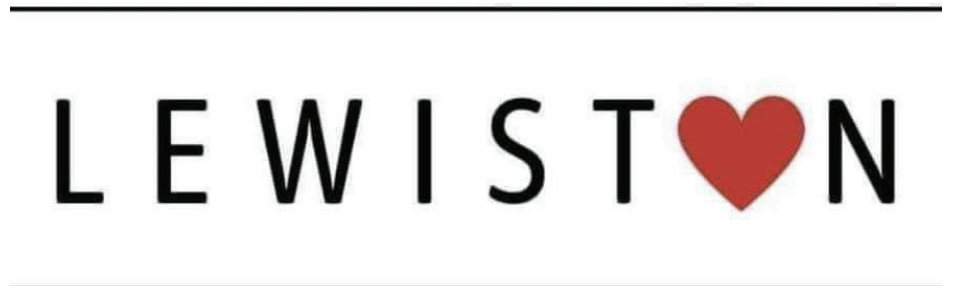
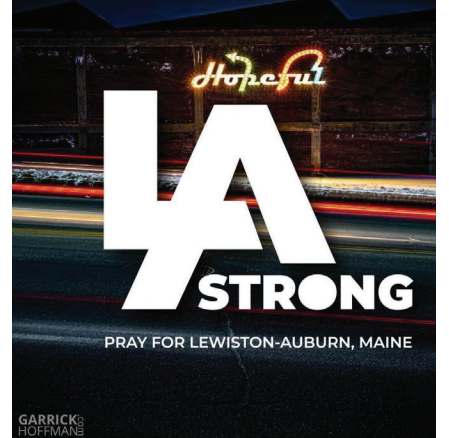
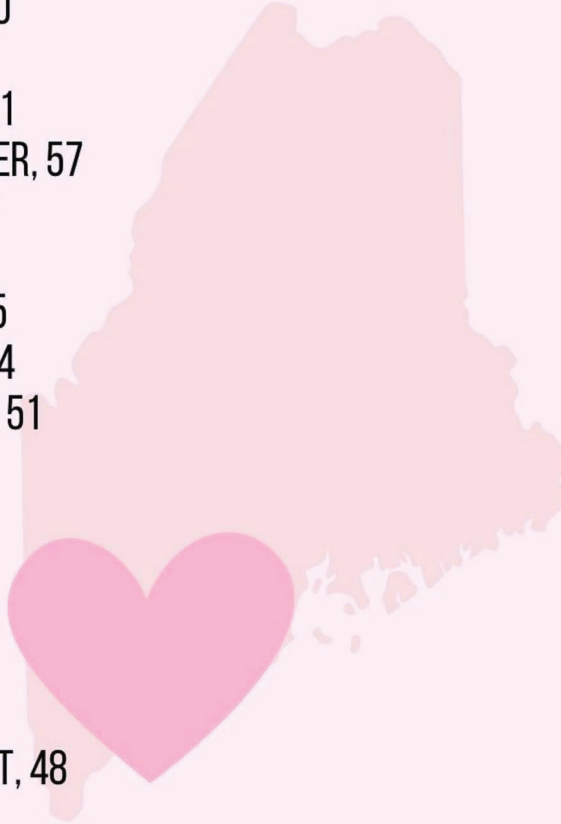


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 PEYTON BREWER-ROSS, 40
 JOSHUA A. SEAL, 36
 BRYAN M MACFARLANE, 41
 JOSEPH LAWRENCE WALKER, 57
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Newsmakers, Names & Faces

King: “Enormous problem” of VA workforce shortages

WASHINGTON, D.C. — In a hearing of the Senate Veterans Affairs Committee (SVAC), U.S. Senator Angus King expressed the urgent need for the Department of Veterans Affairs (VA) to find pragmatic, workable solutions in order to keep VA facilities properly staffed, fully open, and industry-competitive. He questioned Tracey Therit, the Chief Human Capital Officer within the VA, about the direct effect that bureaucratic hiring processes and lack of staff can have on veterans seeking care.

“We’re turning away and losing veterans because of lack of staff. It’s an enormous problem. I understand it’s a problem throughout the society. Every business that I talk to is short of staff. But I want to talk about the staffing problem in the VA, and that’s where you might be able help us. There are two issues that I’ve iden-

tified. One is pay and the other is red tape. Let’s talk about pay for a minute... but of the time to fill [job openings], the lowest are generally urban areas and the highest are rural areas. Now, this is a small sample, but I’d like you to do this analysis on a broader sample and see if I’m correct. But I believe that you’ll find that rural areas are having a harder time,” began Senator King. “The time to fill in Maine is 251 days. In White River Junction, it’s 261 days. In Providence, it’s 127. I think that’s where we get to the pay part. The difference in pay between different areas of the country, I think, is obsolete because people can work anywhere. You can now live in rural Maine and work remotely for the VA in Boston. Why would you go to work for the VA in Togus, Maine at a 15-percent or 20-percent pay cut if you can work remotely in Boston? Do you

see what I mean? We’re hurting the competitiveness of our rural VA facilities. So, I think we should really have a rethinking of the pay differential, which is based on times you didn’t have remote working, people weren’t as mobile. This is national competition for professionals. Ms. Therit, you’ve nodded a few times. What do you think?”

“So, I think Mr. Perry and I may join forces on answering this question. I agree. I think the authorities that we have in the Pact Act have helped us to level some of those gaps or close some of those gaps that you’ve talked about between urban and rural because we’re able to offer more incentives to those rural facilities,” replied Tracey Therit.

“But I know that Togus is not competitive with Boston or New Bedford or Providence,” replied Senator King.

“We still have a long way to go. And then working with organizations like the Federal Salary Council and the Federal Prevailing Rate Advisory Committee, that’s where I’m trying to spearhead some of these efforts at a broader level. I know Mr. Perry’s team is working on one deliverable that we still owe the committee from the Pact Act, which is the Rural Recruitment and Retention Plan, where we can put more effort into reducing the red tape that you’re seeing,” said Therit.

“I haven’t gotten to that yet. Yeah, but look at the pay issue. I mean, I believe that the whole idea of differential pay in different regions based on cost of living is somewhat obsolete because when you’re competing for a healthcare professional, they have nationwide choices, and to have a significant disadvantage in pay...I don’t think it’s any coincidence that White

River and Togus are the ones that are lagging here, because they both have really good management. I know the people at Togus. They’re terrific. So, it’s not a management issue. It’s that they’ve got to compete, and they have to compete with local hospitals. That’s a real problem. To hire a professional at Togus or Wright River is around 250 days’ time to fill. At our Northern Light Healthcare Facility, which is in the same region in northern and eastern Maine, it’s 56 days. Maine Health, it’s about 89 or 90 days, but significantly below. And yet that’s who we’re competing with. We have to really think hard about all the steps, and here’s one of them. My understanding and my research tells me that there’s something like 24 steps to hire somebody in the VA, and at Northern Light, it’s seven. We’ve got to rethink that, it seems to me, because, again, we’re

in a competitive situation,” concluded Senator King.

A member of the Senate Veterans Affairs Committee, Senator King is committed to ensuring veterans and their families receive their earned benefits and support from the VA. Most recently, he led a letter asking the Center for Medicare and Medicaid Services (CMS) to find workable solutions to staffing long term veteran care. Senator King has repeatedly pressed the VA on the need to hire and retain more staff in order to meet the demand for veteran care. Senator King also spearheaded the passage of legislation to better track and study servicemember suicides by job assignment. Senator King has also worked to properly honor and recognize the sacrifices of Purple Heart medal recipients, protect veterans from fraud, and expand veteran assisted living services.

November is National Alzheimer’s Awareness Month

NEW YORK -- Memory screenings are an important part of a good health and wellness routine for all of us. As part of National Alzheimer’s Awareness Month this November, the Alzheimer’s Foundation of America (AFA) is reminding everyone to prioritize their brain health and get a memory screening. AFA offers free memory screenings every weekday through its National Memory Screening Program, with no minimum age or insurance prerequisites, through secure videoconference technology. Individuals can learn more or request a screening appointment by contacting AFA at 866-232-8484.

“Annual screenings are important, including for our brains, which is

why everyone should make getting a memory screening a priority during Alzheimer’s Awareness Month and throughout the year,” said Charles J. Fuschillo, Jr., AFA’s President & CEO. “Just as we regularly check other facets of our health, we should all get a checkup from the neck up, regardless of whether or not we are having memory problems.”

“You are never too young or too old to get a memory screening and be more proactive about your brain health,” said Donna de Levante Raphael, Director of AFA’s National Memory Screening Program. “Many people don’t think about their cognitive health when they get their regular medical checkups. If you are 65 years or old-



er, a memory screening is a part of your Medicare Annual Wellness Visit. It is very important to make sure you keep your mind sharp, and there are many ways to do that in order to combat cognitive decline. I always remind people that the first step is to get a screening to see if there might be any memory issues. It is better to know early rather than later.”

Alzheimer’s disease currently affects more than 6.2 million Americans, and the Centers for Disease

Control and Prevention (CDC) estimates that number will more than double by 2060.

Memory screenings are an important first step toward early detection of memory issues. Screenings take just a few minutes and are noninvasive, consisting of a series of questions to gauge memory, language, thinking skills and other intellectual functions. Results are not a diagnosis of any particular condition, but a memory screening can suggest if someone

should see a physician for a full evaluation.

People experiencing memory loss or cognitive decline may be reluctant, embarrassed or in denial about seeking help, but early detection of memory issues is essential. If the memory issues are caused by Alzheimer’s disease, early detection affords greater opportunities to begin medications sooner to slow the progression of disease symptoms, participate in a clinical trial, take advantage of therapeutic programming, and have an active role in developing your care, health, legal and financial plans.

Just as important, not all memory issues are caused by Alzheimer’s disease. Vitamin deficiencies, thyroid problems, urinary

tract infections, sleep apnea, and depression are examples of conditions that can cause memory impairments—and all are treatable or curable—but you can’t address them if you aren’t aware that they exist.

To schedule a free virtual memory screening appointment, or for more information about brain health and lifestyle choices that can help promote healthy aging, visit AFA’s website at www.alzfdn.org or call AFA’s Helpline at 866-232-8484 (open seven days a week).

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



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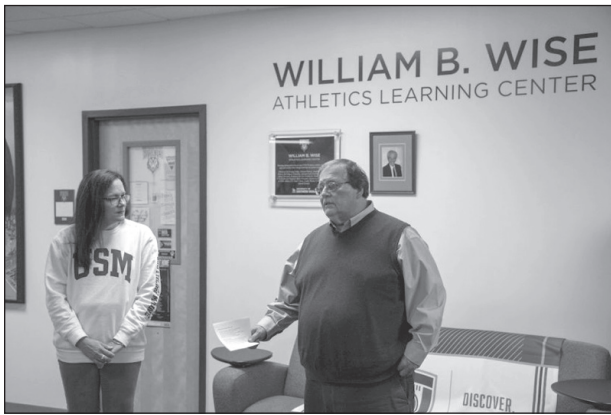
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Newsmakers, Names & Faces

USM Gorham celebrates naming of Wise Learning Center



Bill Wise arrives at the naming ceremony for the William B. Wise Athletics Learning Center in the Costello Sports Complex. Department of Athletics, USM Gorham



A plaque and portrait of Bill Wise grace the rear wall of the learning center. Department of Athletics, USM Gorham



Coaches and athletes share stories of Wise's legacy. Department of Athletics, USM Gorham

Department of Athletics, USM Gorham

It's payback time for Bill Wise. His support for University of Southern Maine Athletics as both a fan and administrator set a tone of success. When the opportunity arose to make him feel just as supported, former athletes and coaches made sure to be there.

They all gathered at the Costello Sports Complex in Gorham on October 14 to celebrate the naming of the William B. Wise Athletics Learning Center. The name was printed in fresh paint across the room's back wall. Beneath it hung a photo of Wise and a plaque listing his many contributions to the University.

"It means a great deal to me," Wise said from a seat at the center of the room. "I suppose you always wonder if you deserve the tributes and so forth. I like to think I did a little bit to help."

Wise joined the University in 1966 as Assistant Dean of Academic Affairs. By the time he retired in 1991, he also served stints as Acting Dean of the College of Education, Acting Vice President for Financial Affairs, Executive As-

istant to the President, and more. But it was through his role as Liaison to Athletics that Wise combined his passions for academics and sports.

"Knowing that you had people like Bill that had your back when you had to make some tough decisions was really crucial," said Gary Fifield, former head coach of the women's basketball team.

Fifield's coaching record includes 21 Little East Conference Championships and three appearances in the NCAA Division III National Championship finals between 1987 and 2015. He spoke at the naming ceremony to thank Wise for helping to create the family atmosphere that allowed his program to thrive. Baseball Head Coach Ed Flaherty echoed Fifield's praise.

Also in attendance was Maureen Burchill Cooper from the Class of 1985. Wise's encouragement on the basketball court fed her confidence. She would go on to set a program record with 2,357 career points at a rate of 22.1 points per game on average.

"Bill made a difference in my life," Burchill



Bill Wise greets his many admirers. Photo by Department of Athletics, USM Gorham

Cooper said. "He was always welcoming and played basketball during noontime (break) with us like a father figure back then."

Wise's familial ties to the University are more than metaphoric. His sons, Bill Jr. and Brad, both graduated from USM. The two of them were at his side for the ceremony to share personal memories and lend a hand when needed.

At 88 years old, Wise has lost much of his vision. Even up close, he has a hard time recognizing old friends until they introduce themselves. Wise eventually took a break from all of the congratulations to see the wall as best he could from a few inches away. Whatever

he couldn't make out, his sons described for him.

Beyond Wise's dedicated corner, the majority of the room is taken up by cubicles where students can read or plug in their electronic devices, along with additional resources. The space is used primarily by first-year athletes to log the mandatory number of study hours in order to qualify for practice and

competition.

The Athletic Department's use of Wise's name predates its connection to the learning center. The William B. Wise Scholar Athlete Awards Program launched in the 1987-88 academic year. The award goes to athletes who maintain a 3.0 or higher GPA through the fall and spring semesters.

About 20 students made the cut for Wise Award in its first year. The total rose to 256 in the most recent cohort. The award and the learning center both serve the same mission of academic achievement within athletics, further linked by the Wise name.

"It's a nice legacy," said Athletic Director Al Bean at the naming ceremony. "Students will come in here and see this. It's nice to have tributes

to people who have done a lot."

The idea for the tribute to Wise started with Bean. His proposal won quick approval from President Jacqueline Edmondson. Two days before attending Wise's ceremony, Edmondson was feted at her own ceremony where she was formally inaugurated as USM's 14th president. Out of all those presidents, Wise worked directly with half of them.

The presenters had one more surprise for Wise. The photo of him that hung on the learning center's wall was only a placeholder. A painting by Matt Donahue has been commissioned to replace it. Donahue played basketball at USM in the early 1970s, his athletic background making for a fitting match between artist and subject.

Gorham Food Pantry Friends collecting donations

GORHAM, ME -- Our friends at the Little Falls Mini Mart are collecting donations for the Gorham Food Pantry!

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Thanksgiving for our clients, any Thanksgiving related food (stuffing, cranberry sauce, canned pumpkin, Jiffy box pie crust) would be especially welcome!

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Seniors Not Acting Their Age

Riding the Narrow Gauge

One of the most unique bike trails in Maine is the historic Narrow Gauge Pathway in Carrabassett Valley. The trail follows the former Kingfield and Dead River Railroad bed used to convey logs to a sawmill situated in Bigelow at the northern terminus of the railway in the early 20th century. Disuse resulted in discontinuance of the railroad in 1927. The Town of Carrabassett Valley constructed the pathway in 2001.

Serene and scenic describe the bucolic crushed-stone and dirt surface trail as it travels next to the boulder-strewn Carrabassett River located in a deep valley situated between Sugarloaf Mountain and the Bigelow Mountain

Range. Wide hybrid or mountain bike tires are necessary to ensure an enjoyable ride on the unpaved surface. Motorized vehicles including ATVs and snowmobiles are prohibited. The trail is also groomed for cross-country skiing in winter.

My wife, Nancy, and I try to ride the Narrow Gauge each fall and recently planned our annual return. We started our trek at the Airport Trailhead on a cool breezy autumn day. Located adjacent to a small airport about a mile north of the Carrabassett Valley Town Office, there is spacious parking and a restroom.

We began the ride on a short rough, multi-use connector trail that soon traverses the Carra-

bassett River on a sturdy well-designed bridge to a sign that announces the beginning of the Narrow Gauge Pathway. Immediately crossing a short bridge over Houston Brook, we began climbing gradually in forested terrain. Sheltered from the wind by a canopy of overhanging trees, our ride was comfortable throughout. While never steep, the path rises steadily for much of the remainder of the trek to the northern end in Bigelow.

After leaving the Carrabassett River, we persevered uphill for a short mile past a Maine Huts Trail junction on the right. The path rejoins the mountain freshet overlooking the steepest part of the river. My paddling friends and I refer to the precipitous section of whitewater as Upper Carrabassett. Memories of previous whitewater descents were a distraction as we passed the most difficult rapids called Pinnacle Rock, Don's Hole, Terry's Perch, and Triple Drop.

River views coupled with lush vegeta-

tion in this area provide an exceptionally scenic environment. Picnic tables are scattered strategically along this sector of trail. Most were occupied by cyclists taking a break or enjoying a snack.

Shortly after the last picnic table, the path leaves the river and crosses a long bridge over a wetlands area where we observed a moose feeding close to the path. We lingered to watch the voracious cow moose that seemed unperturbed by our presence.

We soon passed an ancient cabin on the left where the path briefly reconnects with the river. A hunting and fishing camp built by railroad workers in 1900; the hut is privately owned and still in use. This area was formerly called Crockertown, named for early lumberman Isaac Crocker.

Proceeding westerly, we passed a left turn that leads to Campbell Field Trailhead and another junction on the right that links to Stratton Brook Hut. A sign indicates the hut is 2.2 miles east.

We reached the outskirts of the old village of Bigelow soon after. The tiny community is posted as private property. The former Bigelow Train Depot is situated near Route 27 and is now a private residence.

Angling left, we continued over a bridge and past a side trail on the right that leads to the Stratton Brook Trailhead. Just beyond, the Narrow Gauge Pathway ends at Route 27. There is no parking at this location. On return, we followed the .1 mile spur to Stratton Brook Trailhead. More difficult than the pathway, the approach to the parking area is steep and rocky.

After returning to the Campbell Field turn-off, a brief ride brought us to that alternative trailhead where there is a picnic table, restroom,



The boulder-strewn Carrabassett River parallels the Narrow Gauge Pathway in many places



A cyclist begins a ride north on the Narrow Gauge Pathway



A moose was observed feeding along the trail on this ride

and ample parking. After a lunch break, we cycled back to the Airport Trailhead completing an exceptional 11.25 mile roundtrip that included the short excursions to the Stratton Brook and Campbell Field Trailheads.

The return is almost all downhill. What a treat for two senior cyclists in a biking paradise!

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates exciting rides on four more bike trails and three offshore islands.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.com

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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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Turkey Trot 4 Hope returns on Thanksgiving Day

NORWAY -- The sixth annual Turkey Trot 4 Hope Scenic 4 Mile Run or 1 Mile Run/Walk will be held Thanksgiving Day, November 23rd, at 9am at the Norway Fire Station, 19 Danforth Street, Norway. Our many sponsors this year have guaranteed that this will be a great event to benefit the Cancer Resource Center of Western Maine (CRCofWM). This is indeed a day of THANKS where individuals, teams, businesses, and community can support the work that the CRCofWM does throughout the

western Maine region.

You can register individually or as a team at raceroster.com/78857. All Oxford county Maine students K-12 can register for FREE, thanks to a very generous donor. Awards will be given out starting at 10am so participants can get to their Thanksgiving celebrations.

If you are away for Thanksgiving or do not live locally we encourage anyone to join in the fun VIRTUALLY to support the CRCofWM. Your route can be a favorite trail, a walk with your dog, a dai-

ly running route, or even a treadmill. If you run virtually, we would love to see where you chose to participate by posting on our Facebook page or #turkey-trot4hope.

"This is the signature fundraising event for Cancer Resource Center of Western Maine and this year we hope to have many more participants actively fundraising," commented Caleb Grover, 2023 Turkey Trot 4 Hope Committee Chair. "We challenge each Turkey Trot 4 Hope participant to help us raise much needed funds to

support people in western Maine affected by cancer."

CRCofWM's mission is to embrace anyone affected by cancer in a community that offers hope and caring through support, education and concepts in healthy living. CRCofWM offer one to one support, free wellness programs and classes, support groups, travel and food assistance, and comfort items to anyone impacted by cancer...because no one should face cancer alone. For more information www.crcofwm.org or 207-890-0329.



The 6th Annual Turkey Trot 4 Hope will be held in-person and virtually this year. All proceeds benefit the Cancer Resource Center of Western Maine. Visit raceroster.com/78857 to register.

Racial Justice Fund seeks applications for grants

AUGUSTA, ME – The Maine Justice Foundation is pleased to announce the third round of grants from the Racial Justice Fund. The Foundation will accept applications for grants of up to \$10,000 from October 23-November 6, 2023. The grant guidelines and application form can be found online at www.justicemaine.org.

The Racial Justice Fund supports education and advocacy aimed at achieving racial justice and addressing systemic racism. The Fund supports Black, Indigenous, and People of Color by forging social, systemic, and economic solutions to combat racism in Maine. Grants from the Fund will be made to qualified organizations for programs to advance racial justice throughout

Maine, at every level of society, including but not limited to the legal system, healthcare, education, the workplace, food insecurity, natural resources, and housing. Applicants must be Maine-based and must demonstrate the involvement and participation of Maine residents who are Black, Indigenous or People of Color.

In the wake of racially motivated murders of George Floyd, Ahmaud Arbery and Breonna Taylor among others in early 2020, corporations and philanthropic leaders across Maine joined forces to raise an initial \$270,000 to launch the Racial Justice Fund of the Maine Justice Foundation to combat racial injustice and inequity throughout the state. The Fund to date has issued



13 grants to organizations including the Greater Portland Immigrant Welcome Center, Healthy Acadia – Downeast Diversity, League of Women Voters of Maine Education Fund, Maine Inside Out, Sunlight Media Collective, The Third Place, Immigrant Legal Advocacy Project, In Her Presence, Indigo Arts Alliance, Ladder to the Moon Network, and Mindbridge. Since launching the Fund in 2020, the Foundation has been ac-

tively engaged in fundraising and the Fund now stands at over \$791,000. With racially motivated violence still topping the headlines almost daily, our work is far from done. The Foundation continues to seek donations to fund programs that address systemic racism and inequities throughout our communities.

"The Maine Justice Foundation has worked to ensure access to justice for all Mainers for over

40 years," said Michelle Draeger, Executive Director. "The Racial Justice Fund demonstrates our conscious commitment to this ideal for Black, Indigenous, People of Color (BIPOC) community members who may be deprived of equitable treatment or suffer the effects of systemic racism because they are BIPOC. All of our grantees to date have successfully launched programs that support diversity and address racial inequities across Maine. This critically important work supports BIPOC communities and engenders understanding of systemic inequities so we can all participate in solutions."

The Fund's Advisory Committee has formulated the specific goals for grantmaking, issued the

inaugural and current requests for proposals and will recommend grants. The current members are co-chairs Prof. Marcelle Medford and Dr. Evelyn Silver, Mary Herman, Reginald Parson, Francys Perkins, Bill Harwood, Janis Cohen, and Shelly Anarado Okere.

For a full description of the Racial Justice Fund and the Advisory Committee, please visit <https://www.justicemaine.org/grants-and-programs/racial-justice-fund/>.

The Maine Justice Foundation, founded in 1983 as the Maine Bar Foundation, is the state's leading funder of civil legal aid for poor and vulnerable Mainers. Find us online and support the Racial Justice Fund at www.justicemaine.org.

Free access to crisis line support for Mainers

SOUTH PORTLAND, ME – In response to the recent shooting in Lewiston, Anthem Blue Cross and Blue Shield and its behavioral health partner, Caredon Behavioral Health, are offering all Mainers free access to crisis support, regardless of

whether they are Anthem members.

Any Mainer needing assistance can speak to a behavioral health professional via phone by calling 1-800-580-6934. The crisis support line is confidential and available 24/7 at no cost.



"On behalf of our entire team at Anthem Blue Cross and Blue Shield in Maine, we are heartbroken by last night's event in Lewiston and are committed to helping our commu-

nity heal in the wake of this tragedy," said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. "We hope that by providing free crisis support to anyone in need,

we can support our neighbors and our community during this difficult time."

"Our crisis support line is here and ready to help since we know that mass violence and shootings affect people in many different ways," said Dr. James Polo, chief medical

officer for Caredon Behavioral Health. "It's important to share your concerns and monitor your mental health during these extremely difficult circumstances. A phone call can often lessen anxiety, fear and channel our emotional response within times of crisis."



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Arts & Entertainment

Poetry, guitar, blue grass coming to Saco River Theatre

BAR MILLS, ME -- Saco River Theatre presents an exciting November lineup:

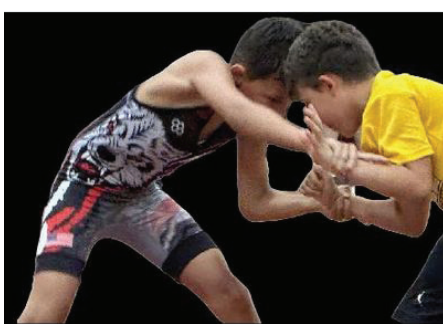
DURHAM COUNTY POETS, at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Nov 11 at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org

or call 207-929-6473 for reservations.

DEREK GRIPPER - Guitarist - at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Nov 18 at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

ERICA BROWN AND THE BLUEGRASS CONNECTION - at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Nov 25 at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

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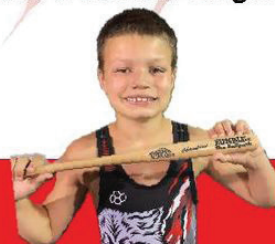
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AUTHOR EVENT:
MELANIE BROOKS IN CONVERSATION
WITH JENNIFER DUPREE

Melanie Brooks will discuss her recently published memoir, *A Hard Silence*, with Jennifer Dupree, author of *The Miraculous Flight of Owen Leach*.

At a time when HIV/AIDS was widely misunderstood and public perception was shaped by fear, prejudice, and homophobia, Brooks' father contracted the disease from a blood transfusion received during open-heart surgery. Understanding all too well the stigma that would follow both himself and his family, Melanie's father, a surgeon, decided they would all keep his illness a secret. This memoir offers an intimate glimpse into Melanie's memories of coping with the tragedy of her father's illness and enduring the loneliness and isolation of not being able to speak.


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6:00 PM

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KeyBank supports Girl Scouts of Maine

STATEWIDE – Girl Scouts of Maine (GSME) is pleased to announce KeyBank as the premiere sponsor of their upcoming annual Transforming Leadership Conference on November 4, at the University of Maine in Orono.

This 15th annual GSME event is an opportunity for Girl Scout members and non-members to come together, broaden connections, gain leadership skills, and engage in personal development through hands-on 60-min-



ute workshops led by experts. Topics of these workshops include STEM, financial literacy, self-care, global issues, leadership styles, and so much more.

“Today’s students are tomorrow’s business and community leaders, and KeyBank believes in supporting programs that help students grow to become successful, contributing community members,”

says KeyBank Business Banking Relationship Manager Joseph McLean, who works closely with Girl Scouts of Maine. “The ability to make sound financial decisions is a skill that all young people need, and we are proud to help bring that education to conference attendees through our sponsorship”.

KeyBank’s Key@Work Relationship Man-



ager Sarah Brooks will be leading two workshops during the event, “Facilitating Financial Literacy” and “Money Explorers & Budget Builders.” During both workshops, adult and

youth attendees will have the opportunity to build their financial understanding and money management skills.

“We are so grateful to KeyBank for their un-

wavering support of the Transforming Leadership Conference, and their particular commitment to furthering knowledge of financial literacy, one of the most important facets of the Girl Scout Leadership Experience,” says Elizabeth Helton, GSME Highest Awards and Teen Experience Program Specialist.

To learn more about exciting workshops from KeyBank and others at the upcoming conference, visit the GSME Transforming Leadership web page.

Maine DHHS provides mental health support

AUGUSTA, ME— The Maine Department of Health and Human Services (DHHS) encourages anyone affected by the violence in Lewiston to reach out and connect with behavioral health support. Incidents of mass violence can lead to a range of emotional reactions, including anxiety, fear, anger, despair, and a sense of helplessness that may begin immediately or in the days or weeks following the event.

Seek help immedi-

ately if you or someone you know is talking about suicide, feelings of hopelessness or unbearable pain, or about being a burden to others.

If you are experiencing a medical emergency, call 911.

For those in need of immediate support:

Call or text 988: This suicide and behavioral health crisis hotline is answered 24 hours a day, seven days a week by trained crisis specialists offering free, confidential

support for anyone. Specialists also can respond by chat at 988lifeline.org.

Teens and young adults can text (207) 515-8398: The National Alliance on Mental Illness Teen Text Line connects youth with other youth to help them manage their challenges every day from noon to 10 p.m.

Clinicians, educators and first responders can call 1-800-769-9819: The FrontLine WarmLine offers free support services to help these profes-

sionals manage the stress of responding to disasters from 8 a.m. to 8 p.m., seven days a week.

If you’re unsure, contact 211. It provides general information, including how to access behavioral health and social service resources, 24 hours a day, seven days a week. Information can also be found at 211maine.org.

All of these resources provide free, confidential support.

Maine DHHS has

created a dedicated webpage with these and other resources, including online support and resources for children and families.

The Maine Department of Health and Human Services, with partners throughout the Mills Administration and the state, stands ready to assist people and communities in responding to and recovering from this horrific event.

Information about the law enforcement investigation is available

through the Maine Department of Public Safety.

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Zombie Run puts the 'gore' in Gorham



With the event falling on Friday the 13th, costumes inspired by the namesake movie franchise were especially popular. Photo by Department of Athletics, USM Gorham Campus



The Student Theatre Artist Group applied face paint to participants in the Zombie Run. Photo by Department of Athletics, USM Gorham Campus



The decorations at the starting line hinted at the scares in store for runners as they tread deeper into the walking paths. Photo by Department of Athletics, USM Gorham Campus

Department of Athletics, USM Gorham Campus

GORHAM, ME -- Hockey masks aren't the kind of gear you would usually expect athletes on the University of Southern Maine track and cross country teams to wear. They weren't dressed that way for a meet. They were competing, however, to see who could get the most screams.

The undead descended upon Shaw Cherry Hill Farm in Gorham for the fourth annual Zombie Run on Friday, October 13. The event is organized and staffed by the track and cross country teams. Participants sign up to run along the farm's walking paths while student-athlete

jump out of the bushes to scare them.

The zombie theme was modified slightly this year to reflect the date. "Friday the 13th" is also the title of a horror movie franchise. The villain, Jason Voorhees, hides his disfigured face behind a hockey mask. A large number of students copied his look.

Wearing the mask and growling was easy for Albert Matrilie, a junior majoring in Criminology. But as a sprinter, toning down his natural speed to mimic Jason's lumbering gait may have been the tougher assignment.

"For the little kids, I'm not scaring them too much, just cheering them on, as well," said Matrilie.

Back in his own trick-or-treating days, Matrilie preferred to dress up as superheroes or the Teenage Mutant Ninja Turtles. Those characters remained popular costume choices with the kids who came to the Zombie Run. The crowd also included assorted princesses and monsters, among many others.

Help was available for kids who arrived feeling that their costume was still missing something. Volunteers from the USM Student Theatre Artist Group brought their make-up kits to paint faces at a booth next to the registration tent. Their designs ran the gamut of snakes, scars, and simple streaks of color.

The pre-race entertainment also included a

constant stream of spooky music and a row of food trucks. The focus turned to running as the sun fell below the horizon. The first heat was reserved for the youngest kids. They ran a half-mile route where the scares were kept to a minimum. Every runner received a bag of treats at the finish line.

The gloves came off for the older kids and adults who ran the second heat. Screams echoed through the woods along their two-mile route. At 10 years old, Landon decided he was old enough to handle the full experience. He wasn't worried about the flowing black robes of his costume interfering with his running. And he had a warning for any potential "attackers."

"My plan was to scare the zombies so they don't scare me," Landon said.

Landon was in good shape for the race through his involvement with the Gorham Grinders youth running group. It's overseen by the Town of Gorham Parks and Recreation Department, which also lent its support to the Zombie Run.

Even with outside help, student organizers had no shortage of tasks and responsibilities. Success depends on the same kind of teamwork and perseverance that they developed through sports. They had to squeeze their



event planning into schedules that were already jam packed with classwork and athletics. In spite of that, more than 60 students stepped up to donate their time.

"It's fun to see them out and engaging in the community and interacting and seeing how creative they can be in getting dressed up," said Rob Whitten, head coach of the cross country and track and field teams for both men and women.

The community shared the students' excitement. Forty-nine participants pre-registered for the two-mile race and same-day registration added another 63 runners to the total. While the half-mile race didn't require registration, an informal scan at the starting line counted about 80 kids. Add to that a cheering section of parents and the crowd swelled to more than 200 people.

The registration fees
See Run, next page

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Run

Continued from previous page

came to more than \$600. Any proceeds go into the budget for the track and cross country teams for equipment and team-building activities. This year, most of the revenue went to expenses like portable toilet rentals and costume prizes. The bigger benefit to for students may have been the goodwill they engendered in the community.

“It just shows that not everything is about the competitive side of it,” Matrille said. “It’s also about being together, having a great time, bringing everyone together.”



Clothes Galore at Gorham’s Mission of Hope Clothes Closet

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

Noon. We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we

have displayed them for a time, they are donated to serve the people in need in Ukraine. In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are Welcome!

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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
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Gorham invited to BMCC Christmas Marketplace

BUXTON, ME – The Bar Mills Community Church Christmas Marketplace is just around the corner. This year it is open Friday, December 1st 4 to 7 and Saturday, December 2nd 9 to 1. The address is 13 Hermit Thrush Drive in Buxton. As usual we will have a great selection of fresh greens to decorate your home, a wide variety of baked goods-cookies, breads, pies and candy to satisfy your taste buds. There will also be plenty of handcrafted gift ideas for your family, friends and even your pets. There is something for everyone

on your list... FMI: visit our website: www.barmillscommunitychurch.org or visit us on Facebook or contact Judy 929-5555. We look forward to seeing our old friends and to meeting new friends. We accept cash and checks only.

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Saturday, December 2nd 9:00 to 1:00

We accept cash and checks only!

www.barmillscommunitychurch.org or judysjul@gmail.com

Service to open new office, visitor center in Kennebunk

KENNEBUNK, ME – The U.S. Fish and Wildlife Service announced construction work began Oct. 23 on a multipurpose center in Kennebunk Maine that will serve as a focal point for connecting people to nature in southern Coastal Maine and celebrating the life and work of Rachel Carson.

When remodeling of the existing building and construction of a new visitor services wing is complete, the 11,666-square-foot facility will house the offices and visitor center for the Rachel Carson National Wildlife Refuge and the Gulf of Maine Coastal Program.

The building, located at 188 Brown St in Kennebunk, ME, will provide office space for approximately 15 full-time permanent employees who manage the Refuge and engage in conservation projects with partners throughout southern Maine. An exhibit

hall and trails will be accessible, and a multipurpose room will be equipped to welcome groups of up to 45 persons for environmental education programs and other events.

“I’m looking forward to working more closely with the team at Rachel Carson National Wildlife Refuge and being co-located at the multipurpose center will provide our respective programs a great opportunity to advance our shared conservation goals,” said Chris Meaney, Project Leader for the Gulf of Maine Coastal Program.

Karl Stromayer, Refuge Manager for Rachel Carson National Wildlife Refuge, added that Refuge staff “are really excited to be moving forward with construction. This facility is going to be a wonderful resource to better support both refuge and coastal program staff and to connect people to

the natural beauty and wildlife habitats here in southern Coastal Maine.” The facility was designed according to the Council on Environmental Quality’s Guiding Principles for Sustainable Federal Buildings. The environmentally friendly and energy efficient building will also be bird-friendly as part of the Service’s efforts to prevent bird-window collisions at its facilities.

The visitor center will feature exhibits showcasing the conservation efforts conducted by the Refuge and the Gulf of Maine Coastal Program and the life and contributions of Rachel Carson. The facility was designed by Oak Point Associates of Biddeford, Maine and construction will be implemented by Benchmark Construction of Westbrook, Maine. The new facility is expected to open to the public in spring or summer 2026.

It Takes a Village to hold spaghetti fundraiser for unhoused veterans

STANDISH, ME – On Saturday November 11 from 5:30-7:00pm, please come out to Standish Municipal Hall and join It Takes a Village for a Spaghetti dinner fundraiser to raise funds for our weekly outreach for Maines unhoused veterans.

We will have our popular text to go too! Text us your order (24 hrs in ad-

vance) and choose an allotted time below and we will bring your meal to the car !!!

Meal: Becky’s spaghetti, salad, garlic bread, drinks, patriotic themed deserts.

We will also have flag crafts for kids and raffles! Bring an item of need and get 3 free raffle tickets (for prizes). 50/50 is separate.

Items needed: backpacks, socks (men and women), sleeping bags, bug spray, tarps, hand warmers, new shoes and/or boots.

Prices: Adults \$14, Children 3+ \$8

To go options
5 pm
530 pm
6pm
630 pm
FMI: 207-322-7065

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MaineCF establishes Lewiston-Auburn Area Response Fund

PORTLAND & ELLSWORTH, ME — The Maine Community Foundation (MaineCF) has established the Lewiston-Auburn Area Response Fund in response to the devastating mass shooting events on Oct. 25 in Lewiston, Maine. The fund will collect and allocate donations to support victims of Maine's worst gun tragedy on record and the organiza-

tional efforts that will help heal the city. Adilah Muhammad, MaineCF board chair and Lewiston resident said, "We are heartbroken at this unspeakable violence, right here at home. The Maine Community Foundation is stepping up to help ensure that the community has the resources to respond to this terrible tragedy." "We are in grief, dis-



belief, and shock," said MaineCF President and CEO Deborah Ellwood. "This fund provides an avenue for those who wish to

help those impacted in the Lewiston-Auburn area. We must support each other and care for one another in this difficult time for our

state." Donations may be made to victims and survivors or to the broader recovery effort at MaineCF.org or by mail to: Lewiston-Auburn Area Response Fund, Maine Community Foundation, 245 Main St., Ellsworth, ME 04605. Donations to the Lewiston-Auburn Area

Response Fund will be distributed with deep community guidance, including from MaineCF's statewide board, engagement by MaineCF's Androscoggin County Committee and community steering committees. MaineCF administrative fees will be waived and 100% of donations will go to support victims and the community

Feed the First Fundraiser to provide needed relief



LEWISTON, ME — There are no words that can ever truly express what our community has experienced in the last few days.

Maine credit unions join our neighbors in mourning the family and friends we have lost and those who are recovering from injury.

As we try to make sense of this tragedy, we are thankful for the tireless, committed work of local, state, and federal law enforcement, as well as the doctors, nurses, and emergency services personnel for helping us through this difficult time. First responders are always there for us, and we want to be there for them.

Credit Unions were created to support their communities and live by the philosophy of people-helping-people. During this challenging time, local Credit Unions are coming together to support our community. "We commend our local restaurants; they have been doing an amazing job preparing meals for our first responders and

other community members in need," said Mark Samson, President of Dirigo Federal Credit Union. "Credit Unions will be collecting funds to further support our local restaurants so they can continue their current efforts."

Credit Unions will be accepting donations through the Maine Credit Unions' Campaign for Ending Hunger. By donating money to Maine Credit Unions' Campaign for Ending Hunger's Lewiston Relief initiative, the Lewiston-Auburn (L/A) Metropolitan Chamber of Commerce will work with local restaurants to provide much-needed food to first responders in need. Monies may also be used to support local organizations

providing food assistance. To make a donation, visit: <https://campaignforendinghunger.org/lewiston-relief/> Any funds that people can donate is a blessing, and every dollar to the Feed the First fundraiser will help us all. By aiding our first responders—our community—we can hopefully, privately, and publicly, move forward. Credit Unions are a not-for-profit financial institutions that accept deposits, makes loans, and provide an array of other financial services and products. The following Credit Unions are organizing the efforts, along with the Maine Credit Union League and The LA Metro Chamber of

Commerce: Sabattus Regional Credit Union, Oxford Federal Credit Union, Otis Federal Credit Union, Milestones Federal Credit Union, Maine Family Federal Credit Union, Lisbon Community Federal Credit Union, Great Falls Federal Credit Union, Five County Federal Credit Union, Dirigo Federal Credit Union, Community Credit Union, and Central Maine Federal Credit Union. Since 1990, the Maine Credit Unions' Campaign for Ending Hunger has raised over \$12.3 million, including over \$1,000,000 in food and cash contributions in 2022. All donations to Maine Credit Unions' Campaign for Ending Hunger are tax deductible.

Maine among highest COPD rates in the country

PORTLAND, ME — Today, the American Lung Association in Maine released the COPD State Briefs, which include data about prevention, diagnosis, health outcomes and treatment of the disease for all 50 states and Washington, D.C. The briefs also highlight the burden of chronic obstructive pulmonary disease (COPD) across the U.S., highlighting the states with the highest COPD rates and opportunities to improve the burden of the disease. Maine

is one of 11 states with the highest COPD prevalence rate. COPD, which includes chronic bronchitis and emphysema, is a long-term lung disease that makes it hard to breathe. There is currently no cure for COPD, but the disease is treatable. Nationally, approximately 5% of adults or 12.5 million Americans are living with COPD. In Maine: 99,861 of adults have been diagnosed with COPD. The COPD preva-

lence rate is 9% 888 people die each year from COPD. Annual cost of COPD treatment is \$154 million. There are 92,660 lost days of work each year due to COPD. "Unfortunately, here in Maine, our residents face a higher burden of COPD, but together we can work to help prevent the disease and support people living with the disease to live longer and more active lives," said Lance Boucher, director

of advocacy for the American Lung Association. "The new COPD state briefs also examine key indicators for COPD in Maine, such as air quality, tobacco use, education, income level and vaccination rate, which can help us determine where to focus our prevention efforts and help those most impacted by the disease." Maine is one of eleven states that have the highest COPD rates and highest burden in the country—Alabama, Arkansas, Indiana, Kentucky, Louisiana, Maine, Mississippi, Ohio, Tennessee and West Virginia. State prevalence rates range from 3.7% in Hawaii to 13.6% in West



Virginia. The goal of the COPD State Briefs is to raise awareness for COPD and empower public health and healthcare professionals to take actionable steps to prevent the onset of illness, reduce health inequities, set goals for earlier diagnosis and ensure clinical guidelines are used to manage and treat COPD. For Maine, the Lung Association recommends the following actions to reduce the burden of COPD: Use a validated

COPD screening tool for people who may be at risk of COPD or reporting symptoms. Confirm a COPD diagnosis using spirometry, especially in primary care. Use evidence-based tobacco prevention and cessation services. Promote recommended vaccinations. Recommend pulmonary rehabilitation, COPD education and a COPD Action Plan. The COPD State Briefs were created with support by the Centers for Disease Control and Prevention. Learn more and view the COPD State Briefs at Lung.org/COPD-briefs.



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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 4
BATH -- 7:30 PM -- 9:30 PM the Chocolate Church presents Yellow Brick Road (Elton John Tribute). Ticket Prices: \$22 ADV | \$25 DOS. There is no other performer who looks and sounds so much like Elton John, nor any tribute act that provides the experience of being at an actual Elton John concert, the way Gerald Brann and Yellow Brick Road does. Get your tickets at chocolatechurcharts.org

Nov 6
AUBURN -- Learn About the Job Corps 11 AM-1 PM at Auburn Public Library. Stop by the Teen Space to learn about the Job Corps, a residential career training program looking to connect with youth on developing their skills for future careers.

Nov 10
BATH -- 7:30 PM -- 9:30 PM the Chocolate Church presents Peter Yarrow (RESCHEDULED).

Calendar

Send your submissions to the Editor. More online.

Ticket Prices: \$38 ADV | \$42 DOS. Known for his songwriting, sound quality, and commitment to excellence, Peter Yarrow, along with Noel Paul Stookey and Mary Travers, made up the popular folk group Peter, Paul & Mary. Get your tickets at chocolatechurcharts.org

Nov 11
TURNER CENTER -- 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 13, 27
AUBURN -- Anime & Manga Club 4 PM-5 PM at Auburn Public Library. Discuss and watch your favorite anime, or share manga with the rest of the group, while enjoying some tasty snacks.

Nov 14, 21
AUBURN -- Craft Club 4 PM-5 PM at Auburn Public Library. Come hang out in the Teen Space and work on your current craft project, or start something new with materials we provide! Snacks included.

Nov 15
AUBURN -- Dungeons & Dragons 3 PM-5 PM at Auburn Public Library. Come to the Teen

Space for a seafaring D&D adventure in a fantasy world! Open to beginners and experienced players alike. Come with a character sheet (level 1-3) or use one that we provide.

Nov 17
BATH -- 7:30 PM -- 9:30 PM the Chocolate Church presents Primo Cubano (Latin). Ticket Prices: \$20 ADV | \$22 DOS. Primo Cubano plays traditional Cuban dance music called "SON" dating back to the turn of the 20th Century. Get your tickets at chocolatechurcharts.org

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.

Nov 25
BATH -- 7:30 PM -- 9:30 PM the Chocolate Church presents Pat Colwell & The Soul Sensations Motown Christmas (R&B, Holiday). Ticket Prices: \$20 ADV | \$22 DOS. A beloved tradition here at the Chocolate Church Arts Center! Pat Colwell and the Soul Sensations bring down the house with a powerful mix of Motown and Memphis soul music that's guaranteed to get the party started. Get your tickets at chocolatechurcharts.org

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. - Ori-

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Every 1st, 2nd, and 3rd Monday

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

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for ho-

meschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

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

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

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CRAFT FAIR

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

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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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Gorham field hockey alumni push Wheaton to victory

NORTON, MA — Senior forward Anda Brown (South Woodstock, Vt.) tallied the game-winner with a tip-in with just 4:28 to play in the match to give the Wheaton College (Mass.) field hockey team a 2-1 victory over visiting University of Southern Maine this evening at Nordin Field on the Wheaton campus in Norton, Mass.

The Lyons improve to 6-12 on the season, while the Huskies fall to 12-7.

Southern Maine fin-

ished the match with a 14-11 shot advantage, including all six shots taken in the third quarter, but Wheaton controlled the action when it mattered most with a 7-2 margin in the fourth quarter. The Lyons owned a healthy 7-1 disparity in penalty corners and scored the game-winner on a penalty corner situation.

Junior midfielder Macey Poitras-Cote (Northborough, Mass.) sent the insert pass to classmate Lydia Gaudreau (Gorham,

Maine), who fired a shot ticketed for the cage on the left side. Brown altered the course of the attempt with a tip that resulted in her team-leading seventh goal of the season to give Wheaton a 2-1 edge with less than five minutes to play in the match.

The Lyons' defense held the Huskies without a shot in the final minutes to prevent any chance for a tie game.

Wheaton opened the scoring just 3:17 into the match to take a 1-0

first-quarter lead. First year forward Ally Slicer (Waterford, Maine) sent a cross, from just outside the arc, to junior forward Delia Knox (Cumberland Center, Maine), who collected the ball and fired a shot through the defense and into the right corner for her fifth goal of the season.

The Lyons' defense held Southern Maine without a goal for the balance of the first half, but Southern Maine finally broke through just 2:35 into the third quarter on a fluky

goal that bounced just the right way for the visitors. Junior defender Julia Edwards (Gorham, Maine) collected a loose ball in Wheaton's defensive zone and sent a cross headed toward the arc, where a Lyon defender layed down her stick to stop it, but the ball skipped over the stick and inside the arc. The ball found USM junior forward Sage Drinkwater (Steep Falls, Maine), who swung her stick for a shot that ricocheted off the Lyon keeper and into the air. Junior

forward Abigail Chartier (Lewiston, Maine) batted the ball out of the air and into the back of the cage for her 10th marker of the season. The game remained tied at 1-1 for nearly 23 minutes before Brown's score gave Wheaton the eventual game-winner.

Senior keeper Emma Lapreziosa (Bowdoinham, Maine) finished the match with six saves for the Lyons, while Julianna Kiklis (York, Maine) recorded a pair of stops for the Huskies.

HOLIDAY CRAFT & BOOK FAIR

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Town of Gorham seeks input on Robie Park Master Plan

GORHAM, ME -- The Robie Park Master Plan Steering Committee is seeking input from residents on their preferred option for the Robie Park Master Plan design from three concept plan alternatives, as well as input on a brief survey.

To view the three concept plan alternatives, please see the flyer attached below and vote using the QR code.

Citizens that would like to share their input on the Robie Park Master Plan are encouraged to attend a public meeting on Thursday, November 2nd.

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

SHAPE THE FUTURE OF ROBIE PARK

WE WANT YOUR INPUT!
The Master Plan process is wrapping up for Robie Park. Community input is imperative to this process!

PUBLIC MEETING
THURSDAY, NOVEMBER 2ND
6:00-7:30PM
TOWN COUNCIL CHAMBERS
75 SOUTH STREET, GORHAM

THIS WILL BE THE FINAL OPPORTUNITY TO PROVIDE FEEDBACK ON THE ROBIE PARK MASTER PLAN

IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO PROVIDE FEEDBACK PRIOR TO THE MEETING, PLEASE EMAIL GRACE MCNEILL AT ACETO LANDSCAPE ARCHITECTS: gm@acetola.com

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