

License to Chill Celebration to benefit local kids



WESTBROOK, ME — WinterKids, a prominent Maine nonprofit organization dedicated to getting children outdoors and active during the winter months, is excited to announce the launch of ticket sales for their 12th Annual License to Chill Celebration, presented by Mt. Abram Ski Resort & Bike Park, taking place on November 9, 2023, from 6 p.m.-9 p.m. This year's event promises to bring a fresh vibe to the annual tradition at a new venue, Après, located in Portland.

The WinterKids License to Chill Celebration has become a cornerstone of Maine's winter social calendar, drawing generous support, and bringing together an incredible community of those who share a passion for getting kids outside and active during the winter months.

This year's celebration is set to feature great entertainment, food, and beverages, including:

- Guest Emcees, Blake & Kelly from Coast 93.1
- Live Music by T.J. Swan
- Exclusive WinterKids Drink Specials by Après
- Food Specials with Meet on

the Street
S'mores Donuts by Eighty8 Donut Café
Door Prizes: Exciting opportunities to win fantastic prizes
Outdoor Seating with Fire Pits (Weather Permitting)
In the lead-up to the celebration, WinterKids will also host a virtual silent auction from October 26 to November 9, featuring an extensive array of high-quality goods and services generously contributed by businesses across Maine and New England.

License to Chill is a prime opportunity for individuals who appreciate Maine's winters and are passionate about supporting the next generation's health and well-being. Funds raised from this event will contribute directly to WinterKids' ongoing efforts to promote physical activity and healthy habits among Maine's youth.

Tickets for the 12th Annual License to Chill Celebration can be purchased at www.WinterKids.org/LicenseToChill, where you can also find a sneak preview of the virtual auction items.

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!

Domestic Violence Awareness Month pages 8-9

Casco Bay Symphony presents "Metamorphosis" at Gorham HS

Casco Bay Wind Symphony Presents

METAMORPHOSIS

A concert and interactive insect exhibit featuring:
"March" from *Symphonic Metamorphosis* by Paul Hindemith
Rondino by Ludwig van Beethoven
Bugs by Roger Cichy

Sunday, October 22, 2023
2:00 p.m.
McCormack Performing Arts Center
at Gorham High School
Dr. William Kinne, Conductor

Children and adults will enjoy an interactive exhibit of REAL INSECTS from the University of Southern Maine Insectarium, courtesy of Dr. Joseph Staples, Professor of Environmental Science and Entomology.

www.cascobaywindsymphony.org

Get Tickets Here

Adults - \$13 in advance / \$15 at door
Seniors 65+ - Pay what you can
Students/Kids - Free

501(c)(3)

GORHAM, ME -- The Casco Bay Wind Symphony invites you to their upcoming Fall concert and interactive insect exhibit. Children and adults will enjoy an interactive exhibit of REAL INSECTS by entomologists. This special performance is on Sunday, October 22 at 2:00 PM at the McCormack Performing Arts Center at Gorham High School.

This concert, conducted by Dr. William Kinne, features many pieces with the theme of "Metamorphosis" including "March" from "Symphonic Metamorphosis"

by Paul Hindemith, "Rondino" by Ludwig van Beethoven, and "Bugs" by Roger Cichy.

Tickets: Adults - \$13 in Advance, \$15 at the door; Seniors (65+) - Pay what you can; Students / Kids - Free. Tickets can be purchased at the door, or on our website - <https://www.cascobaywindsymphony.org/buy-tickets>

Hope to see you there!
Upcoming concerts: Saturday, December 2, 2023 and Sunday April 28, 2024

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Newsmakers, Names & Faces

AARP Maine celebrates LGBTQ+ History Month

PORTLAND, ME -- AARP Maine celebrates LGBTQ+ History Month -- and the contributions of Maine community activists in building a civil rights movement -- on Friday, Oct. 27 at 12 p.m. Eastern when it hosts the online event Maine's LGBTQ+ Trailblazers: Exploring the University of Southern Maine's Jean Byers Sampson Center for Diversity. Registration for the free online event is now open at <https://virtualevents.aarp.org/Trailblazers/>

"Engaging with the LGBTQ+ community and highlighting its valuable history in our state is important to AARP's commitment to equity, diversity and inclusion," says Noël Bonam, AARP Maine State Director.

"AARP Maine is excited to highlight the remarkable role our state has played in the greater movement for LGBTQ+ civil rights. The University of Southern Maine's collection illuminates the lives of change-makers active in this movement over the past 50-plus years, as well as those here in Maine who simply lived ordinary lives."

Maine's LGBTQ+ Trailblazers will feature three University of Southern Maine (USM) staff members who have played key roles in the development of the University's LGBTQ+ collection, which preserves papers, photographs and other significant contributions of LGBTQ+ activists in Maine dating back over 50

years.

Susie R. Bock, Coordinator of Special Collections and Director of the Jean Byers Sampson Center for Diversity in Maine at USM, will discuss the work of the Center and spotlight some of the images in "Act Up Fight Back Take Pictures: Ten Years of Queer Activism in Maine," a collection of photographs by Annette Dragon taken during the 1990s, when HIV/AIDS activism and non-discrimination protections in Maine law were prominent concerns.

Megan MacGregor, Instruction and Outreach Librarian at USM, will discuss the importance of the LGBTQ+ collection and its impact on a variety of audiences. She will also field questions from

attendees during the Oct. 27 online event.

Wendy Chapkis, Ph.D., Professor of Sociology and Women & Gender Studies at USM, will discuss "Querying the Past," an oral history project that now features recorded interviews with over 100 LGBTQ+ individuals in Maine. Dr. Chapkis will discuss the unique role oral history plays in giving voice to individuals who might otherwise be overlooked in the narrative of a civil rights movement.

The event will also feature Steven G. Bull, longtime social activist whose LGBTQ+ activism dates back over 50 years, when in 1973 he co-founded the Wilde-Stein Club at the University of Maine in Orono, as well as one of

Maine's earliest LGBTQ+ publications, the Maine Gay Task Force Newsletter, launched in 1974.

Registration for Maine's LGBTQ+ Trailblazers, a free online event, is available at <https://virtualevents.aarp.org/Trailblazers/>. Those who join the event at 12 p.m. Eastern on Friday, October 27 will be able to place questions in the chat section about the LGBTQ+ collection at the Jean Byers Sampson Center for Diversity in Maine. The event will also be available on-demand by registering at the same URL following its premiere.

AARP's unwavering commitment to the LGBTQ+ audience reflects our core belief in the dignity, worth and potential

of every individual. Our commitment can be measured by what we say -- and what we do. In our policy work at the community, state, and national levels, we are proud to stand with LGBTQ+ members, non-members, allies, and partner organizations. As our founder, Dr. Ethel Percy Andrus, said, "What we do, we do for all." We proudly carry this guiding principle forward in our work with LGBTQ+ audiences. For more information about AARP's LGBTQ+ outreach and resources, visit <https://www.aarp.org/pride>

To learn more about AARP and our work in Maine, visit www.aarp.org/me and follow us on Facebook, Twitter and Instagram @aarpmaine.

New Ventures Maine launches mini-grant competition

AUGUSTA, ME—New Ventures Maine (NVME) has announced open applications for their statewide Fall 2023 Marketing Mini-Grant Competition.

The NVME Marketing Mini-Grant Program aims to strengthen access to markets for micro-businesses by supporting the development of marketing tools, materials, and activities. NVME will award cash mini-grants—up to \$1,000 per region (defined below)—to microenterprises for marketing projects through a competitive application process. Applications are due Friday, November 3, 2023.

Eligible applicants include individual micro-business owners, business partners, or groups of business owners. Businesses apply to the region in which they are based (see below for

details).

Application criteria include: 1) Five or fewer full-time equivalent employees; 2) sales in the current calendar year; and 3) gross annual sales of no more than \$150,000 (previous calendar year).

New Ventures Maine's mini-grants support new or expanded business marketing and promotion. Winning grants must be matched by a 25% contribution which can come from business profits, personal funds, or other sources.

Regions and contacts are defined for the NVME mini-grant program as follows:

Aroostook County: Destin DeCambre, 207-768-9468, destin.decambre@maine.edu

Kennebec & Somerset Counties: Jean Dempster, 207-621-3434, dempster@maine.edu

edu

Sagadahoc, Lincoln, Knox & Waldo Counties: Alicia LaFosse, 207-621-7457, alicia.lafosse@maine.edu

Penobscot, Piscataquis, Hancock & Washington Counties: Banjo Ogunlela, 207-262-7842, oyebanjo.ogunlela@maine.edu

Cumberland & York Counties: Elaine Thomas, 207-799-5025, elaine.thomas@maine.edu

Androscoggin, Oxford & Franklin Counties: Dion Olmstead, 207-753-6581, dion.r.olmstead@maine.edu

Marketing mini-grants are sponsored in part by Norway Savings Bank, Katahdin Trust Company, and Kennebec Savings Bank. For more information, contact the region representative listed above or visit the New Ventures Maine website.

Help light the world in teal for Alzheimer's Awareness

NEW YORK — The Alzheimer's Foundation of America (AFA) is inviting sites around the world, from large skyscrapers and stadiums to small town halls, to help Light the World in Teal on November 2 to raise Alzheimer's awareness. To date, more than 1,000 landmarks in all 50 states and 13 foreign countries have signed up to participate in the initiative, which takes place during National Alzheimer's Awareness Month. Teal is AFA's Alzheimer's awareness color.

"Every site that participates in this global initiative is making a difference in the fight against Alzheimer's disease-- and the more that join, the more awareness we will raise about Alzheimer's," said Charles J. Fuschillo, Jr., AFA's President and



Ford Field (Detroit, MI)

Phoenix Sky Harbor International Airport (Phoenix, AZ)

Columbia Center (Seattle, WA)

Ben Franklin Bridge (Philadelphia, PA)

Sites interested in participating in the Light the World in Teal Alzheimer's Awareness program on November 2 can sign up by visiting www.lighttheworldinteal.com or contacting the Alzheimer's Foundation of America at 866-232-8484. There is no fee for sites to participate in the program.

CEO. "We invite everyone to 'go teal' on November 2 to show their support for the millions of people living with Alzheimer's."

Sites that have already signed up to participate include:

One World Trade Center (New York, NY)

Willis Tower (Chicago, IL)

SoFi Stadium (Inglewood, CA)

Raymond James Stadium (Tampa, FL)

George Bush International Airport (Houston, TX)

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Newsmakers, Names & Faces

UUCB Concerts for a Cause: Sally Rogers & Claudia Schmidt

BRUNSWICK, ME -- Claudia & Sally, both Michigan natives, have each shared their talents as solo artists and as a duo. For over 4 decades, they have been performing together, demonstrating a deep musical connection onstage. They have played at prestigious folk venues around the world and were regulars on Garrison Keillor's Prairie Home Companion. Their soaring harmonies, fascinating double dulcimer work, and the mix of 6 and 12 string guitars make up their wide repertoire of originals and traditional songs.

Sally Rogers is a remarkably accomplished musician, songwriter, storyteller, and educator.

Over her career she has recorded more than a dozen albums and has established herself as a preeminent voice in folk music. She began her career as a full-time touring musician in 1979, after encouragement from Stan Rogers, the legendary Canadian singer-songwriter. Rogers has toured extensively, performing as well as teaching workshops with adults and children. She has also appeared many times on A Prairie Home Companion and Mountain Stage and is a favorite at folk and storytelling festivals.

Claudia Schmidt is a powerful vocalist who describes herself as a "creative noisemaker,"



UUCB Concerts for a Cause presents an evening with the renowned folk singers, Claudia Schmidt and Sally Rogers at the Brunswick UU Church, 1 Middle Street, on October 28th at 7:30 pm. All proceeds from the concert will be given to this season's charities, Oasis Free Clinics and Mid Coast New Mainers Group.

engaging audiences with folk classics, jazz, blues, bawdy verses and humorous parodies. She has recorded 16 of her own albums, and four with Sally Rogers. Her widely acclaimed folk and jazz-based compositions have found their way into radio, TV, film and theater productions. Her musical theater performances include "Gales of November," a 2005 retelling of the tragic 1975 sinking of the ship Edmund Fitzgerald. Like Sally Rogers, Claudia has appeared numerous times on A Prairie Home Companion, solo and as a duo with Sally. Garrison Keillor once said, "When Claudia sings a song, it stays sung."

Sally and Claudia's 1987 album "Closing the Distance" was voted by public radio stations throughout the country as one of the 10 most popular albums of the year. In they released their fourth collaborative album "We are Welcomed," which celebrates love, friendship and social justice, themes that have been the cornerstone of their intertwined careers for decades.

Tickets are \$20 in advance, \$25 at the door, \$10 students/children. Tickets are available at the church office, Gulf of Maine Books, or at <https://ticket-stripe.com/sallyclaudia>.

For more info contact Shirley at 207-729-8515.

Application open for WinterKids Winter Games

MAINE -- WinterKids, the non-profit organization dedicated to helping children develop healthy lifelong habits through education and fun outdoor winter activities, is excited to announce the opening of the application window for the 2024 WinterKids Winter Games. WinterKids will select 16 schools (one per Maine county) to compete in the 4-week competition taking place from January 8-February 2, 2024.

The Winter Games is a fun, academic challenge promoting outdoor physical activity, teamwork, and a love of all things winter for children in grades Preschool through 8. Each of the four weeks has a different focus-outdoor physical activity, nutrition, family engagement, and winter celebration, with schools earning points to win cash prizes.

Participating schools will receive a free, comprehensive toolkit, complete with PLAYBooks, 4 weekly incentives, Winter Games wristbands, and more! The theme for this year's Winter Games is The Little Things. Throughout The Games, children and adult participants alike



will see that little things can make a big difference in how we look at, and are seen in, the world.

"We have a great program lined up for January," says Executive Director Julie Mulkern, "and we encourage all elementary schools to apply to be a part of it! The Winter Games program encourages healthy outdoor activity and will make the month of January fly by for students and teachers alike!"

Cash prizes will be awarded to all competing schools, with the top school earning \$5,000! In all, WinterKids will share over \$20,000 in cash and prizes to these schools.

The application is open until October 23, 2023. Interested schools and teachers can find more information and access the Winter Games 2024 application by visiting WinterKids.org

The 2024 WinterKids Winter Games are presented by Hannaford Snack Pals. Weekly sponsors are Aroma Joe's, Backyard Farms, and Wyman's. Contributing sponsors are Kittery Trading Post, Stockhouse Restaurant & Sports Pub, and MMG Insurance.

Portland Downtown seeks vendors for new winter market



PORTLAND, ME -- Portland Downtown is seeking vendors to participate in the Downtown Winter Market, an outdoor artisan market coinciding with the annual Monument Square Tree Lighting - Presented by Hood Eggnog. The market will take place from 2 p.m. to 7 p.m. on November 24, 2023, and will be an excellent opportunity for vendors to showcase their handmade items during the holiday season. Vendors will be set up along City Line Drive, just off of Monument Square, where the annual tree lighting ceremony will be happening that very same day.

"This year's tree lighting ceremony won't just be about lighting up the downtown, but also a chance for local vendors to shine. This event, which attracts thousands annually, is a perfect venue for our local vendors to showcase their goods and add to the cheerful atmosphere," said

Portland Downtown Marketing and Events Manager McKenzie Delisle.

Interested vendors can apply online at portlandmaine.com/winter-artisan-market. There is no vendor fee to apply or participate. The deadline for applications is November 1.

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

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King: Helping older Maine people ‘stand strong’

By Senator Angus King

We all know the saying: ‘an ounce of prevention is worth a pound of cure.’ Well, I’ve heard of too many older Maine people who have suffered from a household fall and then faced months of costly hospital visits and doctor’s bills. So, in an effort to help older Maine people ‘Stand Strong’ throughout their golden years – while also saving theirs and taxpayers’ dollars – I am working to provide Maine adults with cost-effective prevention measures and resources.

In 2021 alone, Maine had over 325 deaths from

adult falls and our state ranked 8th highest in the nation per capita on the rate of deaths due to falls. When you look nationwide, over three million older people are treated in emergency rooms for falls on average, yearly. That is too many loved ones injuring themselves—or worse—from events that are entirely preventable.

The good news is that we have an ‘ounce of prevention’ approach to help Maine’s older people. Last month, I introduced two bills as the ‘Stand Strong’ legislative package, which will directly address these challenges and ensure older Maine people have ac-

cess to preventative care resources. The ‘Stand Strong’ package is a combination of two bills: the Preventative Home Visits Act and the WELL Seniors Act. Together, these bills will expand Medicare benefits to help with home improvements, make telehealth more accessible and include comprehensive screenings during Medicare Annual Wellness Visits.

‘Stand Strong’ interventions can be as simple as installing a grab bar or signing up for an exercise class that improves balance – and the cost-effectiveness is clear-cut. Hospitalizations are ex-

pensive, and the cost to Medicare and other payers to replace a hip can be tens of thousands of dollars. In terms of direct medical expenditures, falls cost our healthcare system \$50 billion annually, with 76% of that borne by Medicare and Medicaid. The CDC estimates that the 2014 total direct cost of treating non-fatal falls in Maine was \$255 million. However, direct costs do not account for the long-term effects of these injuries, such as disability, dependence on others, lost time from work and household duties, and reduced quality of life.

Telehealth has also

played a huge role in making sure Maine people stay healthy – especially for those of you who live in rural communities. In the past, many had to travel a half a tank of gas away to get care. All too often, I heard stories of people that decided to postpone the doctor’s visit and cross their fingers for another couple of months. But today, more families across our state can regularly and conveniently attend doctor appointments online which is why these bills include telehealth provisions.

So, the way I see it, this boils down to simple math. We could continue to have millions of Amer-

icans visit ERs every year because of falls – with an annual cost of \$50 billion – or we could utilize telehealth and expand Medicare benefits to cover the cost of a \$400 shower rail or \$200 leaning bar—helping older Americans get around their homes safely and ‘Stand Strong.’

It’s clear we need to do everything we can to keep older Maine people on their feet and thriving. From supporting them with grab bars to expanding access to medical professionals, we’d be offering them that ounce of prevention and taking a good first step to avoid costly injuries.

\$450K for Maine CDC Alzheimer’s programs

WASHINGTON, D.C. (September 8, 2023)—Today, U.S. Senator Susan Collins announced that the Maine Center for Disease Control and Pre-

vention (Maine CDC) has received \$450,000 for Alzheimer’s disease prevention and care programs through the Building Our Largest Demen-

tia (BOLD) Infrastructure for Alzheimer’s Act, a bipartisan bill authored by Senator Collins to create a public health infrastructure across the country to combat Alzheimer’s disease and preserve brain health.

“Millions of Americans and thousands throughout Maine are living with Alzheimer’s disease, and that number continues to rise as our overall population grows older and people live longer,” said Senator Collins. “This important funding will support the Maine CDC’s efforts in supporting those

affected by Alzheimer’s. As a founder and co-chair of the Congressional Task Force on Alzheimer’s Disease, I remain committed to advancing research, care, and support for individuals and families living with this devastating disease.”

“We are thrilled that the Maine CDC has been awarded with a competitive grant to carry out Maine’s forthcoming Alzheimer’s State Plan and the Healthy Brain Initiative Roadmap. As a partner on this project, the Alzheimer’s Association Maine Chapter is looking forward to working with Maine CDC to help drive public awareness, early detection and diagnosis of Alzheimer’s disease, and access to care and support statewide,” said Drew Wyman, executive director for the Alzheimer’s Association Maine Chapter. “Furthermore, we thank Senator Collins for her leadership on the bipartisan BOLD Infrastructure for Alzheimer’s Act (P.L. 115-406), which enables states like Maine to access

the resources necessary to improve their response to dementia. These funds are critical to ensuring a robust public health approach can be implemented at the state level.”

The BOLD Act, which was signed into law in 2018, authorized the U.S. Centers for Disease Control and Prevention (CDC) to allocate up to \$20 million per year for five years to local entities that provide dementia and Alzheimer’s disease care and support. In 2020, Maine was among the first 15 public health entities nationally to be awarded federal funding to expand support services for people with dementia through the BOLD Act. This funding was renewed annually through FY2023 and assisted the State of Maine in building Maine’s Alzheimer’s Prevention Program and advancing Maine’s efforts as a designated Age Friendly State. Today’s announcement will provide implementation funding to build on these initial investments and allow Maine to carry out Alzheimer’s disease

and related dementias activities in line with their strategic plan and the CDC’s Healthy Brain Initiative Road Map.

In fiscal year 2023, Senator Collins secured \$3.74 billion to support Alzheimer’s research. The FY23 government funding law also included \$38.5 million – a \$8 M million increase – for the Centers for Disease Control and Prevention’s Alzheimer’s disease activities, including increased investment in the BOLD Infrastructure for Alzheimer’s Act.

More than six million Americans—and 29,000 Mainers—are living with Alzheimer’s. This disease costs the United States more than \$345 billion per year, including \$222 billion in costs to Medicare and Medicaid. Barring the development of medical breakthroughs to prevent or cure Alzheimer’s disease, Alzheimer’s is projected to claim the minds of nearly 13 million Americans and nearly surpass \$1 trillion in annual costs by 2050.

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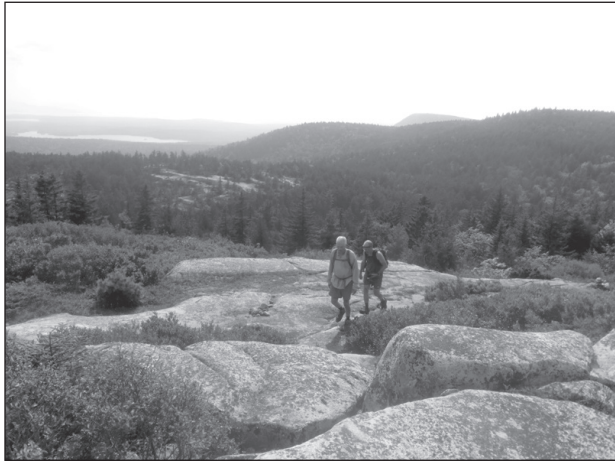
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Seniors Not Acting Their Age

Hiking the Scenic Mountains of Donnell Pond Public Lands



A series of long ledges lead to East Black Peak



A hiker reaches the barren summit of East Black Peak



Schoodic Mountain provides remarkable views of the surrounding area

By Ron Chase
For me, Labor Day marks the beginning of a change in my outdoor activities. Paddle sports are winding down and fall mountain hiking is gearing up. Not one to quickly surrender the joys of kayaking, for many years I've eased into the transition by planning what I call surf and turf outings. These adventures are loosely described as paddling to a secluded location and using it as base camp to climb mountains. I prefer to get my "mountain legs" by starting with smaller scenic peaks.

The picturesque mountains of Donnell Pond Public Lands meet that criterion. Located in central Hancock County near the Town of Franklin, the lands consist of over 14,000 heavily forested acres that include several rugged mountains enveloping isolated ponds and lakes. An extensive trail system meanders over

and around the summits that dominate the conservation area. Numerous campsites have been established along the shores of the lakes and ponds.

While it's possible to connect with some mountain trailheads by road, the campsites can only be reached by hiking or watercraft. That's fine with me since I prefer to load my sea kayak and paddle to one of the remote locations. And, difficult access minimizes crowds.

One of my favorite encampments in the reserve is Schoodic Beach on the extreme southern shore of Donnell Pond. Maintained by the Maine Bureau of Public Lands, the long sandy beach offers several sites with picnic tables and toilets. Trailheads for Black and Schoodic Mountains begin at the beach and the paddling distance from a public landing in Franklin is about three miles.

An excellent two-

day weather forecast in early September inspired me to invite several outdoor friends on a Donnell Pond surf and turf trip. Three of the usual suspects agreed to join me.

We met at the Franklin boat landing on the western terminus of Donnell Pond on a hot, steamy day with light winds predicted. Three of us were in solo sea kayaks while the fourth chose a canoe.

Paddling due east for a couple of miles towards prominent Caribou Mountain, we turned south into a narrow channel opposite Redmans Beach Campsites. A trailhead for Caribou Mountain starts at the beach. Our goal was the more impressive peaks farther south.

Continuing in a southerly direction, a gentle tailwind helped propel us towards Schoodic Beach. The distinctive cliffs of Black Mountain towered above our destination. Approaching the

expansive sandy beach, we spotted colorful tents on both ends. Fortunately, ample space remained available in the center. We found an excellent shaded site with a picnic table.

After setting up tents and changing into hiking gear, the turf portion of our excursion began. Black Mountain Cliffs Loop Trail originates and ends at the beach. Hiking clockwise, we persisted steeply up the wooded northwest side of the cliffs and then along the rim.

Our map indicated it was 1.3 miles to a junction leading to Black and East Black Peaks. An unusual amount of time elapsed without locating the junction and then we began to descend. Consulting a GPS did not resolve the dilemma. We decided to backtrack. Fortunately, the well-concealed East Peak Trail was finally discovered.

Leaving the loop

trail, we progressed north over a hilly route to a rounded high point. Unmarked, it appeared to be the forested Black Mountain summit.

The path towards East Peak declined steeply to a soggy area and then ascended gradually over partially open rocky terrain. A series of long ledges led us to the spectacular barren summit. Although the skies were hazy, we enjoyed sweeping views of the surrounding area before beginning our return.

Following hours of hiking in hot humid weather, our trek ended with a very refreshing swim in the pond. Camping that night was idyllic.

After a leisurely breakfast the following morning, we completed a hike on exceptionally scenic Schoodic Mountain. The open summit offers marvelous views of the mountains of Mount Desert Island.

A moderate headwind resulted in a challenging paddle during our return to the landing in Franklin. Ours was an extremely enjoyable excursion in an outdoor paradise.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates a Moosehead Lake and Mount Kineo surf and turf and nine mountain hikes around the state.

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

\$287K for Maine mental health services

WASHINGTON, D.C. (September 21, 2023) – Today, U.S. Senators Susan Collins and Angus King announced that the Maine Department of Health and Human Services (Maine DHHS) will receive a total of \$287,194 from the Substance Abuse

and Mental Health Services Administration's (SAMHSA) Community Mental Health Services Block Grant (MHBG) program. This funding is part of the Bipartisan Safer Communities Act (BSCA), and is in addition to the more than \$4 million Maine DHHS

will receive in Fiscal Year 2023 through the MHBG program.

"Mental health remains a critical component of overall community health," said Senators Collins and King. "This funding will help to enhance our state's capacity to ad-

dress mental health challenges effectively while helping to ensure that every individual in our state has access to the support they need."

The MHBG program supports grantees in carrying out plans for providing comprehensive communi-

ty mental health services. Specific targeted populations include adults with serious mental illnesses and children with serious emotional disturbances.

Senators Collins and King were key supporters of the Bipartisan Safer Communities Act, legisla-

tion that protects America's children, keeps our schools safe, and reduces the threat of violence across our country. The legislation included an expansion of children and family mental health resources and school-based mental health and supportive services.



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Arts & Entertainment

USM Gorham kicks off '23-'24 season with *The Winter's Tale*



Photo by French Photography @frenchsfotos.



Photo by French Photography @frenchsfotos.

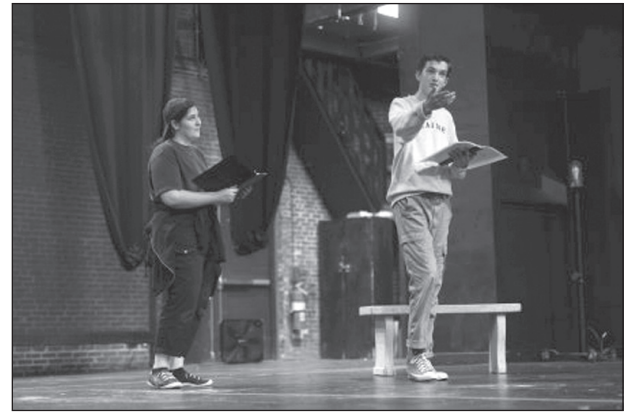


Photo by French Photography @frenchsfotos.

GORHAM, ME -- Somewhere between Sicily and Bohemia, wild jealousy and unfounded accusations are driving Leontes, the King of Sicily, to set a tragedy in motion that will cost everyone in his world dearly. Juggling drama, comedy, suspense, and romance, *The Winter's Tale* explores the destructive force of the aristocracy and the healing power of the natural world to restore broken families and lost love. An eclectic cast of characters weaves a story that shows what love, faith, and a little bit of magic can

do to heal old wounds. Director Tess Van Horn, working with a cast of over 20 USM students, calls this later work of Shakespeare, "grand, exciting, elaborate, and incredibly entertaining." She continues, "It has also been argued that it is one of his more feminist works since the female characters are complex, interesting and intellectual. It also pushes the boundaries of magical realism which became more and more of a common theme in Shakespeare's later work." Working with young

actors new to Shakespeare has been an important part of this process. Van Horn says, "It can feel so daunting to tackle his unique language but the opportunity to dig into the play and examine it through the lens of a detective can be so fun and satisfying. There is also a beautiful natural rhythm to the language and once a performer is able to find it there is tremendous reward."

For Emma Graffam, USM Theatre major from Lebanon, ME who plays Hermione, the challenges of comprehending and in-

terpreting Shakespeare's work have been worth it. "It's honestly such a fun and beautiful show. The characters are so real, this cast has done a wonderful job of breathing life into them. And, even though Shakespeare lived hundreds of years before me, I can still connect with his play. And audience members deserve to experience that too."

Ultimately, *The Winter's Tale* lives between several genres - it is a tragedy and comedy, a love story and a courtroom drama, a tale about palace intrigue as well as a romp through the pastoral imaginary land of Bohemia. For Director Van Horn, she hopes the audience will enjoy the rollercoaster of genre and emotions. "At the end of the day, it's Shakespeare's version of an elaborate fairy tale and I hope that the audience can step into this universe with joy and curiosity and walk away feeling like they've been

part of something magical and otherworldly."

The *Winter's Tale* opens October 27th and runs through November 5th. All performances take place on the USM Gorham campus in historic Russell Hall.

FMI & Tickets: <https://usm.maine.edu/departments-theatre/> or call the USM Theatre Box Office at (207) 780-5151.

A *Winter's Tale* By William Shakespeare, Directed by Tess Van Horn

October 27-November 5

Friday, October 27, 7pm

Saturday, October 28, 7pm

Sunday, October 29, 2pm

Wednesday, November 1, 10am - All tickets \$8

Thursday, November 2, 7pm - All tickets pay-what-you-can

Friday, November 3, 10am - All tickets \$8

Friday, November 3, 7pm

Saturday, November 4, 7pm

Sunday, November 5, 2pm

Special performances for schools and community groups are scheduled for Wednesday, November 1, and Friday, November 3, at 10am. The show is appropriate for grades 9 and up.

To bring your school or community group, contact Audiences Services & Outreach Coordinator, Janice Gardner at janice.gardner@maine.edu.

Ticket Prices: \$18 for Adults; \$14 for USM Faculty, Staff & Alumni; \$12 for Seniors 65+; \$8 for Students/Youth; Pay What You Can: 11/2 at 7pm All tickets \$8: 11/1 & 11/3 10am performances

Those needing special accommodations to participate fully in this program, contact Janice Gardner at (207)780-5289 or janice.gardner@maine.edu. Hearing impaired: call USM's telex / TDD number (207)780-5646

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WMPG releases “An Extraordinary Place”

PORTLAND, ME — WMPG Radio, the renowned radio station affiliated with the University of Southern Maine, is excited to announce the release of “An Extraordinary Place,” a 30-minute documentary film, directed and produced by Tom Bell.

“An Extraordinary Place” delves deep into the heart of an extraordinary community and explores the stories, the people, and the experiences that make it truly unique. This captivating documentary is set to wow audiences with its rich storytelling and insightful interviews, showcasing the artistry and dedication that go into creating a thriving and vibrant com-

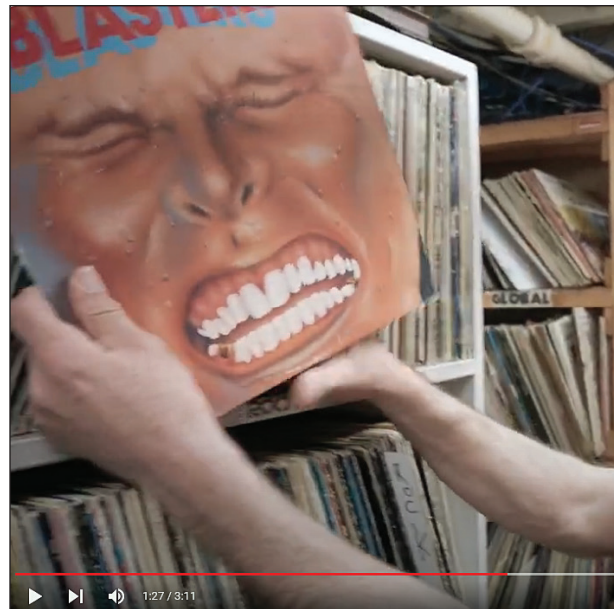


munity.

The documentary takes viewers on a remarkable journey through the lives of the community members who work tirelessly to make their space truly extraordinary. It highlights the shared

vision, determination, and the unwavering spirit of individuals dedicated to making a difference.

Tom Bell, an accomplished filmmaker and a key figure at WMPG, brings his exceptional talent and vision to this project.



said Tom Bell, the film’s director and producer. “This project has been a labor of love, and I hope that it will inspire and uplift everyone who watches it. It’s a testament to the resilience, creativity, and dedication of the individuals who make this community so special.”

The documentary was set to premiere at the WMPG 50th birthday party on October 14th at 7pm, and it will be available for public viewing shortly afterward.

For more information about “An Extraordinary Place” and to connect with the team behind this film, please contact Tom Bell directly at 207-613-4361 or tbell@tombell-media.com.

ect. With a keen eye for detail and a passion for storytelling, Bell provides viewers with an intimate and compelling look into

the heart of this extraordinary place.

“We are thrilled to share ‘An Extraordinary Place’ with our audience,”

MaineHealth Introduces Online Scheduling for Primary Care Visits

PORTLAND, Maine — Patients at MaineHealth’s 52 primary care practices across Maine and New Hampshire may now schedule primary care office visits through the online MyChart patient portal.

“We’ve heard from our patients that they are looking for flexibility with scheduling. These

days, you can schedule everything from a car repair to a restaurant reservation online and we’re pleased to extend that same level of convenience to scheduling a primary care visit,” said Aileen Mickey, MD, president of the MaineHealth Medical Group.

In a survey of MaineHealth patients,

more than 70 percent said they would welcome the new scheduling option.

Online scheduling is available 24 hours a day to existing MaineHealth primary care patients who have a MyChart patient portal account. Scheduling by phone remains available. Not all primary care visit types are available for online schedul-

ing. Appointments available to schedule online include vaccines, Medicare annual wellness visits, physical exams and well visits, as well as office visits for new or ongoing health issues. Other appointment types can also be requested through MyChart.

MaineHealth primary care practices

include those affiliated with Maine Medical Partners, Southern Maine Health Care, Mid Coast-Parkview Health, LincolnHealth, Pen Bay Medical Center, Waldo County General Hospital, Franklin Community Health Network, Western Maine Health and Memorial Hospital in North Conway, NH.

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

Harvest Supper held on Veterans Day

AUBURN, ME -- The West Auburn Congregational Church will be hosting a Harvest Supper on Veterans day, November 11, 2023. We will be serving Turkey, Ham, Potatoes, Squash, Carrots, Peas, Corn, Rolls, beverage and

dessert. To show our appreciation for the men and woman in service and Veteran’s we reduce the cost of the meal to \$7.00.

We have meal for inside and to go.

Time: 4:30 to 6:00 pm

Price: Free for under 3; \$5.00 for 13 and under; \$7.00 for Veterans & Service Men and Women; \$10.00 over 13

Location: West Auburn Congregational Church, 811 West Auburn Road, Auburn, Maine 04210

West Auburn Congregational Church
HARVEST SUPPER
NOVEMBER 11, 2023
4:30 TO 6:00
Veteran’s Day

Price: Free for under 3, \$5.00 for 13 and under, \$7.00 for Service Men & Women & Veterans, and \$10.00 for all other Adults.

Turkey, Ham, Potato, Squash, Carrots, Corn, Peas, Rolls, Beverage & Dessert

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Lewiston-Auburn Community Little Theatre
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Book by **BOB MARTIN and DON MCKELLAR**

Directed by **BRANDON CHALOUX**
Music Director **PAUL G. CARON**

Fri, Oct. 27, 7:30PM • Sat, Oct. 28, 7:30PM • Sun, Oct. 29, 2:00PM
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Domestic Violence Awareness Month

Advocacy services with Through These Doors

Incarcerated Women's Program

In 2002, Through These Doors conducted a study that showed that approximately 95% of incarcerated women experienced abuse at the hands of an intimate partner. Recognizing the connection between incarceration and domestic abuse, TTD began to offer support groups for incarcerated women at the Cumberland County Jail and Maine Correctional Center, later adding programs at the Southern Maine Women's Reentry Center.

This innovative programming as offered by domestic violence advocates is one of only a few in the United States. Partnerships with Maine Pretrial and other community agencies strengthen this important work, whose goal is to keep victims of abuse safer, strengthen families, and ultimately reduce further involvement with the criminal justice system.

In response to the

global pandemic, Through These Doors' advocates initiated a new project called 'The Mini-Mag,' a fun, helpful virtual magazine for women who were incarcerated during this challenging time. This initiative received recognition and praise at the national level from the Vera Institute of Justice.

As we were no longer on-site at the Maine Correctional Center, we wanted the women there to know that we were still available to them. The content was intended to be instructional, interactive, and entertaining, with notes of encouragement, journal exercises, and games. See some mini-magazines at <https://www.throughthesedoors.org/advocacy-services/incarcerated-womens-program/>

Human Trafficking

Human trafficking is compelling individuals into labor or commercial sex work through force, fraud, or coercion for the economic gain of the trafficker. It includes sit-

uations where a minor in commercial sex work is a survivor of human trafficking. Sexual exploitation is the abuse of a position of vulnerability, differential power, or trust to profit monetarily, socially, or politically.

Anyone can be a victim of sex trafficking. Regardless of gender, gender identity, race or ethnicity, sexual orientation, or socioeconomic status. Certain factors put young people at a higher risk of being victims. LGBTQ youth, those who have experienced abuse, neglect, homelessness, involvement in children's services, or trauma are more likely to be trafficked.

TTD engages with victims of human sex trafficking and commercial sexual exploitation. As part of our mission, we enhance the safety of victims of intimate or interpersonal violence. TTD supports victims of trafficking with legal processes, finding and retaining housing, and providing short-term emer-

gency shelter.

Abuse in Later Life

Abuse in later life, sometimes known as 'Elder Abuse,' occurs in all communities. It affects people of all ethnic, cultural, racial, economic, and religious backgrounds. TTD collaborates with community partners to enhance safety for all victims.

TTD provides advocacy services to address the needs of people ages 50 or older who are experiencing or have experienced emotional, psychological, physical, financial, or sexual abuse. The abusive person may be a spouse, former spouse, partner, adult child, extended family member, or caregiver.

As part of the abuse in later life program, TTD staff may assist with:

Direct service, safety planning, and support

Consultation and education for community partners

Court advocacy
Resources and refer-

als to other services

To learn more about this program or to speak with an Advocate, please call our 24-hour helpline at 800-537-6066

Court Advocacy

Through These Doors operates three outreach offices in the Greater Portland, Midcoast, and Lakes Regions. TTD advocates assist with Protection from Abuse orders, navigate the court systems, assist with safety plans, provide information, court advocacy, and referrals related to the legal system.

Navigating these complex systems while trying to stay safe can be overwhelming. Our advocates can help. All of our court advocacy services are free and confidential. TTD advocates are not attorneys and do not provide legal counsel or advice.

For more information, including locations and hours, or to make an appointment to meet, please call the numbers below. For immediate as-

sistance, please call TTD's 24-hour helpline at 800-537-6066.

Outreach Site Offices
Greater Portland

Phone: 207-874-8512

In our Portland location, advocates are in district court on Friday mornings for protection from abuse order hearings.

Midcoast Region
Phone: 207-721-0199

In our Midcoast location, advocates are in district court on Friday mornings for protection from abuse order hearings.

Lakes Region
Phone: 207-647-8501

In the Lakes Region, advocates are in district court on Wednesday mornings for protection from abuse order hearings.

Legal Resources in Maine

Pine Tree Legal Assistance

Immigrant Legal Advocacy Project (ILAP)

Maine Volunteer Lawyers' Project

Legal Services for the Elderly

Kids' Legal

Through These Doors support groups

"Anything is possible when you have the right people there to support you." – Misty Copland.

You are not alone. Through These Doors offers educational support groups throughout Cumberland County. These groups are for anyone who has or is currently experiencing abuse in their relationship.

Our groups provide a safe place to talk, get encouragement, and connect with others who have

shared similar experiences. Groups are facilitated by trained domestic violence advocates who listen, offer emotional support, and provide information and referrals to other resources.

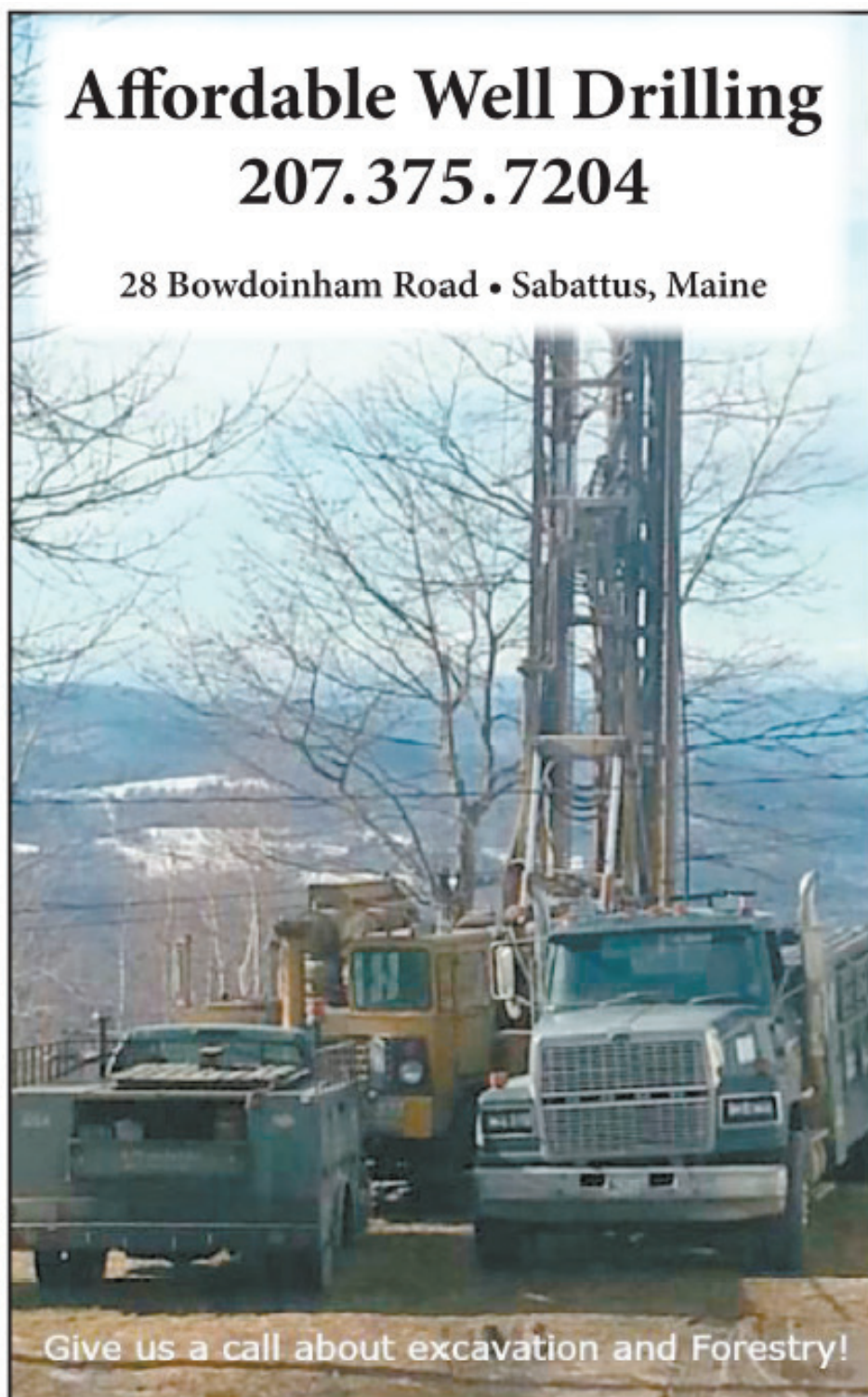
We provide a variety of groups. All groups are FREE and CONFIDENTIAL. Child care and transportation assistance are often available. To learn more about the support group, please call our 24-hour helpline at 800-537-6066.

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.

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Domestic Violence Awareness Month

Education and Prevention with Through These Doors

Education & Prevention

“There is no power for change greater than a community discovering what it cares about.” – Margaret J. Wheatley.

Here at Through These Doors, we believe we must join together as community members, partners, students, and leaders to end domestic violence. Our educators and prevention advocates are dedicated to raising awareness about the importance of anti-oppression work and inspiring others to help create a safer community for all.

To this end, we provide workshops and interactive programming to schools, businesses, com-

munity groups, and more on a wide range of topics. Much of our programming is free. We can often tailor presentations to your specific needs. For more information about our education and prevention programs or to inquire about scheduling a workshop, please see <https://www.throughthesedoors.org/education-prevention/education-prevention/>

Young Adult Abuse Prevention Program

The Young Adult Abuse Prevention Program (YAAPP) works with schools and community groups to educate youth using interactive presentations focused on healthy relationships, consent, and dating violence.

Workshops provide youth with information and tools needed to think critically about relationships, encourage media awareness, and develop healthy relationships. Workshops are free to middle and high schools in Cumberland County. For more information or to schedule a workshop, please see the above website.

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

Get help with 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. TTD’s 24-hour helpline is a great resource for anyone 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.



THE Maine Music Society
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7:00pm • Saturday, November 4
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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

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Let's Celebrate!

Celebrate the 10th anniversary of the Auburn branch and the Norway Savings Bank Arena with us!
Join us for a Public Skate from 3:50–4:50 p.m. on Sunday, October 22, at 985 Turner Street. Admission is \$5, and skate rentals are \$5. 50% of the proceeds will be donated to the **Good Shepherd Food Bank!** Non-perishable food items will also be collected!

Also, what better way to celebrate than to support another local nonprofit? From **October 23–27**, come into the branch or go online to vote for your favorite local cause. Nonprofits will receive a share of \$2023 based on the votes, so go vote!

Lake Stewards of Maine **Tree Street Youth**
 New Beginnings **You can also write in**
 Safe Voices **your favorite nonprofit!**

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Scan the code or visit surveymonkey.com/r/AuburnCharity
You can also visit our branch to vote.

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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

A prescription for good health: Selecting the right Medicare plan

By Dr. Bob Zorowitz, Regional Vice President of Health Services for Maine, Humana

As a physician, the last thing I want is for a patient to make decisions about their health and well-being based on the cost of care and medication rather than their actual care needs.

Right now is a critical time for the over 300,000 individuals in Maine who rely on Medicare for their health insurance. Evaluating your own health care needs can help you select a plan that will cover you when you need it the most and fit within your budget.

While it's impossible to foresee all health issues that may require treatment, there are several things to consider during the Medicare Advantage and Prescription Drug Plan Annual Election Period (AEP), happening Oct. 15 through Dec. 7:

Future Health Risks: In addition to making sure your plan covers your current health needs, speak to your doctor about health risks that may require additional treatment. For instance, if you have prediabetes, consider the potential for future diabetes management.

Prescription Drug Benefits: Prescription drug

coverage is included in many Medicare Advantage plans, unlike Original Medicare. If you prefer Original Medicare, you can opt for a stand-alone Prescription Drug Plan through a private insurer. Prepare a list of your current medications to compare costs while choosing plans.

Doctors and Hospitals: If you have a favorite doctor, ensure they accept your plan to avoid any additional expenses for out-of-network providers. Also understand if the plan requires referrals for specialized care.

Other Benefits: Consider additional benefits

that can positively impact your health and well-being. Medicare Advantage plans may include dental, vision and hearing coverage; fitness programs; transportation to doctor visits; and even allowances that help eligible beneficiaries pay for healthy food and other essentials, like rent and utilities.

Costs: Different plans have different costs, so understand the full picture when comparing plans in your area. Look at monthly premiums, deductibles and co-pays for hospital stays and doctor visits. Also, pay attention to annual maximum out-of-pocket costs – if you

reach the limit, you will pay nothing for covered services the rest of the year.

Quality: The Centers for Medicare & Medicaid Services (CMS) reviews and rates all Medicare Advantage plans before the enrollment period each year to help consumers make informed decisions. Plans are rated on a scale of one to five, with one indicating poor performance and five indicating excellence.

Your health insurance carrier is a partner that helps you get the care you need. If you are eligible for Medicare, take time to research your options

and ensure you select the plan that best meets your personal health and financial needs.

The Medicare Plan Finder on Medicare.gov can help compare plans and benefits and get an estimated cost for each plan. For more information, visit Medicare.gov or call 1-800-MEDICARE (800-633-4227) 24 hours a day, seven days a week (TTY users should call 1-877-486-2048). You can learn about Humana's plans at Humana.com/Medicare or by calling 1-800-706-1368 (TTY: 711) 8.am-8 p.m., seven days a week to speak with a licensed sales agent.

Employers win again as MEMIC issues \$18M dividend

PORTLAND, ME – The MEMIC Group Board of Directors has authorized distribution of an \$18 million dividend to more than 14,000 eligible policyholders. The 2023 dividend brings the sum of capital and dividend declarations to MEMIC's Maine policyholders to \$351 million since 1998.

The MEMIC Group President and CEO Michael P. Bourque announced the annual dividend at the 2023 MaineBiz CEO Breakfast Forum in

Freeport today.

The dividend represents about 12 percent of premium paid by policyholders in 2020. It is the 25th time a dividend has been issued and the 12th consecutive double-digit declaration.

“Our policyholders and their employees continue to be effective partners in driving down the number, severity, and cost of their workplace injuries,” Bourque said. “In addition, this dividend is made possible by



the work we all do to help workers who get injured to get the best medical treatment possible so they can safely return to productive livelihoods.

“As a mutual insurance company we know that diligent injury prevention and management is the right thing for our policyholders and their workers, and it's also

good financially. We salute all our policyholder members for earning this dividend.”

The average dividend for Maine employers will be \$1,250; the largest will exceed \$250,000. Checks will go out to eligible Maine employers beginning in mid-November, Bourque said.

“Ultimately, the

money returned to our policyholders is a reminder that our safety partnership really does pay dividends for them,” Bourque said. “The dividend also is money that likely will go back into Maine's economy in the form of investments, wage and job growth, as well as benefits, in all 16 counties.”

The annual MEMIC dividend is not guaranteed. It is a result of the collective success of employers in avoiding inju-

ries and effective injury management, as well as MEMIC's efficient operations and investment performance. MEMIC reviews all factors annually to determine if a dividend is appropriate for those who are current policyholders.

Dividend payments are based on a rolling three-year history of loss experience. The dividends to be distributed in 2023 are based on the 2020, 2021 and 2022 loss years.

Women United supports single mothers in southern Maine

PORTLAND and KENNEBUNK, ME (October 2, 2023) – United Way of Southern Maine's (UWSM) Women United announced investments totaling \$299,500 in programs that advance the health and financial stability of single mothers and their children. The investments include the Giving Circle's first investments in programs serving York County and renewed support for two programs in Portland's Bayside neighborhood.

Janice Avignon, Chair of Women United's Com-

munity Investment Committee, announced the investments last week at an event hosted at the Lincoln Hotel in Biddeford with nearly 100 Women United members and supporters in attendance.

“Women United has made a tremendous impact in Bayside over the last six years,” said Avignon. “We are excited to extend that impact to York County, where there is also significant need.” The average income for a single mother living in York County is \$41,174.

Women United will invest in three York County programs that help single mothers meet basic needs and provide pathways to employment.

\$40,000 to Project HOME (Trust) through Quality Housing Coalition, which offers direct cash assistance, individualized skill-building, and a peer-to-peer support network to single mother households who are housed through Project HOME.

\$33,000 to MomCore through York County Community Action Corporation,

a targeted coaching program focusing on improving the financial knowledge and household stability of single mothers residing in York County.

\$24,000 to Mothers Thriving through New Ventures Maine, a flexible six-session class series, group support, and individual coaching opportunity for single mothers to help build their confidence, knowledge, skills, and access to resources to be able to obtain high wage, in-demand jobs.

“This year, we

launched Maine's first Direct Cash Assistance program for Project HOME residents,” said Victoria Morales, Executive Director of Quality Housing Coalition. “Having cash support for a limited period could help a mother get stable until she is able to get on her feet and provide for her family. We are grateful to Women United for supporting this innovative anti-poverty strategy.”

Women United will also renew their signature investment in Project WIN (Women in Neighbor-

hoods) with an investment of \$120,000. Project WIN is a cohort-based program that takes a two-generational approach to provide single mothers with a pathway out of poverty.

Additionally, they will invest \$82,500 in Anchoring Youth to Succeed, an afterschool program operated by Boys & Girls Club of Southern Maine and A Company of Girls. The program offers comprehensive services to participants and serves Project WIN children as well as neighborhood youth.

\$1.2M for Maine Atlantic salmon habitat restoration

WASHINGTON, D.C. (September 21, 2023) – Today, Senators Susan Collins and Angus King announced that four Maine organizations will receive a combined total of \$1,196,000 from the National Oceanic and Atmospheric Administration's (NOAA) National Marine Fisheries Service to help restore habitats for endangered Atlantic salmon in Maine. Maine is home to the only remaining populations of wild Atlantic salmon, a species listed as endangered since 2000 due to threats from dams, pollution, and his-

toric overfishing.

“The health of our natural habitats is critical to the survival of species like the Atlantic salmon,” said Senators Collins and King. “These investments will support the protection and restoration of our existing, native Maine salmon habitats. The funding will also support efforts to reverse the habitat degradation that has contributed to the declining Atlantic salmon population in Maine's watersheds.”

The funding is allocated as follows:

Atlantic Salmon

Federation - \$50,000 to implement five projects aimed at restoring access to Atlantic salmon spawning and rearing habitats in the Kennebec River watershed; and to conduct a fish passage feasibility study at the Chesterville Wildlife Management Area Dam.

Project SHARE - \$264,000 to replace undersized culverts at 13 sites across the Dennys, Machias, Pleasant, Union, and Narraguagus River watersheds; to restore freshwater habitats in the Narraguagus River watershed; and to conduct fish

passage feasibility studies at the Great Works Dam and at Marion Falls fishway.

Downeast Salmon Federation - \$277,000 to support fish passage improvements at the Gardner Lake Dam; to conduct fish passage feasibility studies at the Cherryfield Ice Control Dam on the Narraguagus River, and the Gardner Lake Dam on the East Machias River; and to support future habitat restoration in those watersheds.

The Nature Conservancy - \$605,000 to complete the final designs to

remove Guilford Dam and restore the adjacent floodplain; and to improve fish passage at three high-priority road crossings over streams in the Piscataquis River watershed.

Habitat degradation is one of the largest obstacles to recovering endangered species like Atlantic salmon. Efforts funded through these partnerships will target priority habitat restoration actions determined by NOAA Fisheries to be necessary for Atlantic salmon recovery.

Senators Collins and King have been consistently supporting Atlantic

salmon habitats in Maine. They previously secured \$1.5 million for Atlantic Salmon Habitat restoration projects and more than \$7.5 million in federal funding to restore fish access to migratory and spawning habitats within the traditional Passamaquoddy homeland. They also secured more than \$22 million to remove dams and install fish ladders in the Penobscot and St. Croix Rivers allowing the endangered Atlantic salmon, along with other fish species and wildlife, to move along migrations routes with ease.

Maine delegation announces \$4M for GEAR UP program

WASHINGTON, D.C. (September 29, 2023) –U.S. Senators Susan Collins and Angus King, and Representatives Chellie Pingree and Jared Golden, have announced the U.S. Department of Education has awarded the University of Maine \$4,058,656 for the Gaining Early Awareness and Readiness for Undergraduate Programs (GEAR UP) Maine RISE program. GEAR UP Maine, run by UMaine Farmington and the non-profit Syntiro, has helped prepare Maine students for postsecondary education since 1998, in-

cluding more than 29,000 students since 2007. “For decades, GEAR UP has helped to provide a solid foundation for students across Maine who at times might have felt that opportunities for a postsecondary education were financially out of reach,” the Maine delegation said. “By equipping our young people with the resources and guidance needed to build a brighter future we are, in turn, making investments in the future of Maine.” “We are incredibly pleased to have GEAR UP funded in Maine again,” said Debbie Gilmer,

GEAR UP Maine Project Director. “This multi-million dollar investment in youth from Maine’s most rural and economically disadvantaged communities, including a GEAR UP scholarship program, will help address the inequities facing rural students, their families and their communities.” “The University of Maine at Farmington has a long history of supporting the success of students from rural communities, the first in their families to pursue postsecondary education and other underserved students. Over the

last 25 years, the GEAR UP program has transformed the futures of thousands of Maine students by raising their aspirations and preparing them to affordably attend and complete college, helping more of Maine’s young people reach their full potential through this proven program,” said University of Maine Farmington President Joseph McDonnell. “We are pleased that the U.S. Department of Education has agreed to fund this work and grateful to Sens. Collins and King and Reps. Pingree and Golden for their ongoing

support of our partnerships with Maine students and schools.” GEAR UP Maine has prepared economically disadvantaged students in Maine for college by providing tutoring, mentoring, academic and career counseling, and exposure to college campuses since its establishment in 1998. Many of the participants of the program go on to earn college scholarships. Over the course of seven years, the annual \$4 million grant funding will allow the program to follow cohorts of seventh graders through the first

year of their post-secondary experience. GEAR UP Maine has 53 school partners located in Aroostook, Franklin, Hancock, Kennebec, Oxford, Somerset and Washington counties. The Maine delegation has been supporting GEAR UP Maine for many years. In 2021, with the understanding of how many students GEAR UP supports, they challenged the Department of Education when it rejected UMaine’s application for a renewed GEAR UP grant. They have also secured millions of dollars for the program in prior appropriations spending bills.

Maine gets \$272K for water quality monitoring at beaches

BOSTON, ME (August 11, 2023) – Today, the U.S. Environmental Protection Agency (EPA) announced a \$272,000 grant to the Maine Department of Environmental Protection to protect the health of beachgoers. This funding is part of \$10.6 million in grants, announced in May, to help coastal and Great Lakes communities. The funding will support water quality monitoring and public notification programs for beaches.

“With so many beach closures across New England this summer, people want to know ‘where can I go swimming in clean water?’,” said EPA New England Regional Administrator David W. Cash. “Today’s grant will advance environmental justice in communities vulnerable to and overburdened by water quality impacts by supporting critical monitoring and notification programs. We will continue to work closely with our state, municipal and local partners to deliver information

that people need to make good decisions about their health. The results of monitoring can also help us enforce environmental laws and make investments, so beach closures become a thing of the past.” This grant helps fund programs to ensure that beachgoers know when our coastal waters are safe for swimming and recreation. Under the Beaches Environmental Assessment and Coastal Health (BEACH) Act, EPA awards grants to eligible

state, Tribal, and territorial applicants to help them and their local government partners monitor water quality at coastal and Great Lakes beaches. When bacteria levels are too high for safe swimming, these agencies or their local partners notify the public and post beach warnings or closings. Since 2001, EPA has awarded nearly \$216 million in BEACH Act grants, including over \$25 million to New England states, and almost \$5.6 million to Maine, to

test beach waters for illness-causing bacteria and help with public notification and identification of the problem. This program is essential for protecting the health of beachgoers across the country. “With 3,500 miles of iconic and pristine coastline, Maine is a haven for beachgoers. Especially during the summer season that draws crowds from across the country, it’s critical our beaches and waters are safe,” said U.S. Senators Susan Collins and Angus King and

Representatives Chellie Pingree and Jared Golden. “The BEACH Act funding announced for Maine today will help better monitor water quality and inform the public of unsafe conditions, so Mainers and all who visit our state can safely enjoy all Vacationland has to offer.” EPA’s 2023 BEACH Act grant funding will be allocated to the following New England states, contingent upon their meeting the eligibility requirements: EPA Region 1: Maine \$272,000

Maine Masons encourage thousands of kids to read

HOLDEN, ME (September 1, 2023) -- Maine Masonic Charitable Foundation and local Maine Masonic Lodges provide bicycles for students to win, simply by reading books. The ‘Bikes for Books’ program started 16 years ago in partnership with schools and libraries in Maine communities.

Don Pratt, Deputy Grand Master of the Maine Masons says: ‘Over the past 16 years, we’ve been fortunate to give away over 15,000 bikes here in the state of Maine.’



Maine Masons have always been committed to helping local community organizations accomplish their goals. With funding from the Maine Masonic Charitable Foundation, Maine Masons encourage students to read through their time-honored program - ‘Bikes for Books’.

‘Bikes for Books’ is under the umbrella of the Foundation’s community funding initiative, MAC - Masons Assisting Communities’. That initiative empowers Maine Masons to partner with organizations and nonprofits in their communities and help provide additional funding through matching grant programs. Any questions about ‘Bikes for Books’ or other community program funding should be directed to a local Maine Masonic Lodge. The location and contact information of



each Lodge plus more information about the various programs can be found by visiting MaineMCF.org. Scan the QR code below to view a video about ‘Bikes for Books’. Susan Scacchi, Executive Director of the Maine Masonic Charitable Foundation, says: “The Trustees have committed additional funding to ensure that lo-

cal Masonic Lodges have the resources they need to continue to be leaders in their communities and provide assistance where it is needed most. We encourage nonprofits and towns to reach out to their nearby Masonic Lodges for volunteers and support - together we will make a difference.” The Maine Mason-

ic Charitable Foundation, improving lives in Maine through charity and good works.

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



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

ArtVan will be providing hands-on creative art program in the Children's Department of the Lewiston Public Library for children ages 5-14 (ages 5-8 must be accompanied by an adult) for self-expression, personal growth, and fun. Free. All art supplies will be provided. 513-3133; www.LPLonline.org

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

Calendar

Send your submissions to the Editor. More online.

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, No-

vember 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.laclt.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 or call 207-929-6473 for reservations.

Oct 28
BUXTON -- Had-dock Supper Buffet - Saturday, October 28, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family. Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who wish is optional. Hand sanitizer is available for those who wish to use it.

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 singled-sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts & Beverages.

Phone # day of the supper - 657-4279

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.

Nov 11
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TER -- Christmas Craft Fair Saturday, Nov. 11th from 8 to 1at the Universalist Church, Turner Center, across from the Gazebo. Crafts and Attic Treasures. Lunch available.

Nov 18
GORHAM -- Christmas Craft Fair 9:00am - 2:00pm

White Rock Friendship Club and the White Rock Grange #380 will host our annual Christmas Craft Fair. Over 30 crafters offering jewelry, sewn & knitted items, home decor and much more!

Nov 19
SABATTUS -- Our Lady of the Rosary Christmas craft fair on Saturday, November 18th from 9 to 3. The fair will be located in the lower level of the church at 131 High St. in Sabattus. We'll have around 30 crafters and vendors, a basket raffle, and a

bake sale. Come join us.

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

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

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

- Develop 2 fields at White Rock
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- Repair dugouts and fencing, build storage centers
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- Acquire tarps and field maintenance equipment
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SENIOR TRIPS

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 – 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.

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Understanding the referendum ballot tonight at Gorham's BML

GORHAM, ME – Tonight, Thursday, October 19 at 6pm, head out to Baxter Memorial Library to learn more about the 8 questions on this year's ballot. This year's Maine Referendum Election Ballot has

8 questions for voters to weigh in on. Don't wait until you're standing in the voting booth to understand the issues! What is the story behind all these questions, and what does a yes or no vote mean on each item?

Join us to hear Ron Schmidt, chair of the USM Department of Political Science, give a brief non-partisan overview and context for each measure, with time for questions from the audience.

Town of Gorham offers fall brush drop off

GORHAM, ME – On October 21, 2023 Public Works will be open Saturday, October 21, 2023 from 8am to 12pm to accept brush from Gorham residents.



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