

New art exhibit coming to USM Gorham in October



Jackie Milad, "La Cueva Llena," 2023. Mixed-media collage on found canvas.

GORHAM, ME (September 23, 2023) -- Embodying Softness / Excavating Delight sees artists Jackie Milad and Libby Paloma paired for the joy they share in their processes. Works in this show will range from mixed media wall hangings to free-standing soft sculptures. The artists consider the intersection of the lives of objects and language, and the point at which truths otherwise indiscernible manifest.

Milad's exhibition works stem from her interest in recently discovered artifacts of the Lenca people on Tiger Island in Honduras, where the artist traces her maternal lineage. The artwork examines how self-conception intertwines with objects' journeys. Milad's process mimics archaeology through excavation and even recalls resurrection as she tears down and reconfigures older pieces into new works. Alongside iconography, she often adds song lyrics from Bad Bunny, among other artists. In doing so, Milad interrupts a linear trajectory of history to expose the intersecting nodes, networks, and cultures that comprise selves and objects.

Drawing on her background as a Speech-Language Pathologist, artist Libby Paloma locates her artistic investigation in idiomatic language and its capacity to convey more than straightforward speech. In No Picnic, Paloma makes figures of speech visible, conjuring cans of worms, spilled milk, pickles, and more in her installation's soft sculptures. These idioms are a metaphor for living with chronic illness and the inarticulability of affect and experience. A feeling of bitterness saturates Paloma's installation — a by-product as we build a new and, for Paloma, decidedly softer reality.

Paloma and Milad utilize their respective media to arrive at truths only con-

veyable through a layering of the visual and linguistic. In doing so, they ask what parts comprise our narratives around selfhood and heritage. How can we dismantle the false construct of objective linearity and embrace a more distributed, situated conception of our stories? If this is possible, then so is a softer and more accurate world for ourselves and all whose experiences do not hew to an orderly path.

Embodying Softness / Excavating Delight opening: October 12, 2023, 6 pm | University of Southern Maine Art Gallery, 5 University Way, Gorham, Maine.

The opening will feature refreshments as well as a performance and artist lecture.

The show will run until Saturday, December 9, 2023. The Gallery is open Tuesday – Saturday from 11 am – 4:30 pm and by appointment. A suggested donation of \$2 is requested for exhibition visits.

Jackie Milad (she/her) is a Baltimore City-based artist whose mixed-media abstract paintings and collages address the history and complexities of dispersed cultural heritage and multi-ethnic identity. She has participated in numerous group and solo exhibitions nationally and internationally. Select exhibitions include The Walters Art Museum (Baltimore, MD), The Baltimore Museum of Art (Baltimore, MD), Academy Art Museum (Easton, MD), Weatherspoon Art Museum (Charlotte, NC), The Mint Museum (Charlotte, NC), Arthur Ross Gallery at the University of Pennsylvania (Philadelphia, PA), and the Harvey B. Gantt Center (Charlotte, NC).

Milad is a multi-year recipient of the Individual Artist Grant from the Maryland State Arts Council. In 2019, she was named a Janet & Walter Sondheim Prize Finalist and a Robert W. Deutsch Foundation Ruby Grantee. In 2022, Jackie received the Municipal Art Society of Baltimore City Travel Prize to conduct in-depth research on the Egyptian antiquities held at the British Museum and Petrie Museums in London. Her work is included in several public collections, including The Baltimore Museum of Art, Academy Art Museum, Johns Hopkins University Sheridan Library, Robert W. Deutsch Foundation, Pizzuti Collection and Meta (Facebook) Open Art Program. Milad received her BFA from the School of the Museum of Fine Arts at Tufts University, and her MFA from Towson University. She is currently represented by SOCO Gallery in Charlotte, NC.

Libby Paloma (she/they) is an inter-

See Exhibit, page 16

Dempsey Challenge 2023 Special section pages 7-10



Actor and The Dempsey Center founder, Patrick Dempsey, greeted the crowd during the opening ceremonies of the 2023 Dempsey Challenge, celebrating 15 years of providing comfort, connection, compassion, and choice to cancer patients, their loved ones, care partners, and survivors. The September 23rd event, held in Lewiston, featured run, walk and ride challenges aimed at raising money to support the center. See pages 7-10 for more photos from the event.

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!

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Newsmakers, Names & Faces

Sen. King reflects on VA Secretary's visit to Maine

MAINE (September 1, 2023) -- There's an old saying that one day of seeing is worth a thousand days of reading. I've always found that there's simply no substitute for first-hand experience. So, when the Secretary of Veterans Affairs (VA) Denis McDonough asked how he could better serve Maine veterans, I told him -- come see for yourself. In early August the Secretary took me up on the offer and joined me on a tour of the state. Together, we met with veterans, VA staff, and community leaders to hear how the federal government can better meet our commitment to the brave men and women who served our nation.

Our trip started in Rumford at the town's brand-new VA community-based outpatient clinic (CBOC). Across the coun-

try, CBOCs provide critical healthcare services for veterans in rural communities. One of the most important services the clinics provide is screening and treatment for veterans that were exposed to toxins -- like burn pits or Agent Orange -- during their service.

Addressing these health challenges from toxic exposure is a huge issue for veterans across the country. That's why Congress came together last year to pass the bipartisan PACT Act, ensuring that veterans can get the toxic exposure care and benefits they deserve. As the Secretary saw in Rumford, CBOCs can be the first touch point in this effort. In fact, since the PACT Act became law, we've seen a significant increase in both new veterans coming to the VA and getting healthcare for the first time, as well

as veterans already in the system being screened for toxic exposures--up to around 4 million or so veterans screened nationally. It's an incredible accomplishment, but there is still more to be done.

In Rumford, and during our next stops at Togus and the Portland CBOC, it was clear that one of the biggest hurdles to providing PACT Act benefits is staffing. The VA simply needs more staff to handle the claims in a timely, efficient manner. The Secretary heard this message loud and clear-- and I'm hopeful we can work together in Washington to address the issue.

Another area where the clinics are making progress is in helping veterans treat conditions in need of limited term residential care, including but not limited to, post-traumat-

ic stress disorder (PTSD). During our visit, we saw a new approved plan to build a standalone residential building at Togus for veterans needing this kind of care. It will take some time to complete, but I am glad to work with the Secretary and the Maine VA on programs like this that will benefit our veterans well into the future.

Following our tours of the healthcare clinics, the Secretary and I participated in a roundtable discussion on housing challenges and homelessness among our veteran community. In Maine today, there are roughly 200 veterans experiencing homelessness. This is a pretty significant increase to what we saw before the COVID-19 pandemic and it's largely due to the increase in rental prices and supply of housing drying

up, creating competition for the few available units that exist.

This challenge is not unique to Maine. Affordable housing is a nationwide crisis and it's the reason why we have to work together--across government agencies and with the private sector--to come up with solutions to house our veterans. At the roundtable with the Secretary, a goal was set of housing 100 homeless veterans by Veterans Day in November and we've already seen good progress. Led by the staff at Preble Street in Portland who are working with landlords to provide housing specifically for veterans, so far, at least 30 units have been offered. There are still some logistical challenges, but this is an important step in a larger goal to functionally end veteran homelessness in

Maine by the end of 2025.

As the Secretary and I saw while traveling the state, there are real challenges facing our veteran communities, but none are too large to tackle if we work together. With continued partnership with the VA, private organizations, and my fellow veterans committee members in Washington, I truly believe we can meet America's commitment to the men and women who served our nation.

It was a very full visit; in fact, the only downside was that I'm afraid we may have worked the Secretary too hard--and I'll have to do some persuading to get him back!

If you have been exposed to burn pits or other toxins during service, please call my office or the VA at 207-623-8411 to learn more.

New executive director at local hunger relief agency

BRUNSWICK, ME (September 8, 2023) -- Mid Coast Hunger Prevention Program announced today, via Board Chair Megan Hart, that after a thorough search by the Portland-based firm ProSearch, Hannah Chatalbash has been selected as the organization's next Executive Director. "Hannah has been with MCHPP for over a decade and has served in numerous capacities, most recently acting as Deputy Director where she successfully led the organization's programmatic adaptations throughout the Covid-19 pandemic," shared Hart.

"The compassion, intelligence, and dedication to our work that Hannah demonstrates daily has earned her the full confidence of myself

and the rest of MCHPP's Board of Directors. We are looking forward to working alongside her to maintain MCHPP's status as the largest and most impactful hunger relief organization in the mid coast region," continued Hart in an email shared with the agency's supporters.

Chatalbash was born and raised in Brunswick and is deeply committed to the health and vibrancy of our shared community. A licensed master social worker by trade, she shared that one of her primary motivations for building her career in the nonprofit space is to help make our community "a bigger and brighter place for my own kids and others." In a statement, the Board of Directors shared they "are incredibly confident that MCHPP will



Photo: Hannah Chatalbash, taken by Ryan Flanagan

thrive under Hannah's care and vision."

In a statement about the new role, Chatalbash shared her motivations noting, "what I have seen in the past decade, and what continues to inspire my work every day, is the power of kindness when harnessed at a collective

scale. Hundreds of guests, volunteers, donors, and partners engaging in the sharing of kindness and community building across demographic and socio-economic lines--that, to me, is incredibly motivational and it is going to shape our community for the next generation.

I've learned that there is no way to distinguish between someone who needs to use a food pantry and someone who does not, because most often that line is barely perceptible. While poverty exists, so will food insecurity. Based on those philosophies, I am committed to helping MCHPP continue operating flexible, accessible, low barrier programming for years to come," she continued.

Chatalbash will of-

ficially begin the role in October, succeeding Karen Parker, who announced her intentions to retire at the end of 2023 earlier this year. "Replacing a beloved leader is no easy task, but we are confident that Hannah will continue to build on the strong foundation Karen has built during the past thirteen years," concluded Hart.

Parker noted her confidence in the choice, sharing that, "Hannah has been a valuable team member at MCHPP for over ten years. She has exhibited the passion, knowledge and commitment needed to lead this organization into the future."

Mid Coast Hunger Prevention Program offers dignity and empowerment by provid-

ing all members of our community with access to healthy food. Services include prepared meals, grocery distribution on-site, at local schools, and satellite locations in Harpswell, Bowdoin, and Lisbon Falls. The MCHPP food pantry--located at 12 Tenney Way, Brunswick--is open to the public Tuesdays 12-6pm, Wednesdays and Fridays 12-3pm, and Saturdays 1-4pm; the Soup Kitchen serves freshly made-to-go meals on Mondays-Fridays from 11 am-12:30 pm and Saturdays noon-1:30 pm. MCHPP has been working diligently for over forty years to ensure that our services are open and available to any and all in need and we are committed to continuing this work for as long as community need remains.



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Newsmakers, Names & Faces

United Way of Southern Maine collects 25K+ meals for pantries



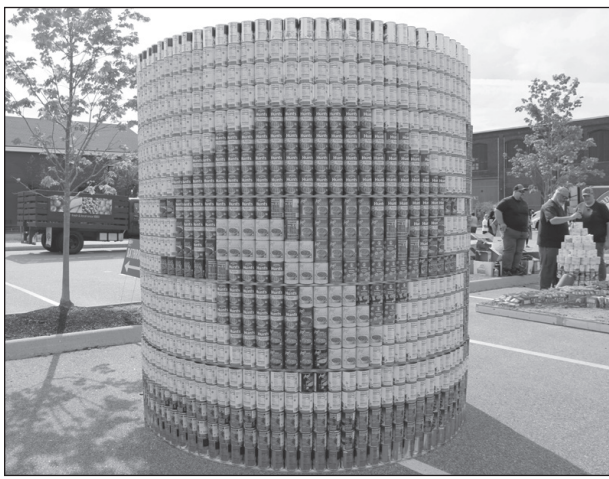
L.L.Bean Construction Team pose with their can sculpture of the L.L.Bean Tote

MAINE (September 23, 2023) -- United Way of Southern Maine (UWSM) has announced that they collected 25,868 meals to address hunger and food insecurity at the United We CAN Food Drive + Sculpture Contest on Friday, September 15. The Food Drive brought in 17% more donations than in 2022.

The following organizations organized drives, donated needed items, or provided logistical resources in support of the food drive:

- Baker Newman Noyes
- BerryDunn
- Bissell Brothers

- CCB, Inc.
- Children’s Museum and Theater of Maine
- Colby Company Engineering
- Dead River Company
- Haley’s Metal Shop, Inc.
- Hannaford Supermarkets
- Hussey Seating Company
- IDEXX
- L.L.Bean
- MaineHealth
- Martin’s Point Health Care
- NBT Bank
- Northern Light Health
- RTS Packaging Systems Engineering



Can Sculpture of a Hannaford Can

Texas Instruments
Thompson’s Point
University Credit Union
VELUX Greenwood, LLC.
WEX
Wright-Ryan Construction
Wyman’s
Zachau Construction
Maine food banks

continue to experience high demand, and food pantries are reporting more people using the pantries to help make ends meet. The food collected will help fill the shelves at pantries and partners across Southern Maine through Wayside Food Programs and Youth Full Maine.

Full Maine. “I don’t have the words to express how tremendous this event is.” This annual event was held at Thompson’s Point in Portland for the first time. Seventeen local companies competed by building larger-than-life CAN-structions onsite. In the end, they dismantle the structures and donate all the cans, providing a tremendous amount to the food drive efforts. This year’s panel of judges include Katie Brown at Youth Full Maine; Jon Chrisos, WMTW-Channel 8 Anchor; Don Morrison, Operations Manager at Wayside Food Programs; and Esi Seng, President and CEO of Tate’s Bake Shop and United Way’s 2023 Campaign Chair awarded four prizes while event attendees cast their votes for the Community Choice award.



Hussey Seating Company Wins Rookie Award – L-R Erica Maguire, Jessy Francois, Mike Little, Erica Plasse, Joanne Adebayo, Tom Hussey and staff, and Esi Seng, President and CEO of Tate’s Bake Shop and UWSM 2023 Campaign Chair.

2023 Can Sculpture Contest Award Winners:
Small + Mighty Award (best sculpture by a small business with under 100 employees): Colby Company Engineering
Rookie Award (best sculpture by a new team—1st or 2nd year): Hussey Seating Company
Best Meal Award (best sculpture with the ingredients for a well-balanced, healthy meal): Wright-Ryan Construction

Best in Show (Judges select the best in show based on the design (originality and creativity), craft (balance, proportions, detail, and use of space), and amount of food collected): CCB, Inc.
Community Choice (Event attendees

cast votes for their favorite sculpture): WEX
About United Way of Southern Maine: United Way of Southern Maine works with the community to quickly respond to emerging needs and tackle persistent issues that hold people back from achieving financial stability and leading healthy lives. UWSM mobilizes the ideas, expertise, and resources of more than 300 businesses, foundations, government, and nonprofit partners and thousands of individuals to close gaps in early childhood development, create pathways to educational and employment opportunities, and increase access to mental health care and addiction prevention and intervention services. Learn more at uwsme.org.

USM Concert Band to perform outdoor program in Gorham



GORHAM, ME (September 23, 2023) -- On October 15 from 1-3PM, bring the family and sit in among the tall pines in front of historic Corthell Hall. Bring a chair or blanket and a picnic lunch or purchase food from a food truck. The USM Concert Band, under the direction of Dr. William Kinne will

present a free, varied program that will highlight the brass, woodwind, and percussion instruments in concert that mixes traditional marches with eclectic, humorous, and colorful new works. Rain or Shine. Rain location: Corthell Concert Hall (2nd Floor of Corthell Hall.)

Sponsored by Sodexo

Gorham’s Ponee Roberts named as new director

NORWAY, ME (September 15, 2023) – Norway Savings Bank is proud to announce the recent election of a new director, Ponee Roberts, CPA.

She is the owner of Ponee A. Roberts CPA LLC, a consulting firm focused on accounting and tax resolution services. Ms. Roberts recently retired after more than 15 years at the Chalmers Insurance Group, serving as its Controller. Prior to her time at Chalmers, she worked for

Portland-based accounting firm, Baker Newman Noyes in its tax practice and Coopers & Lybrand, an accounting firm in Boston, MA in its audit practice. In 2004, she started a private practice before moving to Chalmers in 2008.

Ms. Roberts earned her undergraduate degree in accounting from Northeastern University in Boston, MA in 1993. Two years after moving with her family to Maine in 1995, she earned her Maine Cer-

tified Public Accounting (CPA) license.

“Ponee Roberts is an outstanding individual with impeccable character and a wealth of relevant experience,” said Patricia Weigel, Chairwoman of the Norway Savings Bank Board of Directors. “I’m proud to have her join the Norway Savings Board of Directors.”

Ponee Roberts lives with her husband in Gorham, Maine and they have two grown children.



Ponee A. Roberts, CPA

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Seniors Not Acting Their Age

Campobello Surf and Turf



Kayakers turn Nancy Rock along the shore of Campobello Island



Two paddlers stop at Big Whale Cove



Cyclists ride Roosevelt Park Carriage Roads

By Ron Chase
Ten of us were camping at Herring Cove Provincial Park on Campobello Island. We were enjoying a multi-day adventure vacation on the rugged picturesque New Brunswick island. After a couple of days of hiking and biking in unsettled weather, we awoke in our

tents to clear sunny skies and warm temperatures.

Sea kayaking was on our minds. Trip organizers, Ken & Susan Gordon, recommended a tour along the east side of the island. That section of the Campobello coastline is famous for its continuous spectacular cliffs.

Since the planned

trip included substantial exposure to the open seas of the Bay of Fundy with few opportunities to land in an emergency, obtaining a reliable weather forecast was paramount. Despite cell service problems, we were able to confirm the day would be storm-free. A marine forecast indicated calm seas, minimal fog, and moderate southwest winds could be expected.

Since we had nine interested paddlers in eight kayaks, arranging a shuttle to facilitate a traverse from Mill Cove on the northeastern end of the island to a beach at Lower Duck Pond on the south shore required a creative strategy. All participants drove to the beach at Mill Cove and then two vehicles were

transported south to Lower Duck. Concerned about the risk of encountering hazardous conditions particularly turning the potentially treacherous Liberty Point on the southeastern end, we also left a vehicle at Herring Cove Beach, the proximate midway point.

Sheltered from southwest winds by a prominent bluff, we launched in calm water at the beach in Mill Cove. Immediately impressed by the imposing cliffs and rugged terrain, we navigated out of the cove and turned south along the majestic rock-bound shoreline.

Progressing south on the extreme western periphery of the Bay of Fundy, the towering cliffs of the eastern shore of Campobello extended as far as the eye could see. Angling slightly southwest into a gentle headwind, we rounded a gigantic precipice called Nancy Rock.

The headwind increased as we proceeded along the protracted escarpment and crossed the outer perimeter of Schooner Cove. We soon passed minor indentations in the enormous rock wall named Little and Big Whale Coves. A more substantial inlet preceded prominent Eastern Head.

Maneuvering around Eastern Head, we entered expansive Herring Cove. The winds strengthened

as we approached the beach. Some members of the group were taking out, so all of us disembarked in choppy surf.

Given the worsening wind speeds, a discussion about the advisability of continuing the voyage ensued. Unpredictable conditions at Liberty Point and the recent death of a sea kayaker in that area were on our minds when we decided to forego the remainder of the trip. Two days were left in our stay so another attempt was possible.

Every cloud has a silver lining. Sufficient time remained in the day for a bike ride on the Roosevelt Park Carriage Roads. Six of us picked up our bikes at the campground and drove to the Roosevelt Park Visitor Center parking lot. The trails start on the opposite side of the road.

Initially, we rode a connector trail limited to bikes and foot traffic to Cranberry Point Drive on the southern end of the island. From there, we biked easterly to the scenic point.

In the Cranberry Point area, we located double and some single track trails that weren't on park maps. A thorough exploration followed. Contrary to our expectations, most of the spur trails did not reconnect with the Carriage Roads and were dead ends instead. After a forced halt

at a massive bog, we located Fox Hill Drive and continued our ride to the southern limit of Herring Cove Beach.

At that point, the group split. I rode the Glensevern Road west to Roosevelt Visitor Center while others continued to Liberty Point before returning.

Rain was in the forecast for the following day, but several of us hoped to resume our sea kayak expedition from Herring Cove after that. The tentative plan was to navigate around Liberty Point and continue to Friar's Bay on the west side of the island.

Eight exciting Maine sea kayak trips are narrated in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*. The book also includes three offshore island bike rides.

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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Slaying the Dragon to support breast cancer

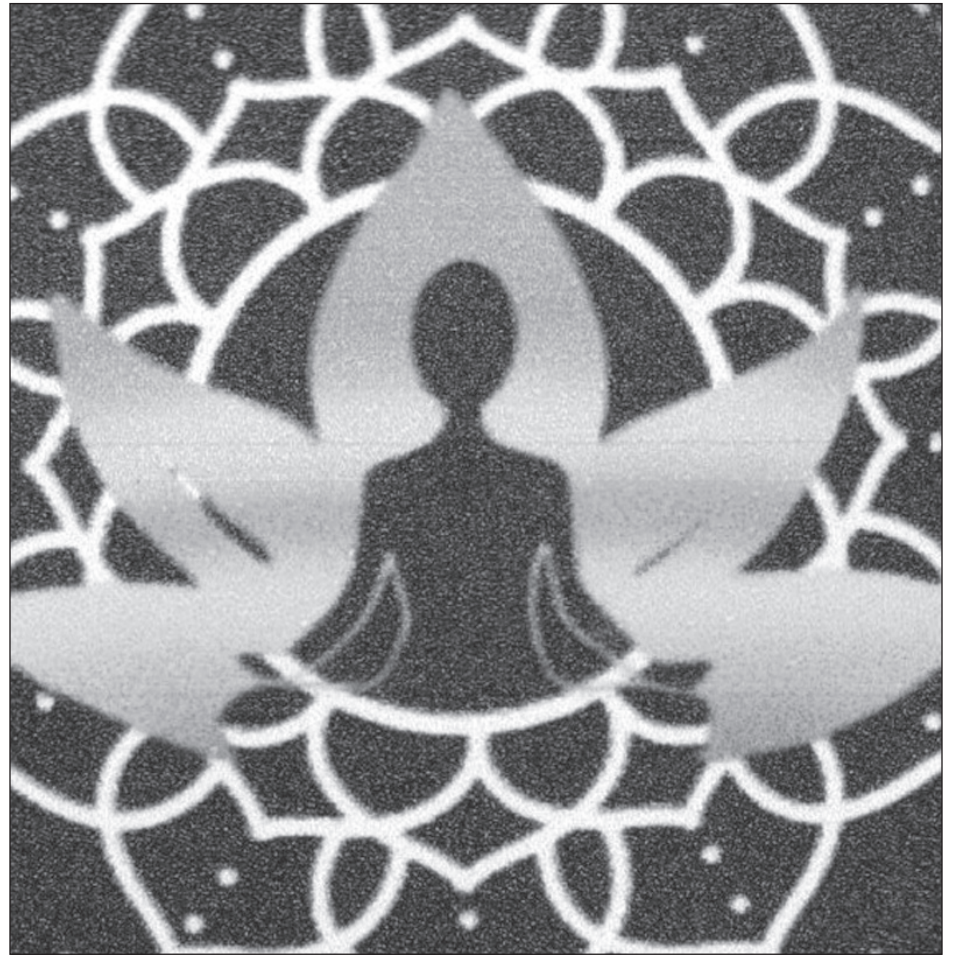
NORWAY, ME (September 21, 2023) -- The Maine Dragon Boat Club will team up with the Cancer Resource Center of Maine to promote breast cancer awareness. On Saturday, October 7th, 1-3 pm, the public is invited to gather at Lakeside Norway's boat dock, 61 Lake Road, Norway, to "paddle for a purpose" and "slay the dragon" in support of breast cancer awareness, by experiencing dragon boating in the Club's 20 person boat. This is a free event, open to everyone, no experience is necessary, and all equipment is included. Dragon boating is a fun, safe, worthwhile activity

and has many health benefits for all who participate. There will be prizes for the person who wears the most pink, fun giveaways and refreshments.

"We are very grateful to the Maine Dragon Boat Club for this opportunity to promote breast cancer awareness in a fun, interactive way said Diane Madden, Executive Director of the Cancer Resource Center of Western Maine. "Our goal is to accommodate everyone who comes to the event and wants to try dragon boating. We are grateful to Lakeside Norway for providing a site where we can hold this event."

"Around the world, dragon boating has become a very popular group sport, especially among breast cancers survivors, as paddling builds upper body strength, which is believed to help decrease the risk of lymphedema, a side effect of cancer treatment that is not uncommon among breast cancer patients" said Sherri Otterson, president of the Maine Dragon Boat Club. "Next year, The Maine Dragon Boat Club plans to form a breast cancer survivor team and a cancer survivor team as there are Dragon Boating federations for both types of teams."

Mind Body Spirit Festival



October 8th, 10:00 – 4:00 at Hilton Garden Inn, 5 Park Street, Freeport. Crystals, Jewelry, Psychics, Reiki, Massage, Astrology, Holistic Health and more. \$5.00 admission. www.mindbodyspiritfestivals.org

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Prize for the person who wears the most pink, fun giveaways and refreshments!

Call the Cancer Center of Western Maine at (207) 890-0329 to sign up or email: info@crcofwm.org.

For questions about Dragon Boating: mainedragonboatclub@gmail.com

www.crcofwm.org

MaineCF Awards \$285K to Adult Learners

PORTLAND & ELLSWORTH, ME (August 4, 2023) — The Maine Community Foundation (MaineCF) awarded \$284,500 to adult learners pursuing certificates or degree programs for the upcoming fall semester.



A total of \$57,250 was awarded to first-time applicants and \$227,250 in renewal awards was granted to students continuing their certificate or degree programs.

MaineCF's adult learner scholarship is for Maine's nontraditional students who want to change their life for

the better through education and training. The scholarship supports a range of training, including attending two- and four-year colleges and universities, completing a certificate and other non-degree programs, or attempting a self-directed learning experience with a clear goal.

Adult learner scholarships are awarded prior to each semester of study. This award is renewable, and applicants must ap-

ply for renewal for each semester of attendance. The next deadline is Nov. 15. Award amount depends on individual need, but most will be between \$1,500-\$2,500.

For more information, visit www.mainecef.org/scholarships.

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Arts & Entertainment

A Winter's Tale coming to USM Gorham stage

GORHAM, ME (September 23, 2023) -- Wild jealousy. Unfounded accusations. Death and re-birth. And, of course, "Exeunt, chased by a bear"—one of Shakespeare's most famous stage directions. Leontes, King of Sicily, suddenly becomes insane

with jealousy believing his pregnant wife has been unfaithful to him. Acting upon his rage, he sets a tragedy in motion that will cost him, his family, and his friends dearly. Brilliantly juggling drama, comedy, romance, and suspense, *The Winter's Tale* is

filled with twists and turns, laughs and surprises, and fascinating characters. All this, and Shakespeare's glorious poetry as well. Directed by Tess Van Horn, performed October 27-November 5. See usm.maine.edu/department-theatre for tickets.

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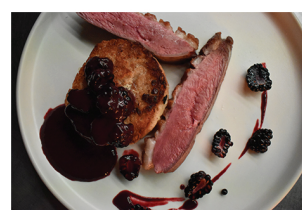


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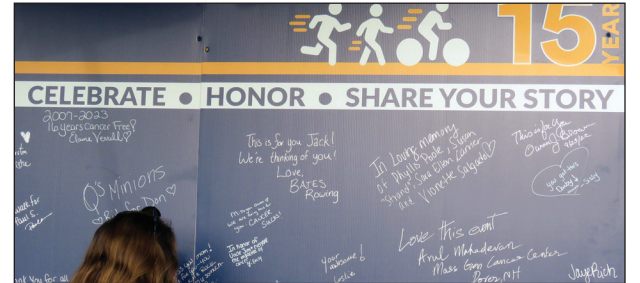


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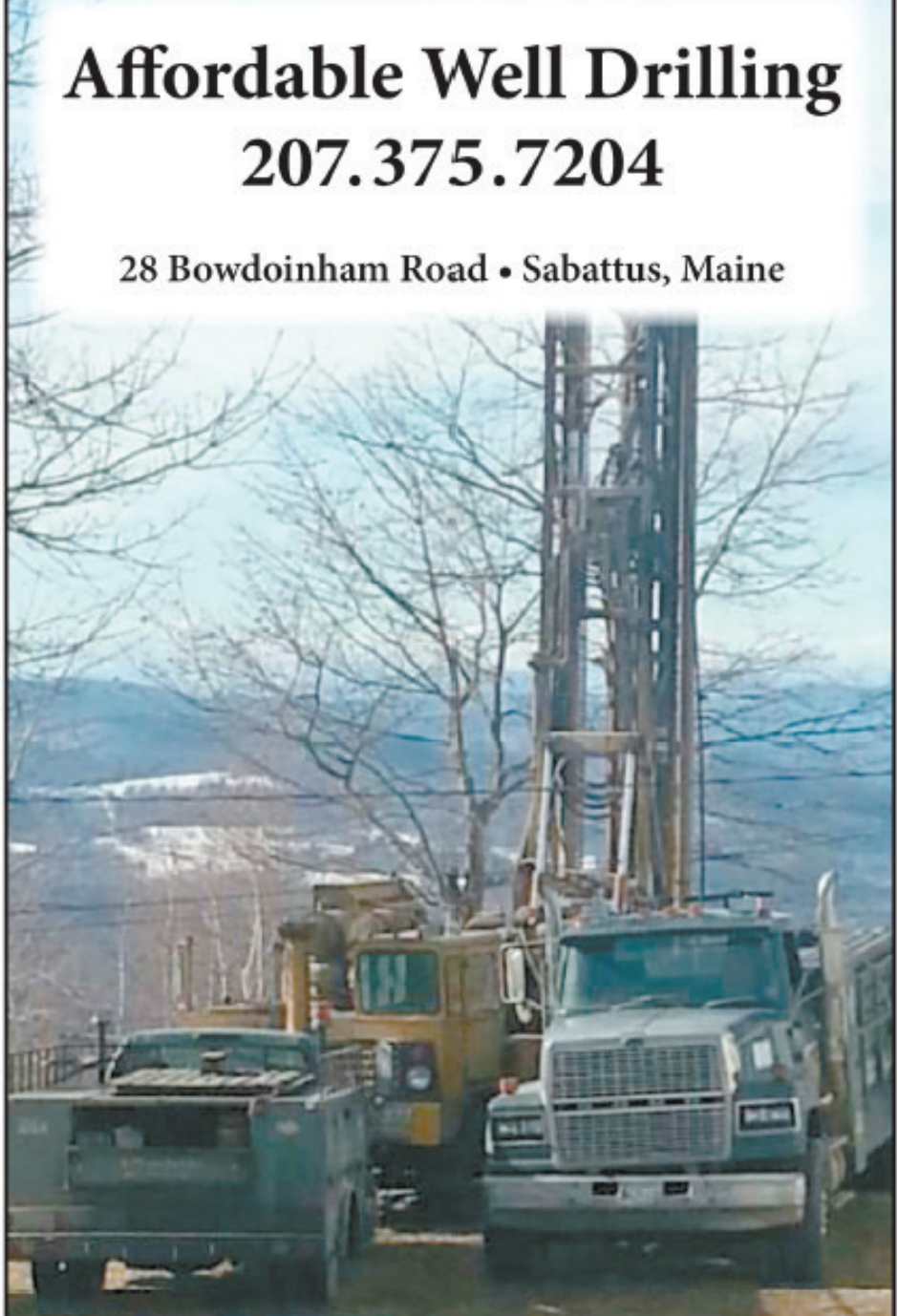
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Girl Scouts of Maine Community service weekend and open house



SOUTH PORTLAND, ME (September 23, 2023) – Girl Scouts of Maine (GSME) will hold a free, open house event including interactive activities and service projects on September 30, unveiling their reimagined South Portland Service Center. This event is open to the public.

Visitors are invited to explore the refreshed service center by immersing themselves in exciting hands-on workshops featuring new Girl Scout programming. A make-your-own fidget keyring tutorial, collaborative art board, and thank-you card station, are just a few Maker Badge activities

to be featured along with breathing technique workshops and positive affirmation exercises highlighting the Girl Scout’s expanded Mental Wellness patch program.

GSME will also be offering a variety of service projects, including making “snuffle mats” for the Animal Refuge League. Attendees are encouraged to bring food to donate to our local Good Shepard Food Bank. A list of most needed food items can be found on their website.

Guests will have the opportunity to share their Girl Scout experiences while testing out storytelling equipment found in the new Media Studio, meet

our CEO, and get their face painted by a pro—this event has something on the agenda for everyone.

“We are thrilled to finally reveal the updated South Portland Service Center and offer the public an opportunity to explore workshops inspired by our latest program innovations. Our new space offers the vibrancy and resources necessary to inspire Girl Scouts to take action and spark change, and we are looking forward to sharing that with everyone in conjunction with the Weekend of Service,” says GSME CEO, Mara Robinov-Moorhead.

GSME’s Weekend of Service will run from September 30 to October 1, during which Girl Scouts

from around the state are encouraged to venture into their communities to take part in a volunteer activity that benefits their local area. Past participants of the annual weekend celebration have given back through gardening, organizing food drives, cleaning up trash, collecting clothing donations, and countless other ways to help improve their towns and cities.

Where: South Portland Service Center, 138 Gannett Drive, South Portland, ME 04106.

When: September 30, 2023, from 1:00 p.m. – 3:00 p.m.

For more information on this exciting event check out the Facebook event here: <https://fb.me/e/BZv6S6dL>.



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Letter to the Editor: Hold Trump Accountable

To the Editor:
 The evidence contained in the most recent indictments against Donald Trump should disturb every American. Trump threatened the very bedrock of American democracy. Knowing he lost the 2020 presidential election, Trump cooked up numerous illegal schemes to stay

in power. He deliberately spread disinformation about the 2020 election, then used those lies to pressure state officials in Georgia and other swing states to overturn the will of voters, including by asking the Georgia secretary of state to "find 11,780 votes." He and his cronies leaned on everyone they could to carry out their

plans, including former Vice President Pence, who refused. When they couldn't steal the presidency through phony paperwork or throwing out votes, they rioted on our nation's Capitol in an attempt to stop the election from being certified. These crimes are too serious to be ignored.

That's why two separate grand juries of everyday Americans, one in Washington D.C. and one in Georgia, have now issued two separate indictments of Donald Trump for his efforts to overturn the will of voters. These are the most serious indictments thus far because they deal with a conspiracy to overturn the foundation of our

democracy: the vote of the American people. We the American people choose our leaders, not the other way around. When we go to cast our ballots, we should be confident that our vote will be counted, no matter our political party. We shouldn't have to worry about power-hungry officials throwing out votes that they

don't like to try and keep control. Trump must be held accountable for his crimes, just like anyone else would be, and our elected officials must allow a trial to proceed without political interference. Sincerely, Penny Spencer Sabattus, ME

Maine DOE builds workforce skills across Maine

AUGUSTA, ME (September 1, 2023)—The Maine Department of Education (DOE)'s Adult Education team recently launched a Career Advancement and Navigation Specialist initiative to build workforce skills across Maine. The four state Career Advancement and Navigation Specialists work in different regions of Maine and serve people with the next steps in their careers. They help people explore career options, create impactful resumes, apply for positions, seek further career and skills training, obtain translator services, and connect them with community support resources.

Through Maine Jobs and Recovery Plan (MJRP) funding, Career Navigators have already helped more than 450 workers across the state with their career goals, including a new Mainer who sought a second shift position to support his family. The Career Navigator was able to help him find a position that fit his experience and needs and supported him in the process of getting translation services, applying, interviewing, onboarding, and orientation. Another worker was able to transition from a food delivery position to a new job in the court system through his work with a Career Navigator.

Maine's Career Navigators support workers in their communities, at Adult Education sites and through community-based organizations, by partnering with other agencies including the Career Center and FedCAP Rehabilitations Services, and through a network of relationships with employers in manufacturing, retail, healthcare, and hospitality. Career Navigators share their experiences:

"I spoke with a local recovery group about the ways I can help them when they're ready for employment. At the end of the conversation, the facilitator said, 'Normally when we talk about employment, the conversation feels stressful and difficult. This is the first time it feels hopeful.' The best part of this job is being able to help people see hope and help them work towards a different future," said Kate Points, Career Navigator for York County.

"The work of the Career Navigator in local communities means being able to meet people where they're at, personally and sometimes even physically. Many of our potential clients have access barriers, both physical and mental. They lack transportation, communication skills, technology access, or not only the knowledge, but the tools or the executive function required to access those resources. Many have experienced shame in asking for help previously and they need an advocate who can provide the kind of high touch service and support that puts them and their needs first when it comes to accessing education and employment. In this way, the impact of Career Navigator services are immeasurable," said Cassie Robichaux, a Career Navigator for Waldo, Knox, Sagadahoc and Lincoln counties.

"The diversity of the people coupled with how resilient they are in my community amazes me. Although the amount of people I serve is high, I'm driven to help more people because getting to know more wonderful people in my community has been so meaningful," said Karen Morin, a Career Navigator for Kennebec County.

"Sometimes things get in the way and what was once a clear track becomes riddled with obstacles. Career Navigators help people overcome the obstacles encountered when they are looking for employment and the next step in their career journey. That, to me, has always been a great distinction and huge benefit of career navigation through adult education: we can

still support you, even after you've graduated and whether you're affiliated with an educational institution or not," said Frank Spurr, a Career Navigator for Androscoggin and Oxford Counties.

Since the Maine Jobs and Recovery Plan took effect in October 2021, the Mills Administration has delivered direct economic relief to nearly 1,000 Maine small businesses, supported more than 100 infrastructure projects around the state to create jobs and revitalize communities, and invested in workforce programs estimated to offer apprenticeship, career and education advancement, and job training opportunities to 22,000 Maine people. For more about Maine Jobs & Recovery Plan, visit maine.gov/jobsplan.

EEE identified in Maine mosquitoes

AUGUSTA, ME (September 21, 2023) – The Maine Center for Disease Control and Prevention (Maine CDC) announced today that mosquitoes from the York County town of Lebanon tested positive for Eastern equine encephalitis virus (EEE).

These are the first mosquitoes in Maine to test positive for EEE since 2019, when a horse also tested positive. The last human case of EEE in Maine was in 2015. No known human cases of any locally acquired mosquito-borne illnesses have occurred in Maine this year.

Besides EEE, mosquitoes in Maine can also spread Jamestown Canyon virus (JCV) and West Nile virus (WNV). These viruses spread through the bite of an infected mosquito. They cannot spread from

human to human or from human to animal.

While some people may not exhibit symptoms from EEE, others may experience fever and flu-like illness. Severe symptoms can occur, including encephalitis (brain swelling), and meningitis. In some cases, EEE is fatal. If you experience any symptoms, call a health care provider right away.

Maine people and

visitors can take these simple steps to protect themselves from EEE, JCV, and WNV:

- Wear long sleeves and long pants.
- Use an EPA-approved repellent on skin and clothes.
- Take extra precautions at dusk and dawn when mosquitoes are most active.
- Use screens on windows and doors.
- Drain artificial sources of standing water around the home where mosquitoes can lay eggs, such as bird baths, wheelbarrows, plant pots, and pet water dishes.

Take steps to prevent mosquito bites when traveling.

Horses are also sensitive to mosquito-borne diseases and can be vaccinated for EEE and WNV. Symptoms of these diseases in horses include:

- fever
 - weakness
 - lack of coordination
- If you notice any of these symptoms in your horse, talk to your veterinarian right away.

Maine CDC tests mosquito pools – groups of one to 50 mosquitoes collected as part of regular testing – for EEE and WNV throughout the

summer months, starting in July. Weekly mosquito surveillance reports for this season are available at www.maine.gov/dhhs/vectorborne.

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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 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 Hotel 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.senior-splus.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

Calendar

Send your submissions to the Editor. More online.

from 4:30-5:30PM. Call 207-415-9260 to reserve your individual meal today.

Sept 30
BUXTON -- Had-dock 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 7
GORHAM -- Public Bean Supper at 34 Wilson Road, Gorham, White Rock Community Clubhouse on Saturday, October 7, 4:00-5:30pm. Eat in or take out! Homemade baked kidney & navy beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. \$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

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 24
VIRTUAL -- Food Addicts in Recovery Anonymous is holding a virtual public information meeting that is open to anyone interested in finding out more about FA. Meeting Date: Tuesday, October 24, 2023. Meeting Time: 9:00 am

Please contact Kathy C. 207-233-4541 for zoom information or for more information.

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
LEWISTON, TOPSHAM -- "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-

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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. 513-3135; www.LPLonline.org

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LEWISTON -- Knitting Group, Dates: Wednesdays, Time: 4:30-7:30 p.m., Facilitator: Senior-sPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

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

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
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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

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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].

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, in-home options available. Call Mike Phelan for more information. 207-577-8777

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Exhibit

Continued from page 1

disciplinary artist currently based in New York, NY. Paloma's work is informed by aspects of her/their Mexican-American, queer, disabled identity, using soft sculpture, installation, and performance to create gentle environments and often humorous encounters. Inspired by everyday objects and natural surroundings, Paloma's installations and performances are an invitation to rest in a fluffy, puffy, tender world.

Paloma has been an artist in residence at Space, Portland, ME; The Vermont Studio Center, Johnson, VT; and The Wassaic Proj-

ect, Wassaic, NY. Recently, Paloma was featured as a panelist on the roundtable, *What is an Image?* at The International Visual Sociology Association Annual Conference, which was subsequently published in *Visual Studies Journal*, February/May 2023. Work from Paloma's assemblage series *Lo Que No Sabrias* (What You Wouldn't Know) appeared in the same issue. Paloma's work has been exhibited at El Museo Del Barrio in New York, NY; Burlington City Arts (BCA), Burlington, VT; SOMArts in San Francisco, CA; SPACE Gallery, Portland, ME; Geary Contemporary, Millerton,



Libby Paloma, For the Starry-Eyed, For the Healers, 2023. Fabric, armature, polyfill, essential oils, 12 x 8 x 5 ft. Installed at the Sheila C. Johnson Design Center, NYC; photo by Ace Lehner.

NY, Unprofessional Variety Show, New York, NY, and the Dorsky Museum in New Paltz, NY where she received the Artist Purchase Award.

In July of 2023, Paloma received an Award of

Excellence for their installation in the QUEERwerks exhibition at Silvermine Gallery, New Canaan, CT. Paloma holds a Bachelor's Degree (BA) in Liberal Studies, a Master's Degree (MS) in Communicative

Disorders from San Francisco State University, and a Master of Fine Arts (MFA) from Parsons School of Design, The New School, where she/they received the President and University full Scholarship.

Craft Apprentice Program soon opening



MAINE (September 22, 2023) -- The Maine Craft Association's Craft Apprentice Program, developed and offered in partnership with the Maine Arts Commission & the League of New Hampshire Craftsmen, provides mentor craft artists and apprentices the opportunity to learn, create and connect. The program is designed to advance and expand the apprentice's craft studio practice and professional experience.

Nine mentor artist + apprentice pairs were se-

lected for the 2023 program cycle (six from Maine, three from New Hampshire) and have worked side by side for seven months. Apprenticeships focused on natural dyeing & hand weaving, book arts, wood instrument creation, printmaking, leather working, pottery foundational skills, Nerikomi ceramics, tile making & more!

New work created during the apprenticeship period will be on view in the 2023 Craft Apprentice Program capstone exhibi-

tion, on view at Watershed Center for the Ceramic Arts, October 6 - 30, 2023.

The opening reception is free and open to the public! Join us in celebrating the achievements of the nine 2023 apprenticeships on Friday, October 6, 5-7pm at Watershed's Barkan Gallery (103 Cochran Road, Edgecomb). Can't make it to the opening reception? The gallery will be open Monday - Friday, 1:30pm - 4:30pm, or by appointment, for the duration of the exhibit!

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



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