

## Gorham awarded grant to address effects of climate change



**GORHAM, ME (October 6, 2023)**

-- The Town of Gorham received notification on October 2, 2023 that its application for the State of Maine's Community Action Grant, submitted to the Governor's Office of Policy, Innovation and Future (GOPIF) for funding of eligible projects in the State's Climate Action Plan, was awarded in the amount of \$50,000.

The project that the Town will undertake to address effects of climate change will be to upgrade stormwater infrastructure at the Municipal Center parking lot to improve water quality, maintain building and parking infrastructure to key town services, ensure continued stormwater runoff control during future flooding events, and provide educational opportunities. The project will install a FocalPoint system, which is a high performance modular bio-filtration system that fits as a low-impact design standard best management practice. This method utilizes natural systems to remove pollutants and provide water quality control in an urban environment to minimize impact to development.

Not only will this project upgrade essential municipal infrastructure, but it will also showcase new stormwater treatment technology in a highly visible location. Raising awareness of the potential for improved stormwater treatment systems will aid in promoting additional retrofits in other locations in Gorham. This will also raise awareness of the draft Low Impact Development (LID) ordinance, planned for adoption in July 2024.

The Town's application was made possible through the hard work and efforts of Town staff and support by the Greater Portland Council of Governments (GP-COG), who assisted the Town with information gathering and technical support for completing necessary steps to enroll in the State of Maine's Community Resilience Partnership.

The Mills Administration awarded \$2.4 million to 53 communities across Maine to address climate change effects through investments to improve energy efficiency, transition to clean energy, expand local and regional planning capacity, and protect infrastructure from damaging

storms or rising sea levels.

These awards to Maine cities, towns and Tribal governments are through the state's Community Resilience Partnership, which helps communities plan for climate change, reduce carbon emissions, and increase resilience to climate effects.

Since the program was first announced by Governor Mills in December 2021, some 174 cities, towns and Tribal governments in Maine have chosen to participate in the Partnership either as individual entities or in regional coalitions. Since inception, the program has awarded nearly \$6.1 million to 103 communities.

"Maine's work to address climate change is reducing costs for Maine people, creating new jobs and career opportunities, strengthening our communities, and protecting our precious environment," said Governor Mills. "I am proud that Maine people have followed the bold vision we outlined in our climate action plan, Maine Won't Wait, to transition to clean energy and to ensure that their communities can withstand the effects of climate change."

"Through the Community Resilience Partnership, 174 communities across Maine are working to transition to clean energy, strengthen their critical infrastructure to withstand the impacts of climate change, and plan for future climate investments and actions based on local priorities," said Hannah Pingree and Melanie Lozsim, co-chairs of the Maine Climate Council. "We are grateful for the efforts of our community and regional partners on this program and look forward to continuing to advance local and regional climate solutions with them into the future."

"Governor Mills' climate action plan is a blueprint for a better Maine future," said Cathy Conlow, Executive Director of the Maine Municipal Association. "The Community Resilience Partnership is meeting communities where they are on the path to climate resiliency and supplies municipal leaders with the resources they need to be innovators, all to ensure that Maine towns and cities have the opportunity to create a sustainable tomorrow."

Besides the Gorham award, other grantees during this round include:

Penobscot Nation to launch a Wabanaki workforce development initiative that will grow the community's ability to offer residential energy efficiency services.

Long Island for a groundwater sustainability study to help the town understand the effects of climate change on its drinking water supply.

Camden for a sea level rise and storm surge resiliency project that will produce engineering and designs so the town can

See *Climate Change*, page 3

## Domestic Violence Awareness Month pages 8-9

## Horticulture, gardening training with UMaine Extension



Maine Horticulture Apprentices Vanessa Seder (left) and Annika Schmidt work on a raised garden bed at Tidewater Farm. Photo courtesy of University of Maine Cooperative Extension.

**ORONO, ME (October 6, 2023)**

— The University of Maine Cooperative Extension is offering two in-depth horticulture training workshops for Mainers looking to start a career in horticulture or for those wanting to elevate their gardening skills.

The two programs, "Maine Horticulture Apprentice Training" and "Maine Gardener Training," will teach foundational knowledge and skills, offer hands-on experience through practical exercises and provide an opportunity to learn from experienced horticulture industry leaders.

The "Maine Horticulture Apprentice Training" program offers a comprehensive curriculum suitable for skilled entry-level positions in the horticulture industry. The program, now open for registration, will be held from 6-7:30 p.m. on Tuesdays from Oct. 30 to Dec. 17 and from Jan. 8 to March 14. The three-part program includes online self-paced learning modules, live virtual sessions with horticultural experts from across the state and a 200-hour apprenticeship. Participants should plan to spend approximately 4-5 hours per week on additional coursework like reading, videos and activities.

Successful completion of the program qualifies participants to receive the

Maine Horticulture Apprentice Training micro-credential and the title of Maine Horticulture Apprentice. Backed by the University of Maine System, the micro-credential verifies to potential employers successful completion of a high-quality, rigorous training and demonstrates the skills necessary to be a valuable horticulture industry employee. Certification is available upon completion of all three required course parts.

The Maine Gardener Training program is designed to supply learners with a foundation in horticulture education and skills for use in personal gardens. The workshop is recommended for those who would like to access in-depth training without any volunteer or apprenticeship requirement. Registration will open Oct. 10.

A stable internet connection and registration is required. Space is limited. For exact course fees, schedules and registration, visit the Maine Horticulture Apprentice Training webpage and the Maine Gardener Training webpage.

For more information or to request a reasonable accommodation, contact Rebecca Long, [rebecca.j.long@maine.edu](mailto:rebecca.j.long@maine.edu); 207.743.6329; email [extension.gardening@maine.edu](mailto:extension.gardening@maine.edu) or call 207.581.3188.



**That's why we bring health care to you.**

*Skilled medical care in the comfort of your own home*

- + Recovery from illness or injury
- + Chronic condition management
- + Navigating emotional wellbeing
- + Hospice care + Hospice House



**ANDROSCOGGIN**  
Home Healthcare  
+ Hospice

207.777.7740

| [Androscoggin.org](http://Androscoggin.org)

FOR Health. FOR Life.



**CLEAN BOOKS LLC**

BOOKKEEPING AND PAYROLL SERVICES

9 North River Road  
Suite 232  
Auburn, ME 04210

Olivia Ouellette, Owner  
(207) 370-9292  
[cleanbooksmaine@gmail.com](mailto:cleanbooksmaine@gmail.com)

[www.cleanbooksmaine.com](http://www.cleanbooksmaine.com)

# Newsmakers, Names & Faces

## Cooking causes most home fires; 10 safety steps from Red Cross

**PORTLAND, ME (October 6, 2023)** — During Fire Prevention Week (October 8-14), the American Red Cross of Northern New England reminds everyone that cooking is the leading cause of home fires and issues safety steps to follow to help avoid one of these blazes.

“Cooking brings family and friends together, but this normal, everyday activity can also lead to disaster,” said John Montes, Regional Disaster Officer. “In fact, cooking is the leading cause of home fires in the U.S. To help keep your loved ones

safe, it’s important to stay in the kitchen while you’re cooking.”

Follow these 10 steps to help stay safe while cooking:

If you are frying, grilling or broiling food, never leave it unattended — stay in the kitchen. If you leave the kitchen for even a short period of time, turn off the stove.

Don’t wear loose clothing or sleeves that dangle while cooking.

If you’re simmering, baking, roasting or broiling food, check it regularly.

Use a timer to remind

yourself that the stove or oven is on.

Keep kids and pets away from the cooking area. Make them stay at least three feet away from the stove.

Keep anything that can catch fire — potholders, oven mitts, wooden utensils, paper or plastic bags, food packaging, towels or curtains — away from your stove, oven or any other appliance in the kitchen that generates heat.

Clean cooking surfaces on a regular basis to prevent grease buildup.

Consider purchasing a

fire extinguisher to keep in your kitchen. Contact your local fire department to take training on the proper use of extinguishers.

Always check the kitchen before going to bed or leaving the home to make sure all stoves, ovens and small appliances are turned off.

Install a smoke alarm near your kitchen, on each level of your home, near sleeping areas and inside and outside bedrooms if you sleep with doors closed. Use the test button to check it each month. Replace all batteries at least once a year if

your smoke alarm requires it.

If you cannot afford to purchase smoke alarms or are physically unable to install one, the Red Cross may be able to help. Contact your local Red Cross for more information.

If you need a smoke alarm for your home, the Red Cross encourages you to sign up. The smoke alarm and installation are free. The Red Cross is also hosting installation events on the following dates:

Sunday, Nov 12th (9am – 3pm), New Gloucester, ME – New

Gloucester FD and BLING (Building Livability in New Gloucester)

To request an alarm or to sign-up for the installation event near you, visit: <https://www.redcross.org/local/me-nh-vt/about-us/our-work/home-fire-campaign/smoke-alarm-request-nh-vt.html>

Download the Red Cross First Aid app for quick, expert advice on what to do in case of an emergency. Find all of the Red Cross apps in smartphone app stores by searching for the American Red Cross or going to [redcross.org/apps](https://www.redcross.org/apps).

## People Plus Senior Health Expo – Largest ever!

**BRUNSWICK, ME (October 6, 2023)** -- The People Plus Senior Health Expo, in partnership with Spectrum Generations, will be at the Brunswick Recreation Center on Thursday, Oct 19, from 9 am to 1 pm. Admission is free and the first 500 people at the event will get a free swag bag! Free activities, information and entertainment will be held throughout the morning. Last year’s Expo had 600 participants and this year’s event will feature a record number of exhibitors with 100 businesses, programs and services represented! The Expo gives attendees the opportunity to learn what services are available in the Midcoast region to live longer, healthier, happier lives.

Maine has the highest percentage of older adults in the country; and the Midcoast senior population is growing the fastest. The People Plus Senior Health Expo brings together a variety of resources for this increasingly important segment of our community. The Expo provides an excellent opportunity to learn



about products and services in the categories of medical services, fitness and health, technology, legal, community services, housing/respite care, and finance and more.

The Senior Health Expo is made possible by the support of Partners Plus Coastal Landing Retirement Community, Mid Coast-Parkview Health, Bill Dodge Auto Group, Bowdoin College, COR Health, Gateway Retirement Solutions, Priority

Real Estate Group, and Rusty Lantern Market. Partners include Spectrum Generations, Aetna Medicare, Kennebec Pharmacy and Home Care, The Vicarage by the Sea and The Times Record. Event sponsors include Avita of Brunswick/Sunnybrook Senior Living, Beltone Hearing Aid Centers, Brackett Funeral Home, Brunswick Topsham Housing Authority, Funeral Consumers Alliance/Last Things/Die

Well Death Education, Healthy Living for ME, Maine Community Bank, The Highlands, and The Vascular Care Group and Refreshment Sponsors are AAA NNE-Brunswick, Amtrak Downeaster, Central Maine Power, Insurance and Retirement Solutions, Martin’s Point Health Care, Maynard Law, and Wicked Joe Coffee. Space for the event is provided by The Town of Brunswick.

Free activities

throughout the event include a flu shot (high dose and regular) and Covid booster clinic with Mid Coast-Parkview Health, Technology Help Desk, performances by Nor’easters Barbershop Chorus, Mid Coast Hunger Prevention Program Sharing Table, Curtis Library Bookmobile, free vascular ultrasound screening for vein disease and carotid artery disease courtesy of The Vascular Care Group, and a live remote broadcast with Jim Bleikamp and Radio Midcoast WCME. Bring in your items from home and get help with sewing projects, lamp repair, jewelry repairs, knife sharpening, and general electrical repair courtesy of Curtis Library’s Repair Café. Plus, there will be raffles to win two round trip tickets on the Amtrak Downeaster or a lifetime membership to People Plus! Additional activities include Yellow Dot registration, Good Morning and Volunteer Transportation Network program registration, and book signings and author chats courtesy of the People Plus Write On Writers group. Free

Wicked Joe Coffee, and healthy refreshment choices including fruit, granola bars, various snacks and more will be offered for free.

“By the year 2025, one-quarter of Maine’s population will be over age 65,” said People Plus Executive Director Stacy Frizzle-Edgerton. “Our hope is to connect all those residents with area service providers and the Expo is the perfect place to do it! With the swag bags and vendor tables it’s like Halloween for seniors!”

The Brunswick Recreation Center is located at 220 Neptune Drive on Brunswick Landing (the former Brunswick Naval Air Station). The venue has ample parking, along with bathrooms. Admission is free and open to the public.

In addition to providing a link between consumers and providers, this gathering also encourages networking within the community, thereby strengthening the value of products and services. For more information visit [www.peopleplusmaine.org](http://www.peopleplusmaine.org) or call 729-0757.



### Affordable Washing Services of Maine

VETERAN OWNED AND OPERATED

**SPECIALIZING IN:**  
 HOUSE WASH \* ROOF WASH  
 ROOF CLEANING \* SOFT WASH \* POWER WASH  
 DECKS \* FENCES \* SIDING \* DRIVEWAYS

Greene, Maine

**207-240-9103** [Affordablewashingservices.com](http://Affordablewashingservices.com)

Like us on 




### Save \$\$ on your business phone!

**Call today for a demonstration!**

## PROFESSIONAL COMPUTER SERVICES INC.

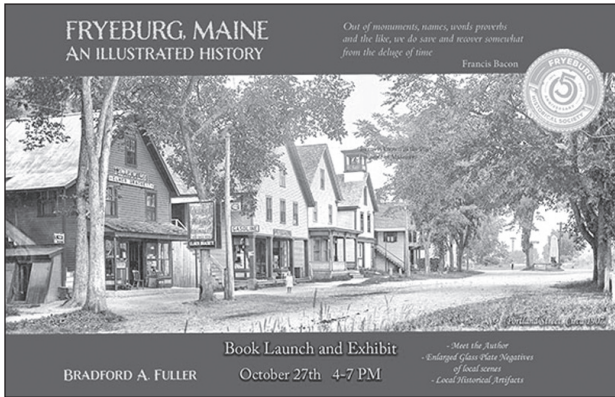
**207.784.6295**  
[buck@pro-pc.us](mailto:buck@pro-pc.us)



**Buck Buchanan**  
 A+, MCP Certified Technician

# Newsmakers, Names & Faces

## Brad Fuller exhibition opening October 27



**FRYEBURG, ME (October 6, 2023)** — The Pace Galleries of Art presents the exhibition opening reception for Fryeburg, Maine: An Illustrated History by Brad Fuller on Friday, October 27th from 4:00-7:00 pm at the Leura Hill Eastman Performing Arts Center. Admission is free.

The book explores the challenges the early settlers faced as they traveled unworn paths in what was still a vast wilderness, and celebrates their triumphs. There was a nobility of spirit that shaped Fryeburg into the community it is today. There are tales of resilience and innovation as industry grew within the town. Each chapter reveals a layer of Fryeburg's past told through narratives and memories of the early residents.

The art exhibit will include artifacts and paintings from the Samuel Os-

good House Museum, as well as prints taken from some of the beautifully restored photographs to be found throughout the book. We expect to see many in attendance as we launch this important work. Books and prints will be available for purchase. We invite all who are interested in Fryeburg and its fascinating history to join us for this event.

Following the opening reception, the exhibition will be open to the public on Tuesdays from 10am – 1pm and Thursdays from 1pm - 4pm when Fryeburg Academy is in session. We welcome you at other times by appointment. Please email [boxoffice@fryeburgacademy.org](mailto:boxoffice@fryeburgacademy.org), or call 207-544-9066 to schedule a visit at another time. The LHE/PAC is located on the campus of Fryeburg Academy at 18 Bradley Street in Fryeburg, Maine.

## 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!

## Climate Change

*Continued from page 1*

apply for construction funds to improve the public landing.

Fryeburg to initiate a composting pilot program to prevent GHG emissions from food waste as well as to conserve 74 acres of the Town Forest and build an outdoor learning pavilion to create environmental education opportunities for the town's students.

"This grant will provide the Penobscot Nation the opportunity to generate workforce development and assist Tribal Citizen's with improving the energy efficiency of their homes and reducing our carbon footprint on our traditional homelands," said Gary Fearon, Director of Housing, Penobscot Nation.

"The Town of Camden is appreciative of Maine's leadership on climate action and the Community Resilience Partnership's support for our efforts to make the Camden Public Landing resilient to the impacts of sea level rise and storm surge," said Jeremy Martin, Planning & Development Director, Town of Camden. "The Town has made significant, costly, and repeated repairs to our landing due to the impacts of intense storms and sea level rise. This funding will ensure the Public Landing is redesigned to be resilient and

sustainable for the long-term."

"The Town of Long Island is thrilled to be awarded a Community Resilience Partnership grant from the Governor's Office of Policy Innovation and the Future," said Brian L. Dudley, Town Administrator, Town of Long Island. "Climate change and rising sea levels are impacting all of Maine, especially our unbridged islands. Water resource management is crucial to our island community, and this grant will allow us to examine the impacts on our water supply, both in terms of its quality and quantity.

"Fryeburg is very excited to be the recipient of a Community Action Grant," said Katie Haley, Town Manager, Town of Fryeburg. "The projects that will transpire as a result of this grant are varied, but each is equally important to the Town and our residents as we work to support the Maine Won't Wait climate plan."

The full list of grant recipients and participating communities is available online.

This award announcement was made Friday during a meeting of the Maine Climate Council, a 39-member assembly of scientists, industry leaders, bipartisan local and state officials, and citizens created by Governor Janet Mills in 2019 and

charged with developing and updating a comprehensive climate action plan for Maine.

Following an extensive public process, the Council delivered its first four-year plan to prepare for and mitigate effects of climate change on Maine, Maine Won't Wait, to Governor Mills on December 1, 2020.

By law, the Council must deliver an updated four-year climate plan by Dec. 1, 2024. Work on this updated plan will be supported in part by a \$3 million grant from the U.S. Environmental Protection Agency from the Inflation Reduction Act.

Since 2019, the Mills Administration has prioritized the fight against climate change in Maine through actions to reduce carbon emissions, transition to renewable energy, and make Maine communities more resilient to climate effects.

With bipartisan support of the Legislature, Maine in 2019 enacted laws setting ambitious targets for transitioning to renewable energy and reducing greenhouse gas emissions. These include reducing greenhouse gas emissions in Maine by 45 percent by 2030 and 80 percent by 2050.

Governor Mills also pledged that Maine would become carbon-neutral by 2045, a commitment she

signed into law in 2022. Earlier this year, the Governor committed to accelerating Maine's transition to 100 percent renewable energy by 2040.

In July, White House National Climate Advisor Ali Zaidi joined Governor Mills to celebrate a historic climate milestone for Maine: the state surpassing its goal of installing 100,000 new heat pumps two years early.

Governor Mills then set an ambitious new target of installing another 175,000 heat pumps in Maine by 2027, thereby bringing the number of heat pumps installed in Maine homes, businesses, and public buildings during her time in office to 275,000.


Governor Mills also serves as Co-Chair of the U.S. Climate Alliance, a bipartisan coalition of 25 governors committed to fighting climate change by reducing carbon emissions, advancing clean energy, and protecting people and the environment from the effects of the climate crisis.

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

**Best Source for Arts, Music and Theater!**


**Your Hometown Paper.**

**WHY PEOPLE CHOOSE CHAMPOUX INSURANCE**




*"I go the extra mile to find my clients the best possible price for their insurance coverage needs. That's how I deliver on the promise"*

**PAULINE GILBERT**  
Personal Lines Agent



**CHAMPOUX INSURANCE**  
YOUR SECURITY IS OUR MAIN CONCERN  
150 East Avenue ~ Lewiston, ME 04240  
(207) 783-2246  
[www.MaineInsuranceOnline.com](http://www.MaineInsuranceOnline.com)



**Jason Hodsdon Masonry**

Chimneys • Chimney Cleanings • Masonry Demo  
Repointing & Repairs • Culture Stones  
Restorations • Stainless Steel Liners

*We install professional chimney caps!*

215-3557  
North Monmouth  
[Jasonhodsdonmasonry@gmail.com](mailto:Jasonhodsdonmasonry@gmail.com)




**Gorham WEEKLY**

**(207) 558-8488**  
[Info@GorhamWeekly.com](mailto:Info@GorhamWeekly.com)

28 State Street, Gorham, ME 04038  
Mail: 89 Union Street, Suite 1014, Auburn, ME 04210

©TWIN CITY PUBLISHING, INC 2022® FOUNDED IN 1998  
All materials found in GORHAM WEEKLY, INC. are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.

**FREE e-subscriptions at [www.GorhamWeekly.com](http://www.GorhamWeekly.com)**

**Advertising**  
For advertising information email [ads@GorhamWeekly.com](mailto:ads@GorhamWeekly.com) or call 795-5017.

**Deadline**  
Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday's publication.

**Press Releases**  
All submissions, including photos, must be emailed to [editor@GorhamWeekly.com](mailto:editor@GorhamWeekly.com).

**Proofs**  
Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

## Seniors Not Acting Their Age

# A Kayak Voyage to Thrumcap Island



A kayaker passed the rugged shore of Rutherford Island



A paddler finds a route through ancient pilings on the inside of Birch Island



The sometimes treacherous Thread of Life ledges are explored

One of the most interesting and less well-known sea kayak destinations on the Maine coast is Thrumcap Island. Located between outer Johns Bay and the mouth of the Damariscotta River, the diminutive atoll is the last stop after passing a series of rugged ledges with the

unique name Thread of Life.

The Thrumcap area has some of the richest history in America. Prior to the arrival of European explorers and settlers, Native Americans lived in settlements on the shore of Johns Bay and along the Damariscotta River for centu-

ries where they traveled the waterways in primitive canoes. Explorers such as John Smith and Giovanni da Verrazzano visited the area in the 16th and early 17th centuries. In 1688, a fort was built on nearby Pemaquid Neck during the French and Indian Wars, a conflict that continued for decades.

When I recently announced a Penobscot Paddle & Chowder Society sea kayak trip to Thrumcap Island, two longtime friends, Dave Boyle and Ken Gordon, enthusiastically signed on. All over 70, we constituted a serious senior threesome.

In the past, I've started my Thrumcap trips from

the boat landing at Colonial Pemaquid State Historic Site at the mouth of the Pemaquid River. Dave suggested a relatively new launch area more conveniently situated at The Gut in South Bristol.

The three of us met at the small landing on the east side of the bridge over The Gut. We were greeted with a glorious warm sunny day with light winds. A paved ramp and adequate parking make this an ideal place to begin and end a sea kayak voyage to Thrumcap.

Paddling three solo kayaks, we benefited from an outgoing tide when embarking into The Gut. The sheltered channel was frequently used as a safe passage by Native Americans during prehistoric times. Today, the tiny harbor is bustling with activity. Fishing vessels and pleasure crafts were motoring to and from their moorings when we exited traveling east.

The waterway widened as we kayaked between Witch Island and Davis Point into Johns Bay. Restored Fort William Henry was visible in the distance on Pemaquid Neck. Angling south, we progressed past the rugged eastern shoreline of Rutherford Island with Johns Island in the center of the bay on our left.

Proceeding south, we arrived at the northern end of Birch Island which parallels and hugs the eastern shore of Rutherford Island. Almost low tide, we speculated about the feasibility of traversing through the attenuated route between the islands. Our nautical

charts were unclear. We gambled and won as we were just barely able to negotiate between some ancient pilings, under a bridge, and through the narrow corridor.

After passing Hay and Crow Islands on our left, we entered the Thread of Life ledges which begin opposite the southern terminus of Rutherford Island. Since the seas were calm and winds light, the sometimes treacherous ledges provided a stimulating opportunity for exploration.

Shortly beyond Thread of Life, we arrived at Thrumcap Island. A small beach on the southern arm of the island offers a convenient place to land. After carrying our kayaks high onto the beach to protect against the rising tide, we hiked an irregular path to the scenic rockbound shore on the south side of the island.

When leaving Thrumcap and departing north, an incoming tide and a gentle tailwind helped propel us between Inner Heron and Rutherford Islands into outer Damariscotta River. We soon passed Christmas Cove on the western side of Rutherford Island. The cove was reportedly named by explorer John Smith when he moored there on Christmas Day in 1614. Some sources dispute that.

Cruising blithely along with the assistance of the wind and tide, we accidentally passed the entrance to The Gut and continued north on Damariscotta River. Unfamiliar surroundings indicated there was a problem. Ken's

GPS confirmed we had missed our destination. Backtracking to The Gut was necessary. A marvelous day, we embraced the "free mileage."

The bridge connecting South Bristol to Rutherford Island was raised for tall boat traffic when we entered The Gut. After the congestion abated, we rode a strong current through the narrow opening completing a phenomenal day of kayaking.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates eight more exciting Maine sea kayaking adventures.

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](http://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](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

**Jason Hodsdon Masonry**

We install stainless steel liners

215-3557 North Monmouth

Jasonhodsdonmasonry@gmail.com

**Sealcoating • Hot Rubber Crack Filling**

**New Installations • Concrete Reclaimed Asphalt • Loam**

Our premium grade sealer inexpensively adds years of life!

Protect your investment with our wide range of products!

**Roadmark Industries**

Mike Willett • 143 Pleasant Street • Auburn

**(207) 240-5535**

**THE DUMP GUY**

Basement, Attic, Garage & Apartment Cleanouts

JUNK REMOVAL

Boat, Vehicle & Camper

ACCREDITED BUSINESS

Angie's list

(207) 450-5858 • [www.thedumpguy.com](http://www.thedumpguy.com) Fully Insured

**Best Source for Arts, Music and Theater!**

**Your Hometown Paper.**

# MaineCF grants strengthen state projects

**PORTLAND & ELLSWORTH, (August 25, 2023)** — More than \$298,000 in Maine Community Foundation (MaineCF) grants will help strengthen nonprofit organizations and projects across the state. The 22 grants through MaineCF's Community Building Grant Program include \$203,371 recommended by a statewide committee and 11 additional grants totaling \$95,000 from people with donor-advised funds.

Grant recipients include:

Ladder to the Moon Network, to expand Amjambo Africa's reach to help new Mainers thrive through radio, video and audio programming

Maine Association of Nonprofits, to fund the Cultural Alliance of Maine as it expands and deepens statewide programs and services

Maine Writers and Publishers Alliance, to increase financial and educational opportunities for aspiring and established Maine writers and strengthen community connections through free, public literary events

Statewide funding supports multi-county projects and nonprofit organizations that strengthen communities. Proposals are submitted through MaineCF's Community Building Grant Program, the foundation's largest, and are reviewed by a committee of community members.



The next proposal deadline is Feb. 15, 2024. For more information, visit [www.mainecef.org/communitybuilding](http://www.mainecef.org/communitybuilding).

For more information about the fund or grant program, contact Director of Strategic Learning Cherie Galyean at 207-412-2017 or [cgalyean@mainecf.org](mailto:cgalyean@mainecf.org).

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit [www.mainecef.org](http://www.mainecef.org).

2023 Grants from the Statewide Committee:

Challenger Learning Center of Maine, for a new moon mission simulation for Maine students: \$5,935

Elder Abuse Institute of Maine, to establish an internship program with students from Maine colleges and universities: \$10,000

Finding Our Voices, to support female domestic violence victims and their children: \$10,000

Grandmothers for Reproductive Rights Education Funds, for programming that keeps older people current on reproductive rights issues and builds intergenerational ties: \$10,000

Hardy Girls Healthy Women, to expand the Feminist Action Board, a free program for high schoolers: \$10,000

Immigrant Legal Advocacy Project, to expand legal immigrant services asylum seekers: \$10,000

JustME for JustUS, to pay rural youth to lead climate organizing and civic engagement work: \$10,000

Ladder to the Moon Network, to expand Amjambo Africa's reach to help new Mainers thrive through radio, video and audio programming: \$10,000

Maine Association for the Education of Young Children, to build a strong and stable child care system for young children and families: \$10,000

Maine Association of Nonprofits, to fund the Cultural Alliance of Maine as it expands and deepens

statewide programs and services: \$10,000

Maine Environmental Education Association, to share new data and education goals on outdoor and environmental education and provide educator training at community listening sessions: \$10,000

Maine Equal Justice, to improve access to legal services for immigrants: \$10,000

Maine School Garden Network, to provide resources and organize events and programs that benefit school gardens: \$10,000

Maine Writers and Publishers Alliance, to increase financial and educational opportunities for aspiring and established Maine writers and strengthen community connections through free, public literary events: \$10,000

Maine Youth for Climate Justice, to stipend youth leaders, increase staff capacity and expand programming: \$10,000

New Beginnings, for a statewide Youth Action Board to provide trainings and improve engagement

for underserved youth: \$10,000

Preble Street, to empower people who have experienced homelessness to advocate for solutions to food insecurity: \$5,936

Rural Aspirations Project, for the Maine Forest Collaborative program to empower rural youth to contribute to the vitality of forested communities: \$10,000

Speaking Up for Us, to bring an equity lens to programs that advocate for the rights of people with developmental disabilities: \$10,000

Team Hailey Hugs, to support families of children with cancer through emergency funds to travel for treatment and maintain stability at home: \$2,500

Volunteers of America Northern New England, to ensure older Mainers living at its affordable housing properties have access to in-house food pantries: \$9,000

From donor-advised funds (as of April 2023)

Camp Kita, to provide support for children who have been affected by suicide through mental health resources, community and nature: \$10,000

Christine B. Foundation, to expand nutrition, cancer prevention and treatment services for rural children and adults: \$10,000

Forest Society of Maine, to make its website accessible to those with disabilities and for whom English not their first lan-

guage: \$3,000

Generational Noor, to improve culturally competent access to treatment and recovery services for people in the BIPOC community: \$10,000

Maine Access Points, to support access to overdose and harm reduction education and supplies, and peer support in rural and underserved regions: \$10,000

Maine Paws for Veterans, to provide canine-assisted therapy for veterans with post-traumatic stress symptoms: \$10,000

Maine Recovery Fund, to provide transportation to work for people reentering the workforce following substance use disorder treatment and incarceration: \$10,000

Marine Mammals of Maine, to respond to stranded marine mammals and sea turtles through rehabilitation, research and education: \$10,000

Our Climate Common, to provide a path to power for young people by seating them on boards of nonprofits, businesses and government bodies: \$10,000

Restorative Justice Institute of Maine, to engage young people in restorative practices that build belonging, connection, and confidence in one's ability to address conflict: \$2,000

Wabanaki Public Health and Wellness, for Art Unites, a cross-cultural community-building project that seeks to create unity through art: \$10,000

## \$220K in additional LIHEAP funding for Maine

**WASHINGTON, D.C. (October 6, 2023)** — Today, U.S. Senator Susan Collins, Vice Chairman of the Senate Appropriations Committee, announced that the State of Maine was awarded an additional \$226,115 in Low Income Home En-

ergy Assistance Program (LIHEAP) funding from the Department of Health and Human Services last week. LIHEAP is a federally funded program that helps low-income households with their home energy bills

Maine's funding

award comes as part of \$17 million in re-allotted Fiscal Year (FY) 2023 LIHEAP funds that were returned to the federal government and are now being redistributed. This brings Maine's total LIHEAP funding in FY 2023 to \$54,359,414.

"Last winter, Maine families faced high residential heating oil prices, forcing many into making agonizing decisions, like choosing between paying for heat or putting food on the table," said Senator Collins. "This additional LIHEAP funding will

provide much-needed relief to our most vulnerable residents, ensuring they can afford to stay warm during the harsh winter months without sacrificing other essential needs."

Last year, Senator Collins successfully led

efforts to secure a total of \$6.1 billion for LIHEAP in FY 2023. LIHEAP is administered by states and accessed through local Community Action Agencies. Eligibility for LIHEAP is based on income, family size, and the availability of resources.



**GRIDIRON**  
*Restaurant*  
LEWISTON, MAINE

## FRIED MUSSELS

with fries and coleslaw



ONLY  
\$12.99

1567 Lisbon Street Lewiston, ME 207-777-6353 -- 207-777-6354  
INDOOR SEATING - TAKE OUT Open Daily 11am - 9pm

# We Deliver.



Uber Eats GRUBHUB Postmates DOORDASH

**SUBWAY** Not all delivery services available at every restaurant. All ®/TM-related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.

**Open for curbside pick-up, take out, indoor dining, bowling and arcade!**



American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 | W [www.jctbowl.com](http://www.jctbowl.com)  
Gorham, ME 04038 | P 207.222.7600

# Arts & Entertainment

## Maine Jewish Film Festival marks 25th anniversary

**PORTLAND, ME (October 6, 2023)** -- The Maine Jewish Film Festival (MJFF) will kick off its 25th anniversary on November 4th with a celebration and screening at the Portland Museum of Art, featuring the bittersweet Israeli comedy, Karaoke, followed by a party in the Museum's Great Hall. Over the next eight days, the festival will host multiple screenings of over a dozen films from eight countries and four continents in Portland,

Bangor, Waterville, Lewiston, Brunswick, and Bethel.

The festival got its start in 1995 with a single film shown as part of an arts festival in the basement of South Portland's Congregation Bet Ha'am. The following year, more films were added, and more audience showed up. By 1998, when the popular series had outgrown its original venue, Steve and Judy Halpert, owners of The Movies on Exchange Street, offered their theater for an entire

week of screenings. Lines snaked around the corner, attendance topped 1300, and the series acquired a new name: The Maine Jewish Film Festival.

Three years later—now too large to be managed by synagogue volunteers—the festival became an independent entity. Today, MJFF remains one of a handful of independent Jewish film festivals in the United States.

With the support of foundations, local business

sponsors, individual donors and filmgoers, the festival has built an enthusiastic following in greater Portland, also expanding its footprint across Maine. Partnering with Maine cultural and educational organizations, MJFF has brought meaningful programs into schools, museums, colleges, screening rooms and movie theaters statewide.

MJFF appeals to a broad audience by selecting films that explore universal themes through a lens of

Jewish experience; and by welcoming a diverse audience into the conversation. An overarching goal of the festival has always been to promote tolerance and understanding.

MJFF's six-city November festival, will also present The Art of Silence, a piercing look into the art and life of mime Marcel Marceau; Rabbi on the Block, about charismatic African-American rabbi Tamar Manasseh, who takes her message into the

streets of Chicago's South Side; Valeria is Getting Married, a drama about a young woman arriving in Israel as a mail-order bride; and I Am Not, a journey of self-discovery through the eyes of a bright but troubled neurodivergent teen.

To view the schedule and purchase tickets visit: <https://mjff.org/2023-mjff-schedule/> More information can be found online at: <https://www.facebook.com/mainewishfilmfestival>

## Maine's largest fiddle orchestra announces Gorham concert

**FALMOUTH, ME (October 6, 2023)** -- Tap your toes, stomp your feet, and clap your hands as Fiddle-icious, a community fiddle-based orchestra with 100+ musicians from Kittery to Augusta, takes the stage to share their unique, uplifting music! Fiddle-icious is a fun-loving Maine orchestra playing fiddle, piano, harp, guitar, banjo, mandolin, flute, accordion, cello, tin whistle,

concertina, upright bass, and bagpipes. Their tunes are passed down from the Irish, Scottish, Quebecois, and Acadian traditions and include reels, jigs, marches, hornpipes, waltzes, step-dancing, and beautiful singing harmonies.

Don and Cindy Roy, recipients of a National Heritage Fellowship, are the driving forces behind the magic of Fiddle-icious. Don, a designated Mas-

ter Fiddler from Gorham, ME, is hailed as a "living cultural treasure." Keeping the heartbeat of the group even and steady on piano is Don's wife and musical partner, Cindy Roy. Both Don and Cindy grew up in French-Canadian families where music was an integral part of their lives, and continue to share their endless passion for the spirit of the old-fashioned kitchen party, keeping this musical

heritage alive and well for future generations.

Further information about Fiddle-icious may be found at [fiddleicious.com](http://fiddleicious.com).

Erica Brown and Matt Shipman, of Erica Brown and the Bluegrass Connection as well as Darlin Corey fame, will join us as special guests. You can read more about their bands on their websites: <https://ericabrownonline.com/bands/> and <https://www.darlincorey.com/>

[www.darlincorey.com/](http://www.darlincorey.com/)

Rounding out our special guest list is sibling act Rossby, Elsie, and Oliver Arnott. These three fiddling siblings often play with Don and Cindy Roy and the Don Roy Trio. You are in for a treat and are sure to be impressed.

Concert details:  
Saturday, October 21, 2023, 7:00 PM — Gorham, ME  
McCormack Per-

forming Arts Center — Gorham High School, 41 Morrill Avenue, Gorham

Tickets for Gorham are available online or at the door. \$20 adults, \$15 students, aged 12 and under free. Summary of concert information and tickets available at [fiddleicious.com/performances/](http://fiddleicious.com/performances/) For more information, please contact: [fiddleiciouspromotions@gmail.com](mailto:fiddleiciouspromotions@gmail.com)

**A WORLD PREMIERE!**

"Hilarious and Heartbreaking"

# PAINT NIGHT

BY CAREY CRIM

Imagine *Steel Magnolias* with modern day issues, as six women gather for a much needed girls' night out.

**Oct 20-29** A Great Girls' Night Out!  
**ThePublicTheatre.org | 782-3200**

**THE PUBLIC THEATRE**  
31 Maple Street, Lewiston

SPONSORS: Androscoggin Bank, Butler Bros., Twin City Times UNDERWRITERS Platz Associates, Sun Journal, WOXO & WIGY

## St. John Paul II Parish hosts annual Fall Mission

**SCARBOROUGH, ME (October 6, 2023)** -- Dr. Ralph Martin (pictured below) to present "Living as Catholics in Challenging Times" at St. Maximilian Kolbe Church (150 Black Point Rd, Scarborough, ME 04074) on October 27-28. The Fall Mission is free to attend and open to the public. The

two-day spiritual gathering is centered around the theme "Living as Catholics in Challenging Times," conveyed by means of two insightful talks by Dr. Martin, a widely respected figure in Catholic evangelization and spiritual renewal.

Event Schedule:  
Day 1: Friday, October 27th 7:00 pm – 8:00

pm: "Living as Catholics in Challenging Times" with Ralph Martin

Day 2: Saturday, October 28th 9:00 am – 10:00 am: "Growing in Holiness" with Ralph Martin; Break until 10:30am with refreshments. There will be an opportunity to purchase books and engage with Dr.

See *Mission*, page 14

**Urban Edge Hair Studio**  
**(207) 212-9440**

1117 Center Street  
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3  
Evenings by Appt. Only

Like us on Facebook!

MICHAEL G.

# Sen. Collins becomes 15<sup>th</sup> person in history to receive award

WASHINGTON, D.C. (October 6, 2023) – On Tuesday, U.S. Senator Susan Collins became the 15th person to ever win the Naval Heritage Award. The award is presented to distinguished Americans who have significantly supported the nation’s Sea Service, and whose lives and career exemplify the core value of Honor, Courage, and Commitment.

The first person to win the award was Maine Senator Margaret Chase Smith in 1995. Other previous recipients of this award include President Ronald Reagan and Bob Hope.

Admiral Lisa Franchetti, the current Vice Chief of Naval Operations who has been nominated to be the Navy’s next Chief of Naval Operations (CNO), presented Senator Collins with the award at a ceremony that honors our Navy and the people who support it. Three former Secretaries of the Navy were present at the event, which is also honoring two former service members with the Lone Sailor award.

“Senator Susan Collins’ advocacy for a strong Navy and a robust national defense has been instrumental in giving our war-fighters the tools they need



to protect our nation and our families,” said BIW President Chuck Krugh. “Her support for the shipbuilders of General Dynamics Bath Iron Works encourages us to continue to produce the highest-quality surface combatants that deserve their Bath-built-is-best-built reputation. It’s a standard of excellence that Senator Collins embodies in all the work that she does for our state and our country.”

“This Naval Heritage Award means so much to me as my State of Maine has a naval heritage that is unsurpassed,” Senator Collins said. “In 1607, the first ocean-going sailing ship built in the New

World was launched at Popham Colony. Today, Maine’s shipbuilding heritage continues at Bath Iron Works and the Portsmouth Naval Shipyard.”

Senator Collins received this award for her years of dedication in the U.S. Senate to ensure our nation’s Navy remains the world’s preeminent naval power including through securing additional funding to increase the number of Bath Iron Works-built Arleigh Burke-class destroyers in the fleet and making generational investments to modernize our nation’s public shipyards including Portsmouth Naval Shipyard in Kittery, Maine.




  
 (207) 784-3564 • 168 East Avenue • Lewiston
   
[www.OptometricAssociates.com](http://www.OptometricAssociates.com)





## FALL OPEN HOUSE

**SATURDAY, OCTOBER 14TH**  
**9:00 AM - 12:00 PM**

1250 Turner Street • Auburn, ME

Register at [cmcc.edu/openhouse](http://cmcc.edu/openhouse)

# Domestic Violence Awareness Month

## October is Domestic Violence Awareness and Prevention Month

For October 2023, President Joe Biden released this proclamation on National Domestic Violence Awareness and Prevention Month.

Domestic violence touches every community in this Nation. Americans of every race, religion, and background are affected; its consequences transcend generations, impacting children and reshaping whole families. During National Domestic Violence Awareness and Prevention Month, we stand with the tens of millions of people who have experienced intimate partner violence, and we thank the first responders, service providers, and community members who work to make sure that every American can live in safety, with dignity and respect.

I was always taught there is no worse sin than the abuse of power, especially when that abuse is directed toward a partner. But just decades ago, much of our Nation wanted to keep the issue of domestic violence in the shadows.

Survivors sat in shame, and society often looked away from what people too often dismissed as a “family affair.”

I have spent more than 30 years of my life working to change that — to end gender-based violence in the United States and around the world. I wrote the original Violence Against Women Act (VAWA) in 1990, which made strides toward shifting the legal and social burdens away from survivors, holding offenders accountable, and addressing gendered violence as a shared priority with a determined and coordinated response. That law introduced our Nation to countless brave survivors, whose stories changed the way America saw this issue. It created the National Domestic Violence Hotline to provide confidential support nationwide. It supported shelters, rape crisis centers, housing, and legal assistance, creating life-saving options for survivors and their children. And it helped to train police, advocates, prose-

cutors, and judges to make our justice system more responsive to survivors. It saved lives and helped survivors rebuild.

Since then, every time we have reauthorized VAWA, we have improved it — broadening its scope to include stalking and sexual assault in 2000, expanding access to services for immigrants and communities of color in 2005, and recognizing criminal jurisdiction of Tribal courts over non-Indian perpetrators and protections for LGBTQI+ individuals in 2013. And last year, we reauthorized VAWA again and strengthened access to services for survivors from underserved and marginalized communities, expanded special Tribal criminal jurisdiction with support for Native communities, and recognized the need to combat cybercrimes and address online harassment and abuse. We brought the Federal Government’s investment in life-saving gender-based violence programs to \$700 million this year alone — the highest

funding level in history — and to \$1 billion in next year’s budget.

Last year, I also signed the most significant gun safety law we have had in nearly 30 years, which keeps firearms out of the hands of convicted domestic abusers. Another law I signed ensures we continue to sustain the Crime Victims Fund to help domestic violence survivors cover abuse-related costs like medical bills, lost wages, and temporary housing. And further, I signed a law empowering survivors of workplace sexual assault and sexual harassment to take their cases to court. We fundamentally transformed how the military prosecutes sexual assault and domestic violence within its ranks, shifting to specialized prosecutors independent from commanders. We have established a civil cause of action for anyone who has had their intimate photos shared without their consent, and we are working to prevent the spread of deepfake non-consensual images too. And last May,

we released the first-ever National Plan to End Gender-Based Violence, laying out a Government-wide plan to prevent and address sexual violence, intimate partner violence, stalking, and other forms of gender-based violence.

Despite all this progress, we have more to do. Four in 10 American women and nearly 3 in 10 American men are still impacted by sexual abuse, physical violence, or stalking by an intimate partner at some point in their lifetimes. If you or someone you know needs help today, immediate and confidential support is available 24/7 through the National Domestic Violence Hotline by visiting thehotline.org, call 1-800-799-7233 (TTY 1-800-787-3224), or text “START” to 88788.

Every survivor should know that they are not alone and they deserve better. Together, we will keep spreading awareness, changing culture, supporting survivors, and moving toward a world free of gen-

der-based violence.

NOW, THEREFORE, I, JOSEPH R. BIDEN JR., President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim October 2023 as National Domestic Violence Awareness and Prevention Month. I call upon each of us to change the social norms that permit domestic violence, provide meaningful support to survivors, and express gratitude to those working diligently on prevention and response efforts. Together, we can transform the country and build a Nation where all people live free from violence.

IN WITNESS WHEREOF, I have hereunto set my hand this

twenty-ninth day of September, in the year of our Lord two thousand twenty-three, and of the Independence of the United States of America the two hundred and forty-eighth.

JOSEPH R. BIDEN JR.

## Affordable Well Drilling

### 207.375.7204

28 Bowdoinham Road • Sabattus, Maine



Give us a call about excavation and Forestry!

## Get help in Cumberland County with Through These Doors

Through These Doors Are you worried about how your partner, spouse, or someone who used to be is treating you? Are you dealing with the effects of past abuse? Are you concerned that someone you love is being abused or is abusing others? Do you want to know how to deal with that situation and help people you care about?

Abuse can happen to people of any religion, race, age, or gender. It does not matter how much or

how little money people have or their level of education. People who are lesbian, gay, bisexual, or transgender experience domestic violence. It can happen to anyone.

If you are being abused, you are not alone. Violence and abuse are never your fault. There are steps you can take to improve your safety and begin to build a life free of abuse. We can help. Through These Doors’ (TTD’s) 24-hour helpline is a great resource for any-

one affected by domestic abuse. Please call our free, confidential Helpline at 1-800-537-6066.

Our helpline is answered by an answering service. An operator will ask for your name and a safe phone number. An advocate will call you back from a blocked or restricted phone number within 15 minutes. If you would feel more comfortable speaking to an advocate in a language other than English, please tell the operator which language you prefer. The advocate will return your call with an interpreter.

REAL CLEAN LLC

PROFESSIONAL & RELIABLE  
CLEANING  
SERVICES

Serving Central Maine  
**207-712-2765**  
RealCleanLLC@yahoo.com  
RealCleanLLC.com

**Best  
Source  
for Arts,  
Music and  
Theater!**

**Your  
Hometown  
Paper.**



# Domestic Violence Awareness Month

## Through These Doors, serving Cumberland County

Our history began in 1977. Through These Doors (TTD) is the domestic violence resource center serving victims and survivors of domestic abuse, dating violence, and stalking in Cumberland County, Maine. When we opened the doors to our first shelter in 1977, there were already women waiting on the doorstep.

Our original name was Family Crisis Shelter. Emergency shelters

were our most critical service in those days as there were few other options for people who were not safe in their homes. We later changed our name to Family Crisis Services to encompass the wide array of services and programs we provided. In March 2018, we changed our name again. This time to Through These Doors.

This name demonstrates our history and the many ways we are avail-

able to survivors, including our helpline, outreach offices, shelter, and other locations and methods. The name indicates a sense of hope and promise for a life free of abuse. Most of the people who use our services go on to better lives with greater safety and autonomy. We want those reaching out for help to feel that sense of future possibility.

TTD provides safe, accessible services to all

people affected by domestic violence regardless of race, ethnicity, disability, sexual orientation, gender, age, primary language spoken, or immigration status. Our core service is our free, confidential, anonymous 24-hour helpline to people living in or leaving abusive relationships, struggling with a former partner, and concerned friends, family members, neighbors, etc.

We operate an emer-

gency shelter for people fleeing abuse and violence, transitional services, support and education groups, safety planning, advocacy, support, and legal matters, including Protection from Abuse Orders. We offer specialized support services on issues as elder abuse and human trafficking. We work in the systems of child protective services and local jails and prisons. We engage in consultation and case

assessment with all law enforcement agencies in Cumberland County.

We provide extensive community education, consultation, training, and systems change advocacy to the general public and youth through our Young Adult Abuse Prevention Program to prevent future violence. TTD operates the batterer's intervention program in Cumberland County, Maine, called "A Different Choice."

## Upcoming events with Through These Doors



**Justice Radio**  
Listen to episode #50 Incarcerated Women Survivors with Through These Doors on Sunday, October 15<sup>th</sup> at 1:30pm. Listen Live: WMPG 90.9 and WERU 89.9; Listen Later: <https://archives.weru.org/category/justice-radio/>

**Luna Segrata**  
The Portland Yoga Collective is set to host a truly empowering event called "Luna Segrata." This unique gathering invites women from all walks of life to unite in a sacred space for an enriching experience community and time to share, visualization, creative ritual, intention setting and chocolate; It's a celebration

of strength, community, and self-discovery that showcases the diverse and inclusive spirit of our city, where fitness and mindfulness intertwine to create a holistic approach to well-being. Date: Sunday, October 15; Time: 7pm; Location: Portland Yoga Collective, 98 Cross St N Suite C, Portland  
Wear Purple Day Thursday, October 19th is Wear Purple Day. Join the national movement to help raise awareness about domestic abuse. Wear purple, snap a selfie with your family/friends/co-workers and then tag Through These Doors using #wearpurple.

Music—Cora Boone

Presents...

Maine's very own Cora Boone is taking center stage as not just a talented performer but also a philanthropic force in the local music scene. She is set to host three captivating music shows that spotlight the incredible talent of our county's local bands and artists. What sets these performances apart is that all proceeds from ticket sales and generous donations will go towards the invaluable work of Through These Doors. Date: Friday, October 20; Time: 8:00pm; Location: Hi-Fidelity Brewing, 200 Anderson Street, Portland

Spin for a Cause  
Reve Cycling Studio, the premier spin studio in town, is gearing up for an exciting week-long fundraising drive that promises to get hearts racing, both on and off the bikes. Date: October 16-21st, Culminating Event October 21<sup>st</sup>; Time: Ongoing, Culminating Event 8:30am; Location: Reve Spin Studio, 559 Forest Avenue, Portland, ME

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

## Through These Doors' 24-Hour Helpline

We can help. Please call our free, confidential 24-Hour Helpline at 1-800-537-6066.

A trained TTD advocate is available 24 hours a day by phone for support, information, and safety planning. You do not have to be in crisis or needing shelter to call the helpline. Call with questions or talk with someone who will listen to you without judg-

ment or telling you what to do.

Our helpline is for everyone. Friends, family, coworkers, supervisors, police, counselors, clergy, and healthcare providers are welcome to contact us for information and support. TTD has access to interpreters, ASL, and Language Line.

Our helpline is answered by an answering

service. An operator will ask for your name and a safe phone number. An advocate will call you back from a blocked or restricted phone number within 15 minutes. If you would feel more comfortable speaking to an advocate in a language other than English, please tell the operator which language you prefer. The advocate will return your call with an interpreter.

## Follow us on Facebook! Don't miss our weekly giveaways!

# STAPLES COWORKING

## A NEW SPACE TO BREAK OLD RULES

### COME TRY OUR NEW COWORKING AND MEETING SPACE IN AUBURN FOR FREE!

MENTION THIS AD AND GET 1 FREE WEEK OF OPEN SEAT COWORKING AND 1 HOUR OF MEETING ROOM USE.

OFFER VALID ONLY AT OUR 89 UNION ST. AUBURN, ME LOCATION

**We support Domestic Violence Awareness Month**

- Burglar Alarms
- Fire Alarms • Cameras
- Smart home services
- Card Access
- Commercial
- Residential

Locally Owned  
Locally Operated

**BUILDING CONTROLS LLC**  
855-740-6794  
[BuildingControlsMaine.com](http://BuildingControlsMaine.com)



## The Right Priorities

### Lowering Taxes

Mayor Levesque is acutely aware of the importance of reducing taxes. Throughout the past six years, he has successfully limited tax increases to rates below inflation. Furthermore, under his leadership this year, taxes have remained unaltered. Although these efforts have presented challenges, Mayor Levesque's commitment to fostering development in Auburn's tax base will ultimately contribute to stabilizing tax rates, enhancing the overall quality of life, and safeguarding crucial city services.



### Quality Education

Mayor Levesque was the first Mayor to take his seat on the School Board in over 20 years, championing educational excellence with tangible outcomes: notably, significant improvements in proficiency scores and a remarkable surge in the graduation rate, soaring from 73% to an impressive 93%. Led the efforts to create Auburn's and CMMC's Spring Ahead initiative creating the likelihood that ELHS students can attain an associates degree, or trade certification program upon graduation. Mayor Levesque has also been at the forefront of implementing strategic and efficient education funding, ensuring that Auburn's taxpayers receive the maximum benefit from their investments in education.

### Economic Development

Under Mayor Levesque's leadership, Auburn has achieved record-breaking development in 4 out of the past 6 years, positioning the city as a leader in both new growth and high-paying job opportunities within the state. This remarkable expansion of the tax base promises to ensure the long-term sustainability of Auburn for generations to come.

### Attainable Housing

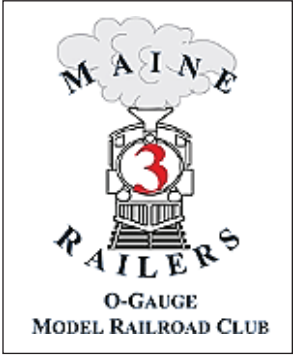
Mayor Levesque is a strong advocate for making housing accessible to everyone. He has championed inclusive zoning, worked to dismantle obstacles, and facilitated partnerships between developers, landowners, and contractors to foster growth in the housing sector.

### Protecting Natural Resources

We cannot have a vibrant city without identifying and protecting the natural resources that are essential to our future. Mayor Levesque is proud of the work done to Protect Lake Auburn.

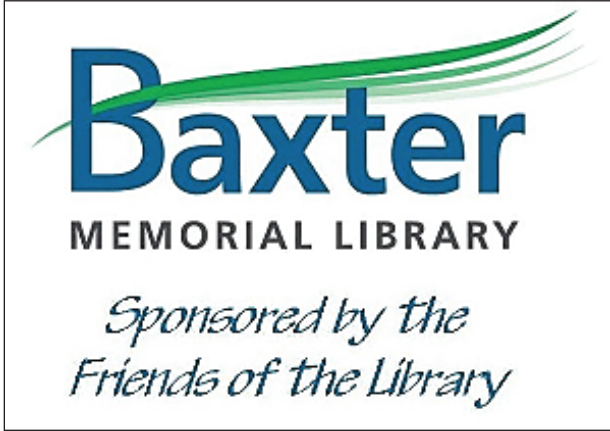
ote **Jason Levesque**  
**AUBURN'S MAYOR**  
PAID FOR BY LEVESQUE FOR AUBURN

# Fall book sale, train display this weekend in Gorham



**GORHAM, ME (October 6, 2023)** – Check out the fall book sale, sponsored by the Friends of Baxter Memorial Library, held Friday, October 13th 9am-6pm and Saturday, October 14th 9am-1pm in Shaw Gym (next door to the library in the Rec building).

The Friends of BML have thousands of books for all ages and interests. All proceeds benefit the activities of the Friends of Baxter Memorial Library. Members advocate the importance of library services



to the community and provide financial support through membership dues and fundraising events.

While you enjoy the book sale, make sure to check out the Maine 3-Railers train display! They will be happening together at Shaw Gym.

The Maine 3-Railers, an O-Gauge model railroad club from all over Maine, will bring trains of all kinds. The Maine 3-Railers is Maine's pre-

mier O-gauge model railroad club. This group is currently the largest and oldest club in the state dedicated exclusively to the enjoyment and advancement of the O-gauge, 3-rail model railroad hobby.

Membership in the club is open to adults and children alike.

For more information about the club visit their website at [www.maine3railers.org](http://www.maine3railers.org).

# 4-H weaving club helps youth get creative



Photo courtesy University of Maine Cooperative Extension.

**ORONO, ME (October 6, 2023)** — University of Maine Cooperative Extension 4-H is offering a Weaving SPIN (SPecial INterest) Club for youth interested in learning about the world of fiber and textiles and expanding their creative skills from 4-5 p.m. on Oct. 24 and 26 and Nov. 2, 14 and 16.

The online club, geared toward ages 9 and up, offers a convenient and accessible platform for youth to engage in weaving activities and connect with fellow enthusiasts. Through a series of virtual meetings and interactive sessions,

members will learn various weaving techniques, experiment with different fibers and create their own unique woven project. Club members will also have the opportunity to work on a traditional tapestry loom and experiment with circular weaving.

The club is free and open to youth of all skill levels, from beginners to experienced weavers. All necessary materials will be provided.

4-H is committed to provide engaging and educational opportunities for youth, as well as fostering their personal growth and development. The online weaving workshop series

is part of UMaine Extension's SPIN clubs, where participants ages 9-18, along with a volunteer for at least six sessions, learn about a subject of interest. Topics range from the natural world, heritage arts, science and technology to photography, music, gardening, sports and more.

Space is limited to 10 children. Registration is required by Oct. 16. To sign up, visit the program's webpage.

For more information or to request a reasonable accommodation, contact [Jessica Brainerd](mailto:jessica.brainerd@maine.edu), [jessica.brainerd@maine.edu](mailto:jessica.brainerd@maine.edu); 207.581.3877.

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

# South Street parking & pedestrian improvements in Gorham



**GORHAM, ME (October 6, 2023)** -- In the coming weeks, the Town and its hired contractors will be starting work on the South Street Parking & Pedestrian Improvements Project.

This project will include:

- Remarking parking spots for parallel and angled parking.
- Several pedestrian safety bump-outs including one at Baxter Library
- New crosswalk at Running Springs Road
- Intersection im-

provements at Weeks Road & South Street

Please see schematic below for the first phase of the project.

If you have questions please contact [Chuck Norton](mailto:Chuck.Norton@gorham.me), the Town of Gorham's Engineer @ 222-4961.

**JOIN THE 7TH ANNUAL CITIZEN'S POLICE ACADEMY**

HOSTED BY THE GORHAM POLICE DEPARTMENT

- APPLICATIONS ACCEPTED UNTIL CLASS IS FILLED
- 8, 2.5 HR CLASSES TO BE HELD WEDNESDAYS AT THE GORHAM PUBLIC SAFETY BUILDING
- CITIZENS ARE EXPOSED TO EVERYDAY FUNCTIONS OF THE MAINE CRIMINAL JUSTICE SYSTEM & LEARN FROM/ INTERACT WITH THE PROFESSIONALS OF THE DEPARTMENT
- LEARN HOW HIGH-RISK TRAFFIC STOPS ARE PERFORMED, HOW OFFICERS MAKE SPLIT SECOND LIFE-CHANGING DECISIONS, SEE BEHIND-THE-SCENES OF A 9-1-1 CALL, OBSERVE A K-9 UNIT IN ACTION & MORE

TO APPLY, VISIT: [HTTPS://WWW.GORHAM-ME.ORG/POLICE-DEPARTMENT/PAGES/CITIZEN-POLICE-ACADEMY](https://www.gorham-me.org/police-department/pages/citizen-police-academy)

**ELIGIBILITY REQUIREMENTS**

- 18 YEARS OF AGE OR OLDER;
- RESIDE IN CUMBERLAND COUNTY (PREFERABLY THE GORHAM COMMUNITY)
- HAVE NO PRIOR FELONY ARRESTS OR MISDEMEANOR ARRESTS IN PAST 5 YEARS
- MUST AGREE TO BASIC BACKGROUND CHECK

**QUESTIONS?**

SGT. TED HATCH  
207.222.1681  
[THATCH@GORHAM.ME.US](mailto:THATCH@GORHAM.ME.US)

**Follow us on Facebook!**  
Don't miss our weekly giveaways!

# King honored with Congressional Sea Services Award

WASHINGTON, D.C. (October 6, 2023) – U.S. Senator Angus King was honored by the Navy League Capital Council as the 2023 recipient of its Congressional Sea Services Award in an event held on Capitol Hill. This award, presented annually to a member of Congress, recognizes outstanding leadership and contributions to the United States Sea Services. Senator King accepted it on behalf of the men and women of the sea services and shipbuilders at Bath Iron Works (BIW) and Portsmouth Naval Shipyard.

Senator King was presented with a binnacle, a casing that holds a ship's compass and lamp – which will reside in his Senate office for a year. The traveling 'trophy' is the actual binnacle from the Sioux Falls Victory ship that saw action, and received a battlestar, in the amphibious assault of Okinawa, Japan in 1945. The ship also served in the Korean and Vietnam Wars.

"We all talk about ships and we talk about aircraft, but it's the peo-



Senator Angus King accepts the Navy League Congressional Sea Services Award

ple – the wonderful people that we have serving us," said Senator King. "The military and our first responders, when you think about it, have the only jobs where you sign your name you're putting your life on the line. That's not

true for 95-percent of the jobs in our society. These are the young people who put their lives on the line when they sign up and it's something that we have to constantly remember."

"This is a tremendous honor and I really



The Sioux Falls Victory ship binnacle displayed in Senator King's office

am overwhelmed and delighted, but I have accepted it on behalf of the shipbuilders in Maine, the shipbuilders in Mississippi, the Coasties along the Maine coast and the Naval personnel all over the country. This isn't my

award, this is their award. Thank you," concluded Senator King.

"Senator King has been a long-standing and outspoken advocate for our nation's safety and security. He has tirelessly fought for a strong national de-

fense, with particular emphasis on maritime forces and seapower, championing funding and innovative policies to increase United States shipbuilding capacity and support for our nation's critical workforce," the citation from the Navy League Capital Council read.

As a member of the Senate Armed Services Committee, and Chairman of the Strategic Forces Subcommittee, Senator King has been a steadfast supporter of the Navy and Coast Guard. He recently secured key provisions in the FY 2024 National Defense Authorization Act (NDAA) to support the maritime forces and ensure that America's military can continue providing best in class services to protect the 'territory of the brave.' A list of Senator King's major provisions in the 2024 NDAA can be found online. Additionally, Secretary of the Navy Carlos Del Toro visits Maine shipyards regularly, at the invitation of Senator King, most recently at Portsmouth Naval Shipyard.

## \$76M in opportunities to advance UMaine research

WASHINGTON, D.C. (August 25, 2023) – U.S. Senator Susan Collins, Vice Chairman of the Appropriations Committee and Subcommittee on Defense, announced that she secured \$76 million in Department of Defense funding that could benefit research and development efforts at the University of Maine (UMaine) in the Fiscal Year 2024 (FY24) Department of Defense Appropriations Act.

By a bipartisan vote of 27-1, this measure advanced through the mark-up of the FY24 Defense appropriations bill—an important step that now allows the bill to be con-

sidered by the full Senate. Committee consideration of legislation is a key part of regular order, which helps our government function efficiently and deliver results for the people of Maine and America.

"From 3D printing to advanced materials development, the talented researchers and students at the University of Maine are working to support the brave men and women of America's military while growing Maine's workforce," said Senator Collins. "Committee passage of this legislation is an important step towards building on funding I have previously

secured to support UMaine's important research, and as the Vice Chairman of the Appropriations Committee, I will continue to advance this funding as the appropriations process moves forward."

"The University of Maine is grateful for all that Senator Susan Collins continues to do through her leadership roles in the Senate for the people of our state, the University of Maine System and the University of Maine," said UMaine President and UMS Vice Chancellor for Research and Innovation Joan Ferrini-Mundy. "This inclusion of \$76 million in the Senate defense appropri-

tions bill mark-up for defense-related research and technology development will enable the continued contributions of UMaine engineers, scientists and students in shaping the future of large-scale manufacturing, and the use of advanced materials and composites for national defense and a range of applications. Senator Collins' efforts are enhancing our state's economy and securing pathways to success for our graduates."

**Bill Highlights:**

Large-scale Manufacturing: \$25 million to support development of a large-scale manufacturing facility that is pioneering 3D printing,

artificial intelligence, and other advanced manufacturing techniques.

3D Printing of Unmanned Maritime Systems: \$10 million to support additive manufacturing to prototype unmanned surface vehicles.

New Material Solutions in Severe Environments: \$10 million to support development of new materials that are rapidly deployable in extreme environmental conditions.

Advanced Textiles and Shelters: \$6 million to support continued development of rapidly deployable shelters.

Multi-Material Flexible Automated Man-

ufacturing: \$12 million to support large-scale metal and composites technologies to enable the rapid, low-cost manufacture of castings and forgings.

Polar Proving Ground: \$10 million to support UMaine's partnership in Alaska to provide a Polar proving site for academic research.

Wood to Jet Fuel: \$3 million for continued research converting woody biomass into jet fuel and renewable diesel.

All funding increases in the Defense Appropriations Act are competitively awarded or provided to programs that have received competitive awards in the past.



**Jay's**  
Lawn & Garden

**207-713-6090**

**Delivery Available**

Also offering residential & commercial lawn mowing services

- MULCH
- LOAM
- COMPOST
- GRAVEL
- STONE
- SAND

1294 Sabattus Street  
Lewiston

**Loading Hours:**  
M-Th by appointment  
Fri - 8 am to 5 pm  
Sat - 8 am to 2 pm  
Sun - 8 am to Noon

**Follow us on Facebook!**  
Don't miss our weekly giveaways!



- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

**207-344-5212**

# Business Directory

## ACCOUNTANT



**AUSTIN ASSOCIATES**  
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777  
AustinPA.com

Your Financial Team

## FLOWER SHOPPE



**Sweet Pea Designs**  
FLOWER SHOPPE

**777-1520**

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

## PHOTOGRAPHY



**PortraitEfx of Maine**  
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372  
maine@portraitefx.com  
www.maine.portraitefx.com

## AUTO CARE

*The Only Full-Service Gas Station in Auburn!*

**Poisson & Sons**  
**Auto Care Center, Inc.**

Computer Diagnostics • Yokohama Tires  
Repairs • Alignments • Inspection Station  
Gas • Clear K1 • Tune-ups • Brakes • Batteries

**Dan & Don Poisson**  
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

## MASONRY



**Jason Hodsdon**  
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones  
Chimneys • Chimney Cleaning  
Repointing & Repairs  
Restoration  
Stainless Steel Liners

Fully Insured  
Free Estimates  
20+ Years of Experience

North Monmouth  
(207) 215-3557

## PRINTING



**EVERGREEN**  
CUSTOM PRINTING, INC.

2 Great Falls Plaza, Suite 1B  
Auburn ME 04210  
info@evergreencustomprinting.com

RICK OSGOOD  
owner  
207-782-0525  
phone

Full Service Commercial Printer  
Color & B/W Printing & Copying  
Large Format • Posters  
Booklets • Carbonless Forms  
Letterheads • Envelopes  
Business Cards • Labels • Tags  
Design Service • and More!

## CD'S

*Discover The Truth About CDs!*

CD Interest Rates Are At An All Time Low.  
There IS A Safe, Guaranteed Alternative To  
Increase Your Income.

Call now for a **FREE** Guide:  
"10 Secrets Your Banker Doesn't  
Want You To Know"

Call Our 24 Hour Order Line @782-3800

## MARINE SERVICES

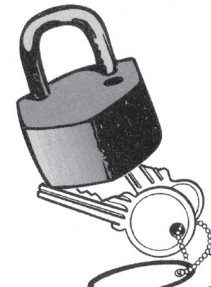
**BOAT REPAIR SHOP**

**PONTES**  
Marine Service

Power by  
**MERCURY** MerCruiser  
**OMC** **VOLVO PENTA** **Perkins** **YANMAR** Velvet Drive

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997  
www.pontesmarine.com

## SELF STORAGE



**AUBURN SELF STORAGE, LLC**

23 Goldthwaite Rd.  
Auburn, ME 04210

PO Box 715  
Lewiston, ME 04243

**PHONE 376-3325**

## CHIROPRACTOR

**Family Chiropractic Center**

Experience Life

1485 Lisbon Street, Lewiston  
207.783.0078  
www.familychiro.me.com

## PAINTING

Interiors • Exteriors  
Free Estimates

Drywall Repair  
Pressure Washing

**W.J. Libby**  
**Painting Co.**

**WADE J. LIBBY**  
WJLibbyPainting@gmail.com CELL: 207.210.0605

## SHIPPING



**GOIN' POSTAL**  
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

**UPS** **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

9 N. River Road in Auburn ~ www.AuburnGoInPostal.com ~ 784-9900

## CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

**AMERICAN BUILDERS**  
Custom Building & Remodeling

Call 207-500-8100  
For **FREE** Estimates

Call Tyler 500-8100  
Finish Carpenter

Quality Work with References Available

## PHOTOGRAPHY



**Laura Elaines**  
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography  
LauraElainesPhotography@gmail.com  
(207) 212-5993

## WEB HOSTING



Web Hosting  
Web Design  
Web Promotion  
One Stop  
207-442-9006

**MAINE HOSTING SOLUTIONS**

**CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!**

**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

**Oct 12**

LEWISTON -- The Southern Maine Squadron SAFBVA will be having the last get together of the 2023 summer schedule at noon-time October 12 at the Governors Restaurant in Lewiston. The summer schedule will resume in May 2024. Veterans of all branches and their guests are welcome to join. FMI call 207-657-4909 Bob Sawyer or email wvmtkwkr1933@gmail.com

**Oct 14**

AUGUSTA -- The Maine Hosta Society will hold its Fall Meeting on Saturday, October 14, 2023 at the Buker Center Augusta Parks and Recreation which is located at 22 Armory Street in

# Calendar

Send your submissions to the Editor. More online.

Augusta. The business meeting will commence at 10:00 am, followed by a presentation by our guest speaker, Bob Solberg, of North Carolina. Members and guests are encouraged to bring a lunch and stay through this informal, predictively enjoyable session. This event is free and open to the public.

**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 25**

LEWISTON -- Hiring Event on Wednesday, October 25th from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free and open to the public. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=11925243>

**Oct 27 - Nov 5**

AUBURN -- Community Little Theatre presents the musical comedy The Drowsy Chaperone. When a die-hard theatre fan plays his favorite cast album, the characters come to life in this hilarious musical farce! A loving sendup of the Jazz Age musical that features one show-stopping song and dance number after another. Show dates are October 27, 28, November 2 & 3 at 7:30 p.m., and October 29 & November 4 & 5 at 2:00 p.m. All performances

at CLT on 30 Academy Street in Auburn. Tickets and more information at [www.laelt.com](http://www.laelt.com)

**Oct 27**

BAR MILLS -- The Originals present OUTSIDE MULLINGAR a play by John Patrick Shanley at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Oct 27, 28, Nov 2, 3, 4 at 7:30pm and Oct 29 at 2:30pm. Tickets: \$15 General Admission at [www.sacorivertheatre.org](http://www.sacorivertheatre.org) or call 207-929-6473 for reservations.

**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

**Oct 28**

GRAY -- First Congregational Church of Gray Saturday Night Church Supper Saturday, October 28, 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 the supper - 657-4279

**FLAGSHIP CINEMAS**  
*Premium*  
Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!  
AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON  
[WWW.FLAGSHIPCINEMAS.COM](http://WWW.FLAGSHIPCINEMAS.COM)

**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.

**Mission**

*Continued from page 6*

Martin; 10:30 am - 11:30 am: "Growing in Mission" with Ralph Martin.

St. John Paul II Church extends an invitation to all to join in a heartfelt prayer for the mission's success: "Come Holy Spirit and intercede for the success of our upcoming parish mission. Help us to listen attentively

ly and ponder prayerfully. May Your words of grace and truth effectively work within us and form us into the people You have called us to be. Send forth your Spirit to help us do Your will within our parish community, as well as in our own lives. May all that we do be for Your glory. Amen."

For additional details, or to learn more about the Fall Mission and other events at St. John Paul II Parish, please visit <http://jp2me.org>

Ralph Martin is the president of Renewal Ministries (<https://www.renewalministries.net>) and the host of the weekly Catholic television program The Choices We Face. He holds a doctorate in theology and is the director of Graduate Theology Programs in the New Evangelization at Sacred Heart Major Seminary in the Archdiocese of Detroit.

## GORHAM LITTLE LEAGUE

# Field Funding Campaign

The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

**VISIT: [GYBSA.COM](http://GYBSA.COM) FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS**

## DONATE TODAY!

**VISIT: [tinyurl.com/GYBSA-DONATE](http://tinyurl.com/GYBSA-DONATE) or**  
**MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038**

GYBSA is a non-profit 501(c)(3) tax deductible contribution

# Classified Ads

## CLEANERS

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

**MJ's- Cleaning**  
Over 10 years experience. Reasonable rates. Available to work with your schedule. Call: 207-539-3204.

## CLEANING

**Commercial Office Cleaning.** 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 [stephen@1stchoicefloorcare.com](mailto:stephen@1stchoicefloorcare.com) [www.1stchoicefloorcare.com](http://www.1stchoicefloorcare.com)

## FOR SALE

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

## HOUSE KEEPING

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

## LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer  
Defendify is looking for a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: [www.defendify.com/careers](http://www.defendify.com/careers).

## PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

## SENIOR TRIPS

**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.

**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. Pick up location is The Auburn Mall (in back of J.C. Penney) 500 Center Street, Auburn, ME at 10:30 A.M.

**APRIL 11 - 19, 2024 - THE FRENCH RIVIERA** – Trip includes 9 days, 7 Breakfasts, 2 Lunches and 3 dinners. Lodging for 7 nights in the same hotel. Highlights are Nice, Food Tour & Tasting, Nice Flower Market, Monaco, Monte Carlo, Grasse, Cannes, Saint-Honorat Island & Wine Tasting, Villa Ephrussi de Rothchild, St. Paul de Vence and much more.

**MAY 11 - 19, 2024 - BILTMORE ESTATE & ASHEVILLE, NC** - Trip includes 8 nights lodging including 4 nights in the Asheville area, 8 breakfasts and 6 dinners and a guided tour of the Asheville, North Carolina area. We will have a full day visit to the spectacular Biltmore

Estate, America's largest privately owned home. We will visit the Biltmore Village that connects the estates present and past and provides a place for dining, shopping and historical exhibits. We will also visit the Antler Village and winery. We will tour the Blue Ridge Parkway with a guide and stops along the way. A \$75.00 deposit per person is due when signing up. Price is \$1,245.00 pp double occupancy which includes all entrance fees, meal tips and bus driver tip.

**JUNE 15 - 23, 2024 - WESTERN CANADA'S ROCKIES, LAKES & WINE COUNTRY** - This trip includes 9 days and 8 breakfasts, 2 lunches and 3 dinners. Highlights of this trip are Calgary, Albertan BBQ, Banff, Bow Falls, Lake Louise, Revelstoke Railway Museum, Okanagan Valley, Vineyard Dinner and Wine Tasting, Stanley Park, Granville Island and much more. Call Claire or Cindy for more information.

**OCTOBER 6 - 14, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK**

**WICK** – Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or 576-8604 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

## SUPERVISED EXERCISE

Fit to Function, individualized exercise pro-

gramming 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

## WANTED

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

**Best Source for Arts, Music and Theater!**  
**Your Hometown Paper.**

# Classified Ads UP TO 40 WORDS!

**\$25 PER WEEK**  
EACH ADDITIONAL WORD 25¢

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

Card #  Visa  Master Card  3 digits # on back

Exp. date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name & Address \_\_\_\_\_

Phone: \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**HEADLINE:** \_\_\_\_\_

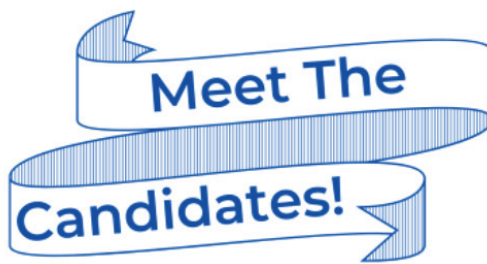
**AD INFO:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_

# Meet the candidates for Gorham Town Council, School Committee

GORHAM, ME (October 6, 2023) -- On Wednesday, October 18 6pm, come out to Baxter Memorial Library to meet Gorham Town Council and School Committee Candidates. Each will have an opportunity to speak for five minutes about themselves and their platform, followed by an opportunity to mingle and chat with attendees. The statements will be recorded and televised by GoCAT.



## Elle Ferris joins Fontaine Family

SCARBOROUGH, ME (October 6, 2023) -- Fontaine Family – The Real Estate Leader is pleased to announce the addition of Elle Ferris to the team at their Scarborough location.



and Basketball, a love for travel, and a strong connection to the great outdoors, the Ferris family epitomizes the perfect blend of work, play, and family bonding.

(603)674-1118 or elle@fontaineteam.com.

Elle comes to Fontaine as an Associate Broker licensed in Maine and New Hampshire and years of experience, making her a trusted partner in your real estate journey along with the support of the Fontaine Team. Whether you're seeking expert guidance in the Southern Maine & Seacoast NH real estate market or looking to connect with a community-minded individual, Elle is a Realtor® who brings experience, dedication, and a heart for community to every endeavor. Elle will be working out of the Scarborough location and can be reached at

Lacrosse Boosters, and the Community Gardens of Durham. Through her affiliations, Elle demonstrates her dedication to giving back and making a positive impact on the communities she serves.

While Elle excels in helping her clients find their dream homes, she is also dedicated to her family of five, complete with husband Frederick, three daughters, two rescue dogs, and one feline companion. With a passion for Lacrosse



**7:00pm • Saturday, November 4**  
**FRANCO CENTER**

MMS will once again host this ever-popular a cappella experience. This always sold-out event will feature six spectacular vocal groups.

**Battle of the BLENDS**

Tickets: 207-333-3386 or mainemusicsociety.org

### Water that just works.



## GOODWIN WELL & WATER INC.

### Maine's leader in water well drilling, pump installation, and geothermal installation.

207.224.7861 [goodwinwellandwater.com](http://goodwinwellandwater.com)

# 12 months 5.25% APY<sup>1</sup>



## Share Certificate

\$50k or greater



Open NOW  
OR Call 221-5000

# Evergreen

Credit Union

<sup>1</sup>Annual Percentage Yield as of 9/26/2023. Rates subject to change without notice. \$50,000 minimum to open and earn the advertised dividend. Early withdrawals subject to penalty. Federally insured by NCUA.



### Insulate. Be comfortable. Save money.

### Incentives up to \$9,200 for income-eligible households.



Start today by scanning this QR code and see if you prequalify. It takes less than 5 minutes.



Visit [efficiencymaine.com](http://efficiencymaine.com) for program details or call 866-376-2463.