your bib at home? Have cash and check donations to turn

in? Visit the Customer Service Tent, located upon entry into Simard-Payne Park.

7:00 AM: Opening Remarks (Main Stage, Simard-Payne Park)

DEMPSEY CHALLENGE EVENTS

Please arrive at least 15 minutes before your event start time for staging

7:30 AM: 65-Mile Ride presented by Specialized (Oxford Street): Please stage in the front of the start chute starting at 7:15 AM.

7:45 AM: 50-Mile Ride presented by Specialized (Oxford Street): Please stage behind the 65-Mile riders in the start chute starting at 7:30 AM.

8:15 AM: Dempsey Duathlon presented by Geiger (Oxford Street): Please stage in the front of the start chute starting at 8:00 AM.

8:15 AM: 5K Run presented by Poland Spring Brand 100% Natural Spring Water: 5K Runners will stage in the start chute starting at 8:00 AM.

8:18 AM: 5K Run presented by Poland Spring Brand 100% Natural Spring Water: 5K Walkers will stage behind the 5K Runners in the start

chute starting at 8:18 AM. 9:15 AM: 25-Mile Ride presented by Specialized (Oxford Street): Please stage in the front of the start chute starting at 9:00 AM.

9:30 AM: Wendy's Way: 5-Mile Family Ride presented by Specialized (Oxford Street): Please stage behind the 25-Mile riders in the start chute starting at 9:15 AM.

11:00 AM: Kids Fun Run (Oxford Street): Have the kiddo in your life join in the fun! Register for the free Kids Fun Run at the Hydration Station on Oxford Street, beginning at 10AM. All participants will receive an official Kids Fun Run bib.

1:00 PM: Survivor Walk (Gather at Main Stage): If you are a cancer survivor or are in active treatment, please join us for the Survivor Walk as we honor you and your journey. Family, friends and care partners are welcome to join.

1:15 PM: Fundraising Awards Presentation (Main Stage): Top Individual Fundraisers and Top Team Fundraisers will be recognized during this presentation.

Family + Friends Festival in the Park (Simard-Payne Park) 8:30 AM - 3:00 PM: Food + Beverage Tent, Maine Craft Beer + Wine Garden, Dempsey Goods

Merch Tent, Fundraising Incentive Tent, Team Photo Wall, Dempsey Center Mission Tent, Live Music + Entertainment. Open to participants, family and friends. Festival in the Park Features: Food + Beverage Tent

Participant breakfast featuring Maine Pancake Breakfast and lunch featuring lobster rolls! All participants receive entry for a meal in the Food + Beverage tent. Additional tickets may be purchased online.

Maine Craft Beer + Wine Garden: Grab a well-earned adult beverage from the beer and wine garden. We've partnered with the best local breweries including Baxter Brewing, Olive Pit Brewing, Gritty's and Lone Pine. Or you can opt for a delicious mimosa or Bloody Mary from Stroudwater Distillery, mimosa from Cupcake Lighthearted or hard seltzer from Press Seltzer!

Dempsey Goods - Merchandise Tent: Pick up your Dempsey Challenge swag in our merchandise tent! Proceeds to benefit the Dempsey Center.

Team Photo Wall: Register for a team photo slot and we'll capture a professional photo in front of our Dempsey Challenge Photo Wall for each member to have as a keepsake! Photos will be emailed to you post-event.

Dempsey Center Mission Tent presented by Central Maine Healthcare: Learn all about Dempsey Center programs and services and help celebrate the 15th year of the Dempsey Challenge.

Incentive Tent: Pick up your fundraising incentive items in our Incentive Tent.

Live Music on the Main Stage

GLOBAL DEMPSEY CHALLENGE: Virtual Dempsey Challenge presented by Amgen Oncology

How it works for 2023

Pin your Global Participant bib to your shirt or jersey, at any time during Dempsey Challenge weekend and complete your activity from wherever you are in the world!

Download and print your Start Line bib

Snap a picture of you completing your activity and upload to social media using the hashtag #Rally-Together

When you're finished your AMAZING run or walk, change your profile pic on your social media with your Finish Line filter!

BONUS! Global Challengers who raise at least \$250, complete and submit their activity will receive an official Global Challenge Finisher patch!

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Gorham's Gaudreau contributes to another Wheaton victory

NORTON, MA (September 15, 2023) — Senior forward Anda Brown (South Woodstock, Vt.) and first year forward Ally Slicer (Waterford, Maine) each registered their first respective collegiate hat tricks to lead the Wheaton College (Mass.) field hockey team to a 7-0 victory over visiting University of Massachusetts Dartmouth this evening at Nordin Field on the Wheaton campus in Norton, Mass.

The Lyons win their third straight to improve to 3-1 for their best start since 2017, while the Corsairs fall to 1-4.

Wheaton's goal total is its highest since a 7-2 victory over Johnson & Wales University on September 26, 2017 and the margin of victory is the most since an 8-0 shut-out over Daniel Webster College on September 11,

2011. The seven goals are tied for the 10th-most in program history. The Lyons defeated Nichols College, 6-1, on Saturday giving them six or more goals in back-to-back contests for the first time since 2011 when they downed Elmira College 6-2 on September 10 and came back the next day to blank Daniel Webster.

Brown and Slicer become the first pair of Wheaton teammates to register a hat trick in the same game since Aliza Underhill scored four markers and Jessica Strock tallied a trio of goals in a 14-0 triumph over Rivier College on September 11, 2010 in Nashua, N.H. Slicer becomes the first Lyon first year to notch a hat trick since Haley Chrisos scored four times and Julia Atwood tallied three goals in a 13-0 win over Regis College (Mass.) on September

1, 2007 in Norton.

Wheaton dominated possession in the match, outshooting UMass Dartmouth, 27-2, while owning a 12-2 advantage in penalty corners. The Lyons scored in every quarter and held the Corsairs without a shot in both the second and fourth periods.

Wheaton got on the board when the UMass Dartmouth keeper came out of the cage to meet a ball sent into the mix from outside the circle. The ball remained loose in front of her, where Brown collected the ball and fired a rocket into the right corner of the cage for her first marker of the night with 8:59 left in the opening quarter.

The Lyons added to their lead with a goal in the second quarter to take a 2-0 margin with 3:01 to go in the first half. Junior forward Delia Knox (Cumberland Center, Maine) un-

leashed a shot in the right slot that was denied by the Corsairs' keeper, but Slicer was there for the rebound try and her second score of the year.

Wheaton continued its theme with a goal in each quarter, scoring early in the third period to take a 3-0 advantage just 3:17 into the period. Sophomore midfielder Mackenna Cooke (Old Saybrook, Conn.) sent a cross from the edge of the circle to the front of the goal mouth, where Brown was waiting. The forward steadied the ball before sending the ball into the right corner for her second tally of the night and fourth of the season.

The Lyons did not let up in the fourth quarter, scoring four times to increase their cushion to 7-0. Junior midfielder Lydia Gaudreau (Gorham, Maine) took the insert pass off a penalty corner from

classmate Macey Poitras-Cote (Northborough, Mass.) and fired a shot from the left side that found the back of the cage just 3:02 into the final period of play. Slicer scored the first of two markers in the quarter for her when she lifted a shot from just inside the upper left side of the circle that sailed into the far right corner of the cage for a 5-0 lead with 4:55 gone in the quarter.

Wheaton's offense went quiet for the next nine minutes before the Lyons scored their final two markers in a span of 79 seconds. Sophomore forward Riley Levrault (Lakeville, Mass.) fired a shot that was turned back by UMD first year defender Sophia Boufard (South Burlington, Vt.), but Brown picked up the loose ball and deposited it into the right side of the cage for her first collegiate hat trick. The marker gave

the home team a 6-0 lead with 5:54 remaining in the game. Slicer picked up her own hat trick just 79 ticks later. Sophomore defender Rebecca Berman (Avon, Conn.) sent a pass from eight yards out that was deflected by Levrault to Slicer, who finished the action with her third goal of the night with 4:35 to play in the game. Both goals occurred with at least one Corsair in the penalty box as a result of a yellow card.

Senior keeper Emma Lapreziosa (Bowdoinham, Maine) registered her fifth lifetime blank sheet with a pair of saves for the Lyons. Junior goalie Hannah Trombly (Foxborough, Mass.) stopped seven of 12 shots in the first 49:55 of play for UMass Dartmouth, before yielding to sophomore Assonet, Mass.) for the final 10:05, where she turned away one of three shots on the cage.

Opportunities to donate blood in Gorham, Cumberland Co.

PORTLAND, ME (September 15, 2023) — The American Red Cross is experiencing a national blood shortage. Fewer donors than needed gave this summer, drawing down the national blood supply and reducing distributions of

some of the most needed blood types to hospitals. Hurricane Idalia further strained the blood supply with blood drive cancellations and reduced blood and platelet donations in affected areas.

Donors of all blood

types are urgently needed, and there is an emergency need for platelet donors and type O blood donors to make an appointment to give now to ensure patients across the country continue to receive critical medical care.

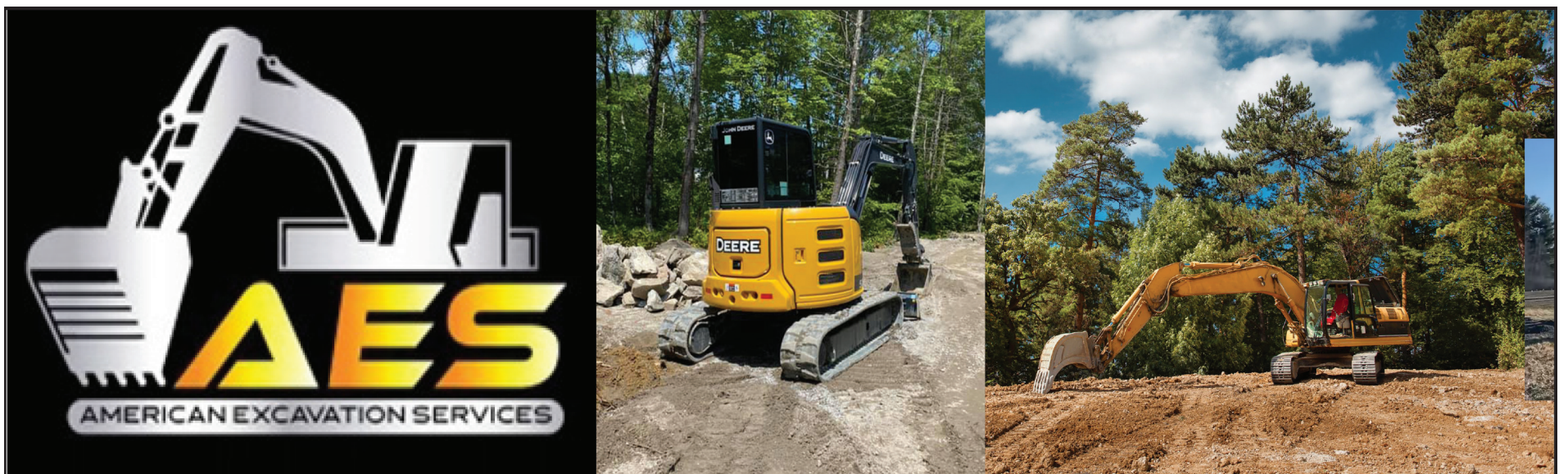
When Idalia slammed into the Southeast – leading to widespread power outages, travel hazards and flooding – the storm also forced the cancellation of over a dozen blood drives and caused hundreds of blood and platelet dona-

tions to go uncollected. This compounded a shortfall of about 30,000 donations in August. Right now, blood product distributions to hospitals are outpacing the number of blood donations coming in.

The Red Cross needs

blood and platelet donors now. Schedule an appointment to give by downloading the Red Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

See Donate, page 16



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Efficiency Maine recognizes contractors

AUGUSTA, ME (September 14, 2023)—Efficiency Maine today recognized top-performing contractors that sell, install, and service high-efficiency lighting, heating and cooling systems, refrigeration equipment, electric vehicles (EVs), insulation, and other upgrades that are promoted through the quasi-state agency's programs. Efficiency Maine also honored the Industrial Energy Consumer Group (IECG) with its Philip C. Hastings Award, which recognizes extraordinary commitment to energy efficiency in Maine. The event took place at the Hilton Garden Inn Freeport, Maine.

More than 280 electricians, plumbers, heating system installers, insulation technicians, distributors, manufacturers, business owners, electric vehicle dealers, and other stakeholders, gathered for the awards and attended workshops on Efficiency Maine's initiatives and energy-efficiency trends.

The theme of this year's event centered on the emerging opportunities around "beneficial electrification" in Maine's residential and commercial buildings. Beneficial electrification is achieved where consumers switch from burning fossil fuels to using electricity, such as when switching from an old furnace or boiler to a new heat pump system, delivering the benefits of lower energy bills and pollution reductions.

Workshop sessions

at the event reviewed Efficiency Maine's nation-leading progress spurring heat pump adoption and discussed the emerging trend in Maine's homes and commercial buildings to make heat pump systems the primary (not supplemental) source of heating and cooling.

SMRT Architects and Engineers described how they designed the recently completed Portland Commons project at the University of Southern Maine to heat and cool all of the dormitory's 385 residential units and common areas entirely with a variable refrigerant flow (VRF) heat pump system. The project was made possible in part through a \$480,000 incentive from Efficiency Maine. Another case study focused on Efficiency Maine's pilot project to switch out the old furnaces in manufactured homes for new high-efficiency, whole-home heat pump systems. The pilot project has found that the new heat pump systems succeeded in keeping residents warm through last winter's historic cold snap and cost less to operate than the old furnaces. The event also featured a discussion about how to optimize and maximize the efficiency of Maine's electric grid, which explored the role of demand management, energy storage, and grid planning.

With the help of Efficiency Maine's incentives and educational materials, home energy upgrades are



delivered by Residential Registered Vendors while energy improvements at commercial and industrial facilities are provided by Efficiency Maine's Qualified Partners. The quasi-state agency's electric vehicle (EV) program is supported by 83 participating car dealerships throughout the state, three of which also were recognized as the top sellers of battery electric vehicles and plug-in hybrid electric vehicles.

Efficiency Maine presented 25 contractors, vendors, and dealerships with awards for outstanding performance in selling and servicing energy-efficiency measures using financial incentives offered by the statewide energy efficiency administrator. These companies are among the more than 1,500 trade allies listed on the organization's website that meet Efficiency Maine's requirements to access available incentives.

For outstanding contributions in the category of Residential Programs in 2023, the Trust recognized:

- Bell Simons, Waterville
- Dave's World, Inc., multiple locations
- Evergreen Home Performance, LLC, Rockland
- F.W. Webb Company,

- multiple locations
- Gateway Mechanical, Van Buren
- Horizon Homes, Westbrook
- Lowe's Companies, Inc., multiple locations
- New England Spray Foam Insulation, Newburgh
- Royal River Heat Pumps, Freeport
- Valley Home Services, Inc., Hermon
- Webb Insulation LLC, Houlton

For outstanding contributions in the category of Commercial Programs in 2023, the Trust recognized:

- BSP Electric, Inc., Standish
- Excel Mechanical, LLC, Brunswick
- F.W. Webb Company, multiple locations
- Gilman Electric Supply, Auburn
- J.H. McPartland & Sons, Houlton
- Johnstone Supply, Hampden
- Mid-Coast Energy Systems, Inc., Damariscotta
- Northeast Heat Pump Services, LLC, Brunswick
- Solarlogix, LLC, Belfast
- Valley Home Services, Inc., Hermon
- Wesco Electrical Supply, Bangor

For outstanding contributions in the category of Electric Vehicle Program in 2023, the Trust recognized:

- Lee Toyota of Topsham, Topsham
- Pape Chevrolet, South Portland
- Rowe Ford Sales, Westbrook

"Maine is lucky to have some of the best contractors in the country when it comes to marketing and installing energy efficient products," said Michael Stoddard, executive director of Efficiency Maine. "We could never have surpassed the goal of installing 100,000 heat pumps in Maine two years ahead of schedule without the dedication of the contractors who were recognized here today and all of their employees and competitors who are out in the field, day in and day out, helping Maine's homes and businesses to become more energy efficient."

The annual Philip C. Hastings Award was presented to the Industrial Energy Consumer Group (IECG), an incorporated non-profit trade association of energy-conscious Maine manufacturers involved in the evolution of Maine energy policy. The Award recognizes an individual or organization whose exemplary efforts have furthered Maine's goals of achieving maximum energy efficiency. The Hastings Award is named after the original director of state energy conservation programs when they were administered by

the Maine Public Utilities Commission and celebrates his legacy by memorializing his extraordinary commitment to and leadership of energy efficiency programs.

For more than 40 years, the IECG has advocated to improve energy policy, strengthen Maine's electric grid, and encourage renewable energy resources to help the environment.

"We are proud to receive this award, as well as funding for some members' past projects," said Robert Dorko, president of the IECG. "As we move into the future, we'll continue to advocate for Efficiency Maine programs and support their role of encouraging energy solutions that provide reduced costs and environmental improvements for Mainers."

"The Industrial Energy Consumer Group comprises many of Maine's largest manufacturers who have been leaders investing in efficiency upgrades to lower their energy use, reduce carbon emissions, and improve their bottom line," said Stoddard. "Additionally, they have been instrumental in developing and advocating for adoption of state laws, such as establishment of the Regional Greenhouse Gas Initiative and the Beneficial Electrification Policy Act, that have greatly enhanced Efficiency Maine's program offerings, which makes them well deserving of this year's Hastings Award."

Union files charge after Staples fires union supporter

BRUNSWICK, ME (September 8, 2023) — The International Association of Machinists and Aerospace Workers (IAM) has filed an Unfair Labor Charge (ULP) against Staples after management at

a Brunswick, Maine retail store fired one of its employees, a strong union supporter, just ahead of the Labor Day weekend.

The ULP charge, filed with the National Labor Relations Board (NLRB),

alleges that Staples management fired the employee for union activity and is engaging in intimidation and retaliation due to support for the union. Employees at the store had recently garnered enough union

support to file for an NLRB election to be represented by IAM District 4.

"Staples is trying to press the 'easy button' by simply firing any employee who exercises their right to form a union," said IAM Eastern Territory General Vice President David Sullivan. "The IAM stands by these brave Staples workers in Brunswick who are

standing up for democracy on the job. We will use every resource available to fight this illegal firing and deliver justice for Staples workers."

The employee was fired on Friday, Sept. 1.

The International Association of Machinists and Aerospace Workers (IAM) is one of North America's largest and most

diverse industrial trade unions, representing approximately 600,000 active and retired members in the aerospace, defense, airlines, shipbuilding, railroad, transit, healthcare, automotive, and other industries. IAM Local S6 (District 4) represents approximately 4,200 workers at Bath Iron Works in Bath, Maine.



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2nd and 4th Wednesday each month
LEWISTON -- MAKE ART WITH ARTVAN 2nd and 4th Wednesday each month, 3:30PM starting September 13th

ArtVan will be providing hands-on creative art program in the Children's Department of the Lewiston Public Library for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun.

Free. All art supplies will be provided. 513-3133; www.LPLonline.org

Sept 22, 23, 24

Members of the DaPonte String Quartet to Dazzle Audiences with a Unique Performance of J.S. Bach's "Goldberg" Variations as a String Trio.

YARMOUTH -- Friday, September 22, 2023, 7:30 pm Old Meetinghouse, Yarmouth. Bach Goldberg Variations arranged for string trio. Get tickets here.

STONINGTON -- Saturday, September 23, 2023, 4:00 pm Burnt Cove Church, Stonington. Bach Goldberg Variations for string trio. Tickets available from Stonington's Opera House Arts.

SURRY -- Sunday, September 24, 2023, 4:00 pm Surry Arts at the Barn, Surry. Bach Goldberg Variations arranged for string trio. Click on venue link for tickets.

Additional information at www.daponetquarter.org

Calendar

Send your submissions to the Editor. More online.

tet.org

Sept 23

BOWDOIN -- Public Baked Bean supper Featuring Red Flannel Hash at the West Bowdoin Baptist Church, 54 West Road Bowdoin. 4:30 pm to 6:00 pm

Donations: Adults \$12.00; Children 12 and under \$6.00; Pre-school Free. Sponsored by The Mission Circle

Sept 23

GRAY -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, September 23, 2023, @ 5:00 P. M. at the Parish House, 5 Brown Street, Gray

Handicapped Accessible. Meals are single-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.

Phone # day of supper - 657-4279

Sept 29

NEWRY -- 2023 Aging Well Living Well Expo: A daylong event featuring lectures, workshops, music, raffles, and more. Friday, September 29, 8 a.m.-3:30 p.m. at Grand Summit Ho-

tel and Conference Center at Sunday River, Newry

\$35 per person includes breakfast and lunch. Seats are limited. Register by calling 1-800-427-1241. Visit www.seniorsplus.org/AWLW for more information.

Oct 7, Nov 4, Dec 2, Jan 6, Feb 3, Mar 2, Apr 6, May 4

WESTBROOK -- Prides Corner Community Church, 235 Pride St. Bean Supper \$10 per person: Two kinds of baked beans, mac and cheese, ham, coleslaw, bread and brownie. Eat in at 5:00PM or Take Out from 4:30-5:30PM. Call 207-415-9260 to reserve your individual meal today.

Sept 30

BUXTON -- Haddock Supper Buffet 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 wish is optional. Hand sanitizer is available for those who wish to use it.

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! **SILENT AUCTION ENDS AT 2PM.**

Oct 28, 29

LEWISTON, TOPSHAM -- "Soulful Expressions" Saturday, Oct. 28, 2023, 7:00 p.m. - Franco Center, Lewiston; Sunday, Oct. 29, 2023, 2:30 p.m. - Orion Performing Arts Center, Topsham

Jan 20, 21

LEWISTON, TOPSHAM -- "Song & Dance Music from Around the World" Saturday, Jan. 20, 2024, 7:00 p.m. - Franco Center, Lewiston; Sunday, Jan. 21, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Mar 23, 24

LEWISTON, TOPSHAM -- "A New Artistic Mélange" - Emily Isaacson, Guest Conductor Saturday, Mar. 23, 2024, 7:00 p.m. - Franco Center, Lewiston; Sunday, Mar. 24, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

May 18, 19

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SHAM -- "Cityscape, Seascape, Soundscape" Saturday, May 18, 2024, 7:00 p.m. - Franco Center, Lewiston ; Sunday, May 19, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Every 1st, 2nd, and 3rd Monday

LEWISTON -- PROGRAMS FOR HOMESCHOOL 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.gov

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. 513-3133; www.LPLonline.org

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

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FRYEBURG FAIR – OCTOBER 3, 2023 – Senior Day at Fryeburg Fair. 65 and over get in for free. For those under

65 the price is \$15.00. You are responsible to pay for your admission. Bring something with you showing proof of your age. We will leave the Lewiston park and ride at 8 a.m. and be dropped off at the entrance with a return time of around 5 p.m. You will have plenty of time to view exhibits, visit the animals and enjoy the food. The price for the bus and driver's tip is \$52.00. Deadline to sign up is August 29, 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.

NOVEMBER 29, 2023 TO DECEMBER 1, 2023 - WHITE MOUNTAIN HOTEL & RESORT –

This trip includes 2 nights lodging, 2 breakfasts, 1 lunch, 2 dinners and 2 different entertainment shows, an Austrian sleigh ride at Nestlenook Farm in Jackson, NH., shopping at Settler's Green or in town shopping. All room and meal taxes & gratuities included. The price is \$589.00 per person double occupancy. A \$100.00 deposit per person is due at registration. Final payment is due October 28, 2023. Pickup location is The Auburn Mall (in back of J.C. Penney) 500 Center Street, Auburn, ME at 10:30 A.M. For more information on any of these trips please contact Claire at 207-784-0302 [Home] or 207-576-8604 [Cell] or Cindy at 207-345-9569 [Home].

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Donate

Continued from page 11

In thanks for helping rebuild the blood supply, all who come to give Sept. 1-18 will receive a limited-edition Red Cross T-shirt, while supplies last. Those who come to give throughout September will also receive a coupon for a free haircut by email, thanks to Sport Clips Haircuts. Plus, they'll be automatically entered for a chance to win a VIP NASCAR racing experience. Details are available at RedCrossBlood.org/Race-ToGive.

Upcoming blood donation opportunities

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9/29/2023: 9 a.m. - 1:30 p.m., American Legion Post 20, 1 Columbus Drive

Cape Elizabeth

9/21/2023: 12 p.m. - 5 p.m., Saint Bartholomew Church, 8 Two Lights Rd

Falmouth 9/21/2023:

9 a.m. - 2 p.m., The Episcopal Church of St. Mary, 43 Foreside Rd

Gorham 9/28/2023:

1 p.m. - 6 p.m., Cressey Road Christian Church, 81 Cressey Road

Harrison 9/23/2023:

9:30 a.m. - 2:30 p.m., United Parish Congregational Church of Harrison and N. Bridgton, 77 Main Street

Portland 9/22/2023:

10 a.m. - 3 p.m., Alexander Hall, 716 Stevens Ave

S c a r b o r o u g h

9/28/2023: 12 p.m. - 5 p.m., Saint Maximilian Church, 150 Black Point Rd

W e s t b r o o k

9/29/2023: 12 p.m. - 5 p.m., Westbrook Community Center, 426 Bridge Street

Yarmouth 9/22/2023: 12 p.m. - 5 p.m., American Legion Post 91, 196 Main St

September is Sickle Cell Awareness Month

One in 3 African American blood donors is a match for people with sickle cell disease. To help ensure patients have the blood products they need, the Red Cross launched the Sickle Cell Initiative in 2021 to grow the number of blood donors who are Black and improve health outcomes for patients. Together longtime and first-time blood donors are helping patients with sickle cell manage their symptoms and showing support for their community.

Joined by Blood is the initiative's focus during Sickle Cell Awareness Month in September and continues through October. This year, the Red Cross is proud to partner with organizations focused on mentorship, including 100 Black Men of America, Inc.; Kier's Hope Foundation, Inc.; historically Black colleges and universities and member organizations of the National Pan-Hellenic Council; as well as the Black Radio Hall of Fame and others, who are all showing up for patients with sickle cell by hosting blood drives. To learn more, visit RedCrossBlood.org/OurBlood.

How to donate blood To make an appoint-

ment, simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Amplify your impact - volunteer

A stable blood and platelet supply is critical to national preparedness. Additionally, as we are in the beginning of what is expected to be another active hurricane season, the Red Cross urges everyone to get ready now and consider becoming a volunteer to help people affected by the growing number of climate-driven disasters.

Support impacted communities by assisting at Red Cross shelters, using your professional skills as a licensed health care provider or becoming a member of the Red Cross Disaster Action Team. To learn more, visit redcross.org/volunteertoday.

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