

## Gorham alum's saves advance Wheaton soccer

NORTON, MA — Four different players scored a goal, including three in the second half to give the third-seeded Wheaton College (Mass.) men's soccer team a 4-0 shutout victory over visiting sixth-seeded Springfield College this afternoon in the opening round of the New England Women's & Men's Athletic Conference Tournament at Keefe Field on the Wheaton campus in Norton, Mass.

The Lyons, who are slated second in the most recent NCAA Region II rankings and third in the United Soccer Coaches regional survey, improve to 8-4-6 on the season. The Pride drop to 5-7-5 overall.

Wheaton advances to the NEWMAC Semifinals on Thursday, November 2 when it travels to Babson Park, Mass. to take on second-seeded Babson College.

The Lyons goal total is its highest in a tournament match since a 5-0 win over Daniel Webster College on November 15, 2014 in the first round of the NCAA Tournament and its their highest number of markers in a NEWMAC playoff tilt since a 5-1 victory over Babson in the 2013 NEWMAC Semifinals on November 9. The blank sheet is the first shutout in a tournament match for Wheaton since a 0-0 result against Massachusetts Institute of Technology on October 30 in the 2018 NEWMAC Quarterfinals and its first NEWMAC Tournament shutout with a goal scored since a 1-0 win over MIT in the title match on November 10, 2013.

The Lyons dominated possession throughout the contest, while owning a 17-2 shot advantage, including 7-1 in shots on frame. Wheaton was awarded 11 corner kicks, while Springfield took four kicks from the corner flag.

Wheaton got on the board following a corner kick and scored in the 30th minute to take a 1-0 edge. Following the serve into the box, the Lyons were unable to put together an offensive strike, but senior midfielder Robert Lloyd (Lexington, Mass.) sent the ball back toward the corner flag on the left side, where junior forward Alasdair Ferrier (Concord, N.H.) still resided after the serve. Ferrier threaded a cross from the left sideline to the near post, but the ball eluded the Springfield keeper who had come to

See Alum, page 3

## Burn Off The Turkey in Gorham's 26<sup>th</sup> annual 5k race

GORHAM, ME -- On Saturday, November 25th, Gorham Recreation invites everyone to get outside for their annual Burn Off the Turkey 5k Run/Walk around Robie Park starting at 9am.

To register or learn more, visit [https://gorhamme.myrec.com/info/activities/program\\_details.aspx?ProgramID=14960](https://gorhamme.myrec.com/info/activities/program_details.aspx?ProgramID=14960).

Details: Burn off the Turkey 5k race start at 9:00am. \$100 Prize for men and women; \$250 prize for winners who break a course record! Record times (Ryan Jara: 15:08 - Christine Snowe-Reaser: 17:34).



5K Run/Walk  
Gorham ME

Race results will be published on [www.active.com](http://www.active.com)

Online registration closes Nov 20th!  
Race day registration 7:00am to 8:00am Saturday morning at Gorham Recreation

Race fee with shirt for first 150 registered - \$25; race fee with no shirt \$15.00. Free registration for those over age 65 (no shirt). Race fee after Nov 21st - \$25.00 for all registrations (no shirt guaranteed)

Kids Fun Run: Distance: .5k around Robie Park, start time: 8:15am. Cost: Free.

## Gorham Public works prepares for winter weather & snow

GORHAM, ME -- Gorham Public Works employees are ready for winter's rain, snow and ice. Because winter can be trying for motorists, it is important for folks to know how snow removal and ice control will be carried out.

3 Tips to Help Improve Snow Removal Efforts

1. If a storm is anticipated, remove vehicles from the roadside shoulders. This allows plows to clear the area the first time through without having to return to clean it up later.

2. If possible, wait until the roadway has been plowed before cleaning out the end of your driveway. There is no practical way

to plow the roadways without depositing snow into your driveway.

3. Help reduce the possibility of a broken mailbox post. The Towns plow operators are urged to take precautions to avoid hitting mailbox posts; however, experience has shown that with reduced visibility during a storm, it is not always possible for a driver to see a post in time to avoid striking it with the wing of the plow.

Any installation within the road right of way, including a mailbox, is placed there at the owner's risk. Therefore, owners are encouraged to put mailboxes at the maximum usable distance from the roadway pavement. Posts should also be checked for deteriora-

tion to reduce the possibility of their being broken off simply by the weight of the snow.

Ride along with Gorham Public Works in video footage at <https://vimeo.com/247996282>, courtesy of Gorham Community Access Media (GoCAM), as they explain and demonstrate the snow removal process to keep the roadways clear during snow events.

Citizens can report a problem concerning road conditions by calling the Department of Public Works at 222-4950.

The Department of Public Works extends its appreciation for the cooperation of citizens and wishes everyone a very pleasant and safe winter.

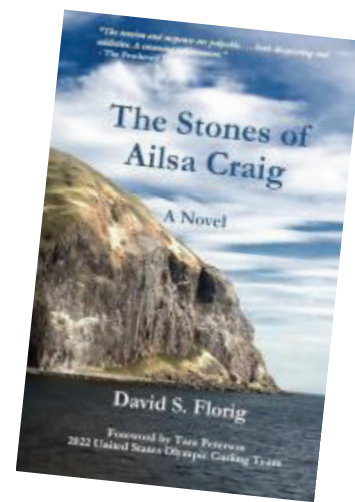
## Maine author speaking tonight at Gorham's BML

GORHAM, ME -- Tonight, Thursday, November 9th at 6pm, join Baxter Memorial Library to hear Maine author David Florig speaking about his debut novel, *The Stones of Ailsa Craig*.

Set in present-day Belfast, Maine and 1880s Scotland, the novel is a dark

look into one man's loss, loneliness, and obsession with vengeance and justice.

*The Stones of Ailsa Craig* is centered around the ancient Scottish sport of curling and although curling provides the context, the novel is for fans of both historical fiction and mysteries.



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# Newsmakers, Names & Faces

## CoverME.gov open for shopping and enrolling

**AUGUSTA, ME—** The Maine Department of Health and Human Services (DHHS) announced today that Maine people can now visit CoverME.gov to shop for and enroll in 2024 coverage that fits their needs at a price that works during the Open Enrollment Period that kicks off today, November 1, 2023.

At CoverME.gov, Maine's Health Insurance Marketplace, Maine people can compare private plans, apply for financial savings, and enroll in a 2024 health or dental insurance plan. All plans offered on CoverME.gov provide quality, comprehensive insurance that protects consumers if they have an accident or major illness and fully pays for preventive screenings. This year, Maine people can continue to take advantage of additional federal financial assistance that makes insurance more affordable.

"We encourage Maine people who need affordable health insurance to visit CoverME.gov starting today," said DHHS Commissioner Jeanne Lambrew. "Health insurance is critical to protecting physical and financial health from life's unexpected turns, and to getting and staying healthy over the long term. We stand ready to assist anyone looking for health coverage in finding a plan that

works for them."

Thousands of Maine people have saved and will continue to save hundreds of dollars on average on their CoverME.gov health care premiums due to enhanced premium tax credits extended through 2025. In 2023, 4 out of 5 people enrolled in CoverME.gov coverage qualified for help to pay for health insurance, with an average reduction in premium costs of \$493. Some members pay less than \$10 a month.

Those with income over \$58,320 for an individual and \$120,000 for a family of four may benefit from extra financial assistance for 2024 and are encouraged to apply on CoverME.gov to see if they qualify. This extra assistance particularly benefits older Mainers and rural Mainers who often face higher premiums than others.

Even those who could not afford coverage or did not qualify previously should check out CoverME.gov to see what assistance may be available in the upcoming year. Those who already have coverage through CoverME.gov will be automatically enrolled in the plan that most closely matches their current plan, unless they take action during open enrollment. Still, DHHS encourages those members to go to CoverME.gov to review and compare plans to make

sure the plan they currently have is the best plan in terms of their health care needs and budget.

"CoverME.gov offers quality, affordable coverage for doctor's visits, prescription drugs, mental health, emergencies and hospitalizations," said Hillary Schneider, Director of the DHHS Office of the Health Insurance Marketplace, which runs CoverME.gov. "If you, or a friend, neighbor or family member don't have health or dental coverage, now is the time to go to CoverME.gov or call 1-866-636-0355 to shop for coverage."

This is Maine's third year of open enrollment through CoverME.gov, the State-run health insurance marketplace. After the first open enrollment period run fully by Maine in 2021 following the transition from the federal HealthCare.gov Marketplace, enrollment declines were reversed. Maine's taking greater control of its marketplace, paired with Medicaid expansion, has helped keep Maine's uninsured rate below the national average. In 2022, more than 60,000 Mainers enrolled in health coverage for 2023 through CoverME.gov.

Open enrollment runs from today, November 1, through January 16, 2024. The enrollment deadline for coverage beginning January 1, 2024, is December 15, 2023. Consumers

who enroll between December 16 and January 16 will have coverage beginning February 1. After January 16, only individuals and families that qualify for special enrollment periods – such as a result of losing insurance through a job or MaineCare, a change in marital status, or having a baby -- can sign up for 2024 private health insurance coverage.

This year, CoverME.gov will offer individual or family health plans from Anthem, Community Health Options, Harvard Pilgrim Health Care, and Taro Health. CoverME.gov offers dental plans from Anthem and Northeast Delta Dental. Help is available for consumers looking to find the plan that fits their needs at a price that works for their budget. Visit [coverme.gov/localhelp](http://coverme.gov/localhelp) or call (866) 636-0355/TTY 711 (for languages other than English, choose option 4) for information.

"Mainers who need coverage can find information about plans that will work best for their health care needs at CoverME.gov, including how much help they can get paying monthly premiums. Many Mainers are also eligible for help with copays and deductibles," said Ann Woloson, Executive Director of Consumers for Affordable Health Care. "CoverME.gov is user-friendly and great resource for any-

one who needs information about coverage options and enrolling in a plan. Maine consumers are fortunate to have a good tool and so many resources available to them to help understand their options and enroll in coverage."

"This is the third year Maine has enrolled individuals with affordable health care coverage through CoverME.gov," said Patty Lovell, Health Care Navigator with Western Maine Community Action. "I'm excited for the beginning of Open enrollment. It's an opportunity for individuals to secure affordable health insurance for the upcoming year and update their current application to ensure they are getting the most out of their health insurance to meet their individual medical needs and the best subsidy for their household. I'm excited for the WMCA Consortium Navigators to support people statewide with enrollment assistance in person, by phone, or online."

With the Plan Compare tool at [CoverME.gov/get-started/compare-plans](http://CoverME.gov/get-started/compare-plans), consumers can evaluate available private health insurance plans and estimate their costs before they sign up for an account or complete a full application. The tool also allows consumers to check whether their preferred health care providers are included in each plan's network, and to view infor-

mation about coverage and out-of-pocket costs for prescription drugs.

CoverME.gov is a one-stop shop for health care coverage and the only place Mainers can get financial assistance to reduce out-of-pocket costs for coverage. People who apply through CoverME.gov who are eligible for MaineCare will have their application sent to MaineCare for review. Eligible Maine people can enroll in MaineCare at any time of year.

Along with the state's expansion of MaineCare to more than 100,000 Maine people, CoverME.gov is at the heart of Maine's effort to ensure that people can see their doctor, afford their medications, and stay healthy. Governor Mills' Made for Maine Health Coverage Act – which passed the Legislature with a strong bipartisan majority – authorized DHHS to run a State-based Health Insurance Marketplace and made some of the most common medical visits less costly. In 2019, Governor Mills also signed into law bipartisan legislation to codify insurance protections for people with pre-existing conditions, ensuring that Maine people with cancer, asthma, or other chronic conditions don't get charged more or denied private coverage altogether from insurance companies regulated by the state.

## Republicans respond to decision to pursue Clean Car Rule

**AUGUSTA, ME –** Senate Republicans issued the following statement in response to the decision made today by the Maine Board of Environmental Protection to move forward with adopting California's Advanced Clear Car II rule:

"Far-left progressives do everything they can to increase the cost of living

for Maine's citizens; and this is yet another example of that. From senseless energy policies to now forcing Maine consumers to buy electric vehicles they don't want, cannot afford or that aren't practical for their needs, just three members of a seven-member unelected board chose to put their own interests

above that of 1.3 million other Mainers," said Sen. Matt Harrington, R-York, who is the Senate Republican Lead for the Legislature's Energy, Utilities and Technology Committee. "The Legislature will need to address this situation where a petition process let 150 special interest lobbyists and their allies force

Maine BEP to even consider this insane rule, let alone a board that itself has run amok."

"Today, 150 people decided to use three members of a seven-member unelected board to hijack the entire legislative process and advance their own far-left agenda through an initiative that will be disas-

trous to Maine's economy and harmful to our people. How sad is it that only one-tenthousandth of all Maine citizens can wreak economic devastation on the rest of us through this awful process?" said Sen. Brad Farrin, R-Somerset, who is the Senate Republican Lead for the Legislature's Transportation Committee.

"During today's meeting, Maine BEP board members admitted they're concerned they will be challenged by the Legislature. Damn right they will be – we won't let seven unelected people who aren't answerable to the public override the 186 members of the Legislature who earned our place at the table through an election."



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# Newsmakers, Names & Faces

## New Year Gorham planning underway



**GORHAM, ME** – The New Year Gorham Committee and volunteers are busy planning and preparing for the 2023/24 NYG celebration and annual community event to be held on New Year's Eve in Gorham.

The event is made possible by donations and the generosity from various businesses and individ-

uals, along with dedicated volunteers.

A program of events and activities will be accessible at <https://www.gorham-me.org/new-year-gorhamcommittee> once available. Follow NYG on Facebook at <https://www.facebook.com/NewYearGorham/> for more information as it becomes available.

### Alum

*Continued from page 1*

meet it, leaving the front of the net unattended. Sophomore back Leao Nelson (Bar Harbor, Maine) was the recipient of the cross and tapped the ball over the goal line for his first goal of the season and a one-goal lead for the home team.

The half ended with Wheaton holding a 1-0 edge.

The Lyons wasted no time in the second stanza, scoring just 3:29 into the new half to take a 2-0 margin. Senior forward Luke Strange (Portland, Ore.) took a free kick from 25 yards out, lifting the cross to the front of the goalmouth, where classmate Alberto Franceschi (Caracas, Venezuela) flicked a header into the back of the net for his fourth goal of the year.

Wheaton kept the pressure on when sophomore midfielder Joey Everett (Danbury, Conn.) netted his first collegiate goal just 2:05 later to give the Lyons a comfortable 3-0 cushion. Everett collected a loose ball in the box and beat two defenders, before unleashing a shot into the left corner in the 51st minute of

action.

The Lyons added an insurance marker in the 65th minute to take a commanding 4-0 lead with 25:26 to play in the match. Ferriter received a short cross from sophomore midfielder Baden McLaughlin (Yarmouth, Maine) on a corner kick and dribbled the ball to the top left corner of the box, where he lifted a shot that sailed over the Pride keeper's fingertips and into the far right post for his first tally of the season.

The teams combined for just two shots for the final 25 minutes of play to secure the result for Wheaton.

Sophomore keeper Michael O'Gara (Ardmore, Pa.) was tested just once in 77:36 during the match when Springfield sophomore forward Parker Thornton (Malden, Mass.) fired a shot that went off O'Gara's fingers and off the right post, but was kept out of the net. First year goalie Nicholas Phinney (Gorham, Maine) closed out the match for the Lyons with 12:24 of action without a shot on goal.

Sophomore netminder Noah Pote (Washington, Conn.) recorded three saves for the Pride.

## Main Street Skowhegan receives grant for commercial kitchen

**SKOWHEGAN, ME** – U.S. Department of Agriculture (USDA) Rural Development Maine State Director Rhiannon Hampson announced today that USDA is awarding \$99K to Main Street Skowhegan (MSS). The non-profit organization will use the grant to help establish The Kitchen at 185, a new shared commercial kitchen space planned for downtown Skowhegan.

"The town of Skowhegan is a hive of business development, cultural opportunities, and outdoor recreation," said Director Hampson. "When a town has this much to offer, it shows the best of what rural life in Maine can be. But programs and activities do not emerge on their own: it takes hard work to sustain such a vibrant sense of community. At Rural Development, we're thrilled to be able to support these projects. And we applaud Main Street Skowhegan for its vision and perseverance in pursuing not just funding, but true engagement across so many sectors."

Director Hampson announced the Rural Business Development Grant



**USDA State Director Rhiannon Hampson presents Main Street Skowhegan with a \$99,000 grant award for the Kitchen at 185 project during the Business Lab Pitch Competition.**

(RBDG) at an event celebrating the end of a recent MSS business training program. Four aspiring entrepreneurs completed the series of classes. They competed in Wednesday night's "pitch competition." The competitors were Lyn Govoni ("Lights Up" Productions), Austin Wickett (Bytesum Technologies), Kim Smith (Unbelievable Freedom LLC), and Louis Morin (Franco Foods LLC).

Lyn Govoni of "Lights Up" Productions took home the \$5000 in the competition. The judges selected Austin Wickett of Bytesum Technologies as

the runner-up, awarding him a \$1000 prize. (The Maine Technology Institute sponsored the prizes.) MSS offers the series of classes as one initiative to promote economic and community development in the Skowhegan area.

The Kitchen at 185 will provide food-based businesses access to an affordable commercial kitchen. Although it is legal in Maine to prepare and sell many foods prepared from a licensed home kitchen, many foods must be prepared in a commercial kitchen to be safe and legal for sale. By allowing area businesses to rent the

resources at The Kitchen at 185 on an as-needed basis, MSS will enable them to diversify their products and expand capacity at a sustainable pace.

Main Street Skowhegan has leased a property in downtown Skowhegan for the new commercial kitchen space. Project organizers expect to continue renovations through 2024. They will use the RBDG grant to provide program and curriculum development and other components of the project. Other businesses and funders have contributed towards the project costs, and fundraising is still underway.

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## Seniors Not Acting Their Age

# Whitewater Follies on the New River



A canoeist completes challenging Lower Keeney Falls on the New River



A team of paddlers views a pinned canoe



Paddlers approach the New River Bridge



A canoeist finishes Greyhound Bus Stopper on the New River Gorge

After an exciting paddle on the Gauley River on the first day of our Penobscot Paddle & Chowder Society West Virginia whitewater trip, seven of us decided to descend the New River

Gorge, another renowned West Virginia river. Trip Leader, Ryan Galway, and I paddled a two-person inflatable craft called a shredder; two canoeists and three kayakers accompanied us.

Part of the recently designated New River Gorge National Park and Preserve; the iconic whitewater section of the New River flows through a series of deep majestic canyons. One of the oldest rivers on earth, our intent was to test our skills on the seven-mile stretch of predominantly big volume Class IV whitewater.

We drove to the takeout at Fayette Station situated far below the spectacular New River Gorge Bridge where we met Hills to Hills Shuttle Service. The driver maneuvered a van and trailer down narrow switchbacks deep into the gorge to pick us up. She then transported us out and through a maze of backcountry

roads to the launch in Hinton.

The whitewater excitement began immediately. A rusted railroad trestle marked the beginning of two challenging rapids called Upper and Lower Railroad. We navigated left of a mammoth hole in Upper and plunged down a technical ledge drop in Lower.

After a few easier rapids, we approached three closely-connected Class IV descents named Upper, Middle, and Lower Keeney. We paddled on the left side of a long wave train in Upper and caught an eddy below a gigantic rock on the left.

From that vantage point, Middle Keeney was a river-wide horizon line. Only the tops of exploding waves could be seen below. We chose a route on the far left and avoided most of the turbulent rollers and holes while tumbling down to a pool at the bottom.

Ryan and I followed the kayakers into a narrow channel on the left in Lower Keeney. Once into the rapid, we angled right through large breaking waves while splitting two unpleasant looking holes. Our wide vessel caught part of a powerful hydraulic at the bottom but we managed to remain

upright. The canoeists did great.

After several Class III rapids, the most difficult falls on the river, Double Z, followed. Everyone started far right and then moved to the center to avoid gnarly holes on the right and a severely undercut boulder on the left. Our entire group nailed it. We were feeling self-assured and celebrating our successes while paddling through several technical rapids that ensued.

The impressive arch of the New River Gorge Bridge could be seen towering high above the canyon when we entered a boulder-strewn rapid called Miller's Folly. The most demanding whitewater behind us, we were brimming with confidence when choosing our respective routes. Then disaster struck. A canoeist slammed against a badly undercut rock. He and his boat were swept under. The paddler escaped but the canoe was partially pinned beneath the massive boulder. Despite a determined effort, we couldn't safely reach it.

The canoe-less paddler joined Ryan and me in the shredder and our intrepid band completed the remainder of the trip. We

intended to contact the park service to report the unfortunate development but they called the unlucky canoeist first. His name and phone number were printed on his gear. Some kayakers found the damaged canoe that had apparently flushed out from under the rock and secured it on the shore.

Since we planned another expedition on the New the following day, we had an added mission – canoe recovery. Fortunately, the undercut rock victim had a second canoe.

The next day was essentially a repeat of the first. Perhaps overconfident, we cruised through Double Z not realizing we were in it. Miller's Folly soon followed.

Ryan and I reached the wayward canoe first. Although damaged, it was operable. While waiting, the canoeist who had pinned the previous day capsized and swam. Miller's Folly was clearly his nemesis.

Once the swimmer and canoe were reunited, Ryan paddled the damaged canoe while I maneuvered the shredder to the takeout. Despite the obstacles, we completed two remarkable, chaotic, memorable days on the acclaimed New River Gorge.

Nine more exciting whitewater escapades are related in my book *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*.

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

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## Fund established to assist trauma response, support services

**LEWISTON, ME --** Following the mass shooting incidents in Lewiston on Oct. 25, Central Maine Medical Center (CMMC) has established a fund for trauma response and support services.

The name of the fund is the CMMC Compassionate Care Fund for Trauma Response and Support.

Donations to the fund will go toward:

Trauma care for patients without the ability to pay

Trauma care rooms and facilities, including the emergency department, operating rooms and critical care units

Emotional and behavioral support services to ensure trauma care providers, patients, families and communities receive

the necessary ongoing care needed for recovery

Investments in new technology and equipment used for rapid diagnosis and treatment of trauma patients

Training and education for pre-hospital and hospital personnel dedicated to caring for trauma victims and their families

Securing and maintaining adequate supplies and equipment dedicated to responding to mass casualty incidents

Fourteen patients who initially survived the attack were transported to CMMC.

Central Maine Medical Center assembled a team of more than a dozen surgeons with expertise in orthopedics, cardiovascular, thoracic, colorectal, plastic, urologic and gen-

eral surgery, underscoring a need for this type of coordinated surgical care.

Among them was Richard King, MD, who is the trauma medical director for Central Maine Healthcare.

"Ultimately in any case of trauma, it is critical to make sure the right people with the right training and the right equipment are available at the right time," Dr. King said. "That was clearly apparent on October 25. This fund will help ensure that our community has the very best trauma care available and the services to support it."

To donate to the CMMC Compassionate Care Fund for Trauma Response and Support, visit: <https://www.cmhc.org/cmmc/ways-to-give/>.

## Return of 'Military and Veteran Deal Days' at OSJL

**NORTH KINGS-TOWN, RI -** Ocean State Job Lot (OSJL), the region's premier discount retail chain with 152 stores across the Northeast, is pleased to announce the return of "Military and Veteran Deal Days" for military and veteran customers and their families, from November 9th through November 15th.

Military personnel, veterans, and their immediate family members who are registered as a Job Lot Insider will receive a 'Crazy Deal® Gift Card' equal to 40% of their in-store purchase of \$20.00 or more.

"The sacrifice that our military members, veterans, and their families have made, and continue to make, to protect our freedoms is immeasurable," said David Sarlitto, Executive Director, Ocean State Job Lot Charitable Foundation. "OSJL has long been committed to supporting our service members and their families and we hope that the

Military and Veteran Deal Days initiative has a positive impact."

This promotion does not apply to Ship to Store purchases. Promotion may not be combined with any other discount, offer or promotion, including but not limited to advertised sale items, Crazy Deals®, Insider coupons, and Insider Exclusive Deals. No rainchecks. EBT, merchandise credit, and Crazy Deal Gift Cards cannot be used as a form of tender during this promotion. Limited product exclusions apply, including Ocean State Job Lot gift cards, third-party gift cards, clearance items, propane tanks and refills, beer and wine, and live plants and flowers. Offer may not be applied to past purchases. All warranty and return rules apply. To find out more about Crazy Deals®, please visit: <https://www.oceanstatejoblot.com/crazy-deals-faq>.

In order to receive the discount, customers



must present proper photo identification indicating they are an active-duty military service member, a military veteran, or an immediate family member of a serviceperson, and ask for the 'Military and Veteran' promotion at check-out. Acceptable forms of identification include: Blue Star Mother's ID, VFW ID Card, DOD Active/Retired Military ID, USAA Membership Card, VA ID Card, VA Hospital ID, DD-214 Military Discharge Papers, Gold Star Family Members (DD Form 1300), CAC ID Card, American Legion ID Card, DOD Active/Retired Military Dependent/Family ID, or a State-issued License with Military or Veteran Designation.

## Extension presents Wabanaki perspectives on foodways

**ORONO, ME —** University of Maine Cooperative Extension is inviting the public to the virtual 2023 Horticulture Keynote on the Wabanaki perspective on foodways from noon-1:30 p.m. on Thursday, Nov. 16.

Join Anthony Sutton, Passamaquoddy from Sipawik and assistant professor of Native American studies and food systems at the University of Maine, for his presentation titled "History, Health Disparities, and Action: A Wabanaki Perspective on Foodways in So Called Maine." Sutton will delve into the history that has shaped the motivations behind Wabanaki food sovereignty and share examples of how individ-

uals are responding to and healing those systems in the present. Attendees will also gain access to valuable resources that provide more information about Wabanaki foodways and ways to connect these ideas within non-Indigenous contexts.

The virtual event is free of charge, but registration is required. To attend the live program or receive the recording link, please register on the event webpage.

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



Photo of Anthony Sutton courtesy University of Maine Cooperative Extension.

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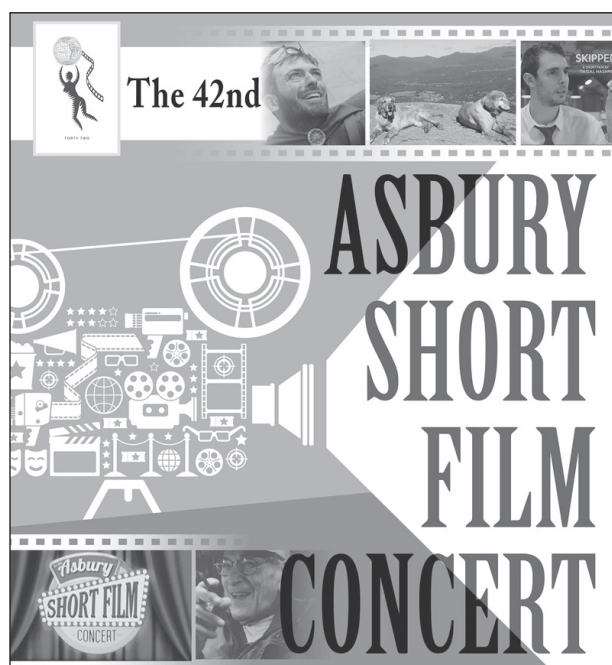
# Arts & Entertainment

## Gorham Food Pantry Friends collecting donations

**GORHAM, ME** -- Our friends at the Little Falls Mini Mart are collecting donations for the Gorham Food Pantry! As we begin to assemble baskets for Thanksgiving for our clients, any Thanksgiving related food (stuffing, cranberry sauce, canned pumpkin, Jiffy box pie crust) would be especially welcome! Thanks to the Mini Mart for helping to feed our neighbors here in Gorham.



## Short film concert returns to LHE/PAC



**FRYEBURG, ME** — The Annual Asbury Short Film Concert is set to return to the LHE/PAC on November 17th, 2023. Founded in 1980, Asbury Short Film Concert presents independent international award-winning short films across the US. The show will start at 7:30 PM. Asbury Shorts USA, celebrating its 42nd Anniversary year, is New York

City's longest running short film exhibition & touring show. Since 1980 their short film "Concerts" have been presented at venues across the US, Canada, Great Britain and Germany. The mission is to screen world renowned, festival award-winning shorts - from all years - in cinemas, art museums, performing arts centers & cool outdoor locations..on

real cinema screens...as opposed to YouTube, smart phones or computers.

The program features a fast paced and highly entertaining line up of the best in short film Comedy, Drama and Animation. This unique showcase includes Oscar Nominees, US film festival 'Best of Show' winners and international honorees. Past Guest Hosts in NYC have included: Edie Falco, Adrian Grenier, Richard Belzer, Olympia Dukakis, Frank Oz, Melvyn Van Peebles, Harvey Keitel, Steve Schirripa and Jason Reitman...to name just a few.

Asbury Short Film Concert tickets are \$20 for adults, and \$10 for students. Purchase tickets online at [www.fryeburg-academy.org/pac](http://www.fryeburg-academy.org/pac), or call the box office at 207-544-9066. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy. See [www.fryeburg-academy.org/pac](http://www.fryeburg-academy.org/pac) for more information

## 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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# Benefit to support families of Lewiston shooting victims

**LEWISTON, ME** – The Lewiston Strong Memorial Benefit Softball Tournament Board is proud to announce the first annual Lewiston Strong Memorial Benefit Softball Tournament on November 11, 2023. Hammond Lumber Company joins as the Presenting Sponsor for the tournament and has generously donated Lewiston Strong apparel that will be available for purchase at each field. Proceeds of the event will go toward all families who lost loved ones in the devastating mass shooting that took place in Lewiston, Maine on Wednesday, October 25, 2023. A 50/50 raffle will

also be held in support of those injured.

Two of the victims, Joe Walker and Ron Morin, were staples within the Lewiston/Auburn softball community. Ron was an umpire with the Maine Amateur Softball Association and Joe was a loved teammate to many.

“Our Board is made up of members of our local softball community,” said Tony Gowell, USA Softball of Maine State Commissioner. “We are a tight knit group. Joe and Ron were family. This is our way of remembering the amazing men we knew while honoring the many lives lost.”

The coed tournament will feature 25 teams spread out between Randall Road Ball Fields (Lewiston) and Pettingill Park Baseball Fields (Auburn), and will include food trucks, raffles, silent auctions, 50/50, apparel available for purchase and mascot appearances from the Maine Celtics and Portland Sea Dogs.

Games will begin at 7:30am with closing ceremonies taking place at Pettingill Park (lower fields) at 8:30pm.

Tournament rules, team bracket information and live viewing can be found on the The Lewiston Strong Memorial Benefit

Softball Tournament website.

Board member Derek Haskell described how amazing it has been to watch the city of Lewiston come together in the wake of an unexpected and horrific event. “Our community faced an unthinkable tragedy,” Haskell said. “It’s a hard thing to wrap your head around. Yet, we have seen an outpouring of support from people near and far. That’s the magic of Lewiston. Despite all of the hurt, people are raising their hands and asking what they can do. It’s been a week since we decided to create this tournament and it has grown exponential-

ly. We have a waitlist for teams, daily emails and calls about volunteer efforts and an outpouring of donations for raffle and silent auction items.”

Food trucks onsite will include Benchwarmerz (Pettingill Park), The Pit Crew Catering (Pettingill Park), L/A Taco (Randall Road), Pinky D’s (Randall Road) and Tripp’s Farmhouse Cafe (Randall Road). The raffle and silent auction will be a three day event taking place at the Auburn Senior Community Center (located in the Pettingill Park plaza) on Friday (online only), Saturday (8am - 7pm) and Sunday from (8am-3pm).

Items available will include signed sports memorabilia, experiences, membership packages, numerous products and services and more.

The public is encouraged to attend to support and cheer teams on. Additional event details and updates can be found on the Lewiston Strong Memorial Benefit Softball Tournament website or social media pages (Instagram: @LewistonStrongSoftball and Facebook: Lewiston Strong Memorial Benefit Softball Tournament).

In case of inclement weather, the event will be moved to Sunday, November 12.

# Veterans Forward to host PTSD Help and Healing forum

**PORTLAND, ME** – Fedcap Maine’s Veterans Forward program will host a PTSD Help and Healing forum dedicated to exploring post-traumatic stress and its profound impact. This important event will take place at Hannaford Hall at the University of Southern Maine in Portland, Maine on November 14, 2023 from 6:30pm to 8:30pm. The event is free and open to the public, but registration is required.

The PTSD Help and Healing Forum will pro-

vide a platform for discussing the far-reaching effects of post-traumatic stress, including tragic events in Lewiston. Sharing experiences and resources is essential in the path toward recovery and prevention and the upcoming forum will help the community move forward.

“In light of recent the recent tragic mass shooting that occurred on October 27, 2023, Veterans Forward expresses its deepest condolences to the victims, their families, and the en-

tire Lewiston, Maine community,” said Brian Cummings, Director of Veteran Services. “Our hearts are with the victims and their loved ones during this difficult time. We acknowledge the pain and loss that the community is enduring and stand in solidarity with those affected. By sharing experiences and resources, this forum aims to promote understanding and facilitate the healing process.”

The mass shooting event is a stark reminder of the importance of ad-

ressing the mental health issues that can lead to such devastating events and how communities must come together to promote understanding, healing, and support for those who need it the most.

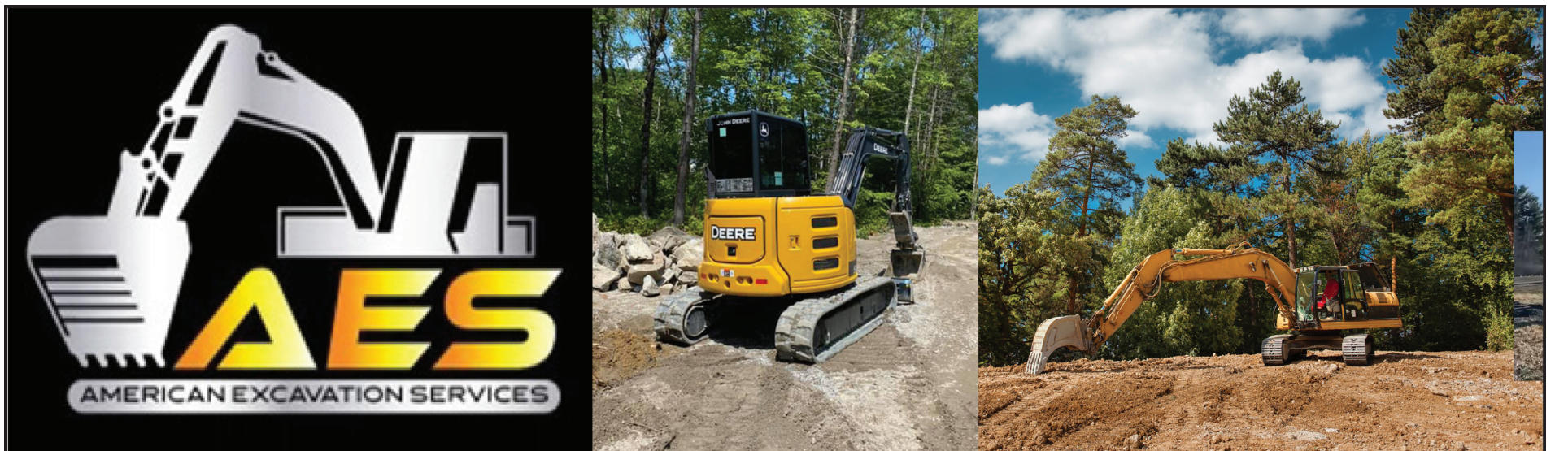
“We encourage the community to come together during this challenging time and to participate in the upcoming forum,” said Serena M. Powell, Executive Director at Fedcap Inc. Serving Maine. “Let us work collectively to raise awareness and support one another in our

journey toward healing and understanding.”

Jason Kander will be the keynote speaker for the PTSD Help and Healing forum, bringing a wealth of experience and a compelling personal journey. Mr. Kander’s impressive career spans military service as an intelligence officer in Afghanistan, where he investigated corruption, espionage, and drug trafficking. He founded Let America Vote, an initiative to combat voter suppression in elections. Since 2019, Jason Kander

has served as the President of National Expansion at the Veterans Community Project, making substantial strides in preventing veteran suicide and homelessness. Jason’s personal story of untreated post-traumatic stress disorder makes him a powerful speaker for this important event.

For more information, sponsorship opportunities, and to register for the PTSD Help and Healing Forum, please visit our website at [www.maineveteransforward.org](http://www.maineveteransforward.org).



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# Prepare for the holidays with Gorham's parade, tree lighting



**GORHAM, ME** -- Join Gorham Recreation on Sunday, November 26th for their annual Light Pa-

rade and Tree Lighting at Robie Park, with festivities starting at 4:15pm.

Folks can watch the parade along Route 25 and South Street, and enjoy festivities at Baxter Memorial Park, including reindeer games and holiday treats!

To register for the parade, please email Community Recreation & Events Manager Zachary Lambert at [zlambert@gorham.me.us](mailto:zlambert@gorham.me.us) with your name,

company name (if applicable), and vehicle type that will be in the parade.

Be sure to tune your radio to University of Southern Maine's station 90.9 for Christmas music!

Additional information:

Line up for parade begins at Noonan's at 3:30pm.

Parade leaves at approximately 4:30pm from Noonan's and arrives at Robie Park at approximately 5pm,

Light parade route: Main Street/Route 25 to South Street to Morrill Avenue to Ball Park Road around Robie Park and High School.

Ball Park Road will be closed to traffic from 4:15 to 6pm; please use Access Road.

To ensure the safety of parade participants, no walkers – floats only.



To ensure the safety of parade spectators, no throwing of anything from anywhere.

# A year of celebration for Riding to the Top

**WINDHAM, ME** -- Riding To The Top Therapeutic Riding Center in Windham is excited to be in its 30th year of serving the community. Their work began in 1993 in Gorham before moving to Scarborough and then Falmouth, before settling on their 50-

acre farm in Windham. For three decades, their services have been carried out on the backs of 60+ horses and in the hearts and hands of hundreds of volunteers and staff, impacting thousands of lives with their equine-assisted services.

Over the years, RTT

has had many moments of celebration and their thirtieth birthday brought several. Over 2023, one of RTT's riding teams was honored through three different awards. Debbie Hutchinson, a RTT rider, was named the 2023 Adult Equestrian of the Year by



**Debbie Hutchinson, RTT Rider; Paxton, a member of the RTT herd; and Janis Childs, RTT volunteer and board member.**

by Points of Light, a non-partisan, global nonprofit organization that inspires, equips and mobilizes millions of people to take action that changes the world.

"Debbie, Paxton and Janis are truly an amazing team and we are so honored that they received not one, not two but three international awards this year! As a team they are truly deserving of this recognition! RTT has been serving our community for 30 years, and it's thanks to

See *Riding*, page 16



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PATH Intl (Professional Association of Therapeutic Horsemanship International) and Debbie's riding partner and beloved member of the RTT herd, Paxton, was inducted into the EQUUS Foundation's Horse Stars Hall of Fame. In addition, Janis Childs, a dedicated RTT volunteer who works as part of Debbie's team, received a Daily Point of Light Award



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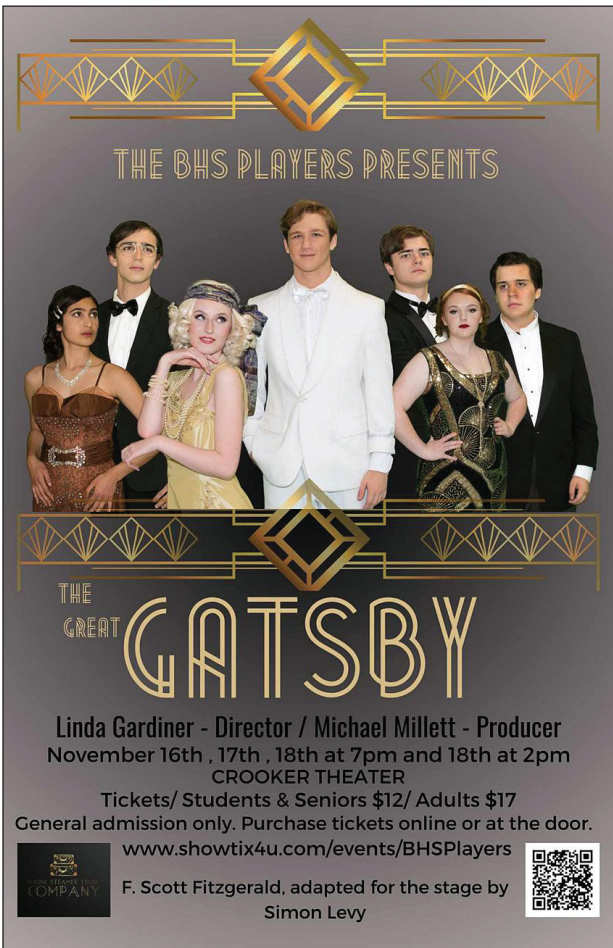
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# Brunswick High School Players present *The Great Gatsby*



**BRUNSWICK, ME** -- The Brunswick High School Players (BHS Players) is pleased to announce their fall play, *The Great Gatsby*. The show will be performed on Thursday, November

16th through Saturday, November 18th in Crooker Theater at Brunswick High School. Shows will be at 7:00 PM on Thursday, Friday, and Saturday and 2:00 PM on Saturday. F. Scott Fitzgerald's *The Great Gatsby*, adapted for the stage by Simon Levy, tells the story of high society on Long Island in the Roar-

ing Twenties. Jay Gatsby, a self-made millionaire, passionately pursues the elusive Daisy Buchanan. Nick Carraway, a young newcomer to Long Island, is drawn into their world of obsession, greed and danger. Directed by Linda Gardiner, with producer Michael Millett, the play has a cast of over

30 students from grades 9-12. In addition to daily rehearsals, the cast and crew, along with volunteers, have been busy creating all the set pieces and props for the show. Audiences will be delighted with period 1920s costumes and a fabulous set including the famous yellow car! "It's going to be epic," says Director Linda

Gardiner. Tickets are available in advance online and at the door (subject to availability) for \$17 for adults, and \$12 for seniors/students. FMI and tickets visit the BHS Players website: <https://sites.google.com/brunswicksd.org/brunswickhighschoolplayers/home>

## Study: 42% of Maine households struggled to afford basics in 2021

**MAINE** – There were 243,485 Maine households unable to afford the state's high cost of living in 2021, according to the ALICE Report released today by United Way of Maine. The Report was released in partnership with United For ALICE, a U.S. research organization driving innovation, research, and action to improve life across the country for people in financial hardship.

**ALICE** in Maine: A Study of Financial Hardship places a spotlight on a large population of hardworking residents who work at low-paying jobs, have little or no savings and are one emergency away from falling into poverty. ALICE stands for Asset Limited, Income Constrained, Employed. The Report is the most comprehensive depiction of financial need in the

state to date, using the latest data from a variety of sources, including the U.S. Census. The Report unveils new measures, based on 2021 income levels and expenses, that quantify how many in Maine's workforce are struggling financially, and why. In 2021, a total of 172,502 Maine households fell into what United Way calls the ALICE population. These are

households earning more than the official U.S. poverty level, but less than the basic cost of living. This number was more than double the official poverty rate, which accounted for 70,983 households in the state. Combined, ALICE households and households in poverty fell below the ALICE Threshold of Financial Survival and accounted for 42% per-

cent of all households in Maine. "We all know ALICE," said Courtney Yeager, United Ways of Maine spokesperson and President & CEO, United Way of Kennebec Valley. "ALICE is the recent college graduate unable to afford to live on their own, the young family strapped by child care costs and the mid-career profession-

al now underemployed. These folks are vital to our state's future economic well-being, and they face barriers beyond their control – impeding their ability to become financially stable." The Report is a project of United For ALICE, a grassroots movement of United Ways, corporations, nonprofits, and

*See Basics, page 16*

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# Deliver cheer to Downeast, unbridged island residents



**NORTHEAST HARBOR, ME**—Maine Seacoast Mission needs help fulfilling its Christmas wish list and to bring joy to thousands this holiday season. The Mission distributes Christmas presents to nursing homes, care facilities, day cares, and children and families living on Maine's unbridged islands and in eastern Hancock and Washington counties.

Since the 1910s, the Mission has delivered gifts to lighthouse keepers' families and those who might otherwise not have a gift to open. In 2022, the Mission distributed gifts to 1,533 people thanks to the

generosity of donors. Wishlist items include personal care items, clothing, books, games, and toys. Because gifts are given to everyone from infants to older adults, items for all ages and sizes are requested. The Mission traditionally includes a knitted or crocheted item with each gift. For knitters and crocheters are invited to donate their mittens, hats, shawls, scarves, socks, and lap blankets.

"The Mission's Christmas program is a tradition that goes all the way back to our founding," says President John Zavodny. "With the help of donors, and volunteers

who wrap each gift in white paper and red string, the Mission can make Christmas a little more joyful for many."

The 2023 Christmas Program wish list and Amazon wish list are now available. donate specific items of need. Gift cards to Walmart and Amazon as well as monetary donations are also welcome, which will help the Mission fulfill specific requests.

Gifts and cards can be mailed to Maine Seacoast Mission Christmas Program. PO Box 428, 39 Weald Bethel Lane, Cherryfield, ME 04622. Checks should be addressed to Maine Seacoast Mission



Christmas Program, P.O. Box 600, Northeast Harbor, ME 04662. The Mission would like to properly acknowledge all contributions, so please include a full name and address on

any package or letter sent to the Mission.

Rooted in a history of compassionate service and mutual trust, Maine Seacoast Mission seeks to strengthen coastal and

island communities by educating youth, supporting families, and promoting good health. For more information, please visit <https://www.seacoast-mission.org/>

## Extension offers workshops for youth development, inclusion



**ORONO, ME** — The University of Maine Cooperative Extension 4-H Northeast Regional Volunteer Connection is offering a series of virtual interactive workshops aimed at empowering volunteers and leaders to create inclusive and supportive environments for youth. The free workshops, to be held from November to April via Zoom, will cover a range of topics including LGBTQ+ inclusion, positive communication, mental wellness and building strong relationships in animal science programs.

The first workshop,

"Building Strong 4-H Clubs," will be held on Nov. 8 via Zoom. The session will provide volunteers with valuable insights and strategies to develop and strengthen their 4-H clubs. Participants will have the opportunity to share their successes, learn from other volunteers and gain access to resources that will support their club development efforts.

On Jan. 10, 4-H will host an interactive workshop titled "Creating LGBTQ+ Inclusive Programs." The session aims to increase fluency with LGBTQ+ inclusive concepts and ter-

minology, while providing practical approaches for creating affirming and supportive spaces for youth of all genders and sexual identities.

The third workshop, "Be a Positive Communicator," will be held on Feb. 13. Participants will learn effective communication strategies to manage difficult situations or conflicts with others. The workshop will explore constructive responses and conciliatory gestures that can be used to de-escalate conflicts and foster positive relationship building and understanding.

On March 12, 4-H will host "Finding Space for Mental Wellness in Every Program." The session will focus on best practices for ensuring safety and belonging for all members, with a particular emphasis on men-



Photo courtesy University of Maine Cooperative Extension.

tal wellness. Participants will gain insights into the 4-H Healthy Living Mental Wellness program, including youth needs, programmatic offerings, resources and strategies to support mental wellness in any program.

The final workshop in the series, "Animal Science — Strong Relationships & Sportsmanship," will take

place on April 9. The session will explore the qualities of strong 4-H clubs within the context of animal science programs. Animal science projects provide authentic opportunities for youth to practice sportsmanship through competitive events and activities. Volunteers will learn strategies for supporting youth and adults in the practice of good sports-

manship — being fair, respectful and gracious.

The workshops are part of 4-H's ongoing commitment to providing quality youth development programs that foster inclusivity, personal growth and positive relationships. By equipping volunteers and leaders with the necessary tools and knowledge, 4-H aims to create a supportive and empowering environment for all youth.

All workshops are free and will be held from 6:30-8 p.m. Registration is required.

To register for any of the workshops or to learn more about 4-H's programs and initiatives, visit the program webpage. To request a reasonable accommodation, contact Jen Lobley, [jennifer.lobley@maine.edu](mailto:jennifer.lobley@maine.edu); 207.255.3345.

## Rumford poet publishes his final work

**RUMFORD, ME** — Tom Fallon's *Imagine* points to the ancient hu-

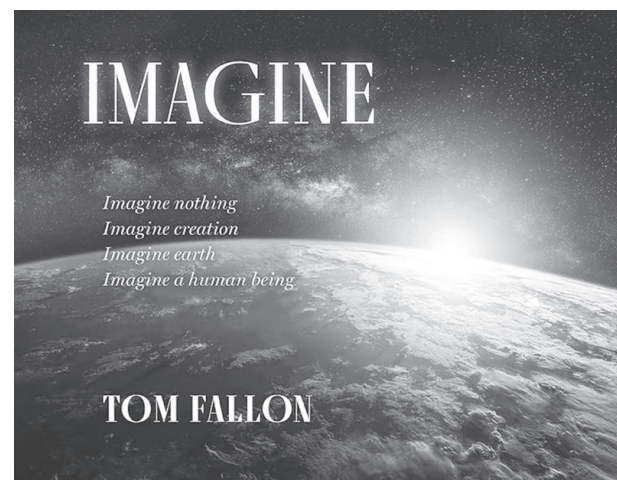
man questions "why creation" and "what is the meaning of life." It is a

prose and free verse literary epic of human beings on a small planet in the mystifying great creation that is beautiful, frightening and astonishing. Two epigraphs—"Where do we come from? What are we? Where are we going?" (Paul Gauguin) and "I am only interested in the relations between man and God" (Eugene O'Neill)—set its direction. *Imagine* began when Tom Fallon re-

alized at the age of 84 that he was facing the end of his life, death, silence. In response to this realization, he began to create the word creation that would be his last.

*Imagine* is presented in five sections. These interconnected sections explore the stories of a news reporter who has lived through the danger and violence of human beings,

See Poet, page 12



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# Maine cannot afford to not invest in its public universities

Op Ed by UMS Chancellor Dannel Malloy  
**MAINE** -- For decades, the University of Maine System has seriously underinvested in its state-wide physical plant. More than half of academic spaces and three-quarters of residence halls have not undergone real renovation since students used slide rules. Classrooms are not conducive to 21st-century workforce preparation. Research labs lack capacity to meet industry innovation needs. And too many Mainers are opting for costlier out-of-state colleges and higher debt. That's bad for Maine, which depends on its public universities to drive educational attainment and economic development.

has spurred and strengthened thousands of small businesses and helped heritage industries innovate for the future, including growing Maine's wild blueberry production by 500% over the last 50 years. We can no longer paint and plaster our way out of this problem. That's why last month, I presented UMS Trustees with a plan.

By 2028, we need to invest \$1.2 billion in Maine's most important talent and innovation asset, pursuing 400 projects that advance our System's new strategic plan, the State's 10-year economic strategy, energy efficiency, and operation and maintenance cost reductions. Modernizing existing space and systems is planned to ensure reliable heating and cooling, roofs that don't leak, and life safety and ADA compliance. So is demolition of more than 20 functionally obsolete buildings, and also



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new construction, including to expand UMaine's Advanced Structures & Composites Center, which is pioneering commercializable processes to revitalize our forest economy including through 3D-printing of affordable housing using wood waste.

This isn't just a wish list. Funding has been identified for 70% of these university upgrades, including from Congressionally Directed Spending secured by Sens. Collins and King and Reps. Pingree and Golden, Gov. Mills' Maine Jobs & Recovery Plan and the Harold Alfond Foundation. We are also leveraging for-

ward-thinking financing, like revenue bonding and public-private partnerships, where a third-party pays upfront for improvements the university can't afford in return for future revenue. For example, \$11 million in projects underway at the University of Maine at Farmington will be more than paid back through operational cost savings and renewable energy credits. And in Orono, a private developer is currently converting two 19th-century buildings that our flagship cannot restore on its own because of onerous historic registry requirements into a boutique hotel that will be

managed by a Maine-based hospitality group.

Some have questioned whether such bold investment is out of touch when our universities are struggling to maintain enrollment, balance budgets and meet employee demands for higher wages. Those challenges are exactly why we must invest, and now. We cannot starve our System to strength. Strategic one-time investments in our infrastructure will pay ongoing dividends for Maine. The semester after the University of Maine at Presque Isle spent \$662,000 from the Legislature to renovate 54-year-old Park Hall, there was a 20% increase in the return rate to that residence hall. Meanwhile, simulation lab enhancements at universities in Augusta, Fort Kent, Orono and Portland are enabling UMS to double nursing enrollment and our output of in-demand BSN-prepared nurses.

Modern facilities that complement the caliber of our world-class education and research will ensure Maine's public universities can compete with better-resourced institutions in the Northeast to keep our best and brightest here, attract new talent, and grow the size and skill of the state's workforce. And by regaining enrollment and reducing our System's footprint, fossil fuel usage and operating costs, UMS will recover the revenue necessary to better compensate employees, sustain our campuses as drivers of jobs and opportunity including in rural regions like the St. John Valley and Downeast, and keep tuition costs and debt down for Maine families. Our System's five-year capital plan provides a path to strengthen our universities and the state's workforce. Maine's economy and communities are depending on us to move forward.

# USDA Rural Development invests in local projects

**BANGOR, ME**— U.S. Department of Agriculture (USDA) Rural Development Maine State Director Rhannon Hampson today announced that USDA is awarding \$7.6M in grants to Maine towns and businesses. The awards (including grants and loans) are for projects that will save businesses and municipalities money. They also will help safeguard Maine's environment. USDA is funding projects for three businesses and two communities through its Rural Energy for America Program (REAP) and Water and Environmental Program (WEP). This funding is made possible in part by President Biden's Inflation Reduction Act (IRA), the nation's largest-ever investment to combat the climate crisis.

"The projects announced today, individually, are meaningful to each Mainer who will benefit from them," said Director Hampson. "Together, this slate of diverse investments represents a huge win for all of Maine. This IRA funding supports both municipal and private sector businesses to be climate champions and smart resource managers. The Biden-Harris Administration has re-invested our tax dollars right here at home in our rural communities – allowing us to plan for the future while making the most of today's opportunities. I applaud the companies and communities who are supporting a cleaner, healthier Maine by partnering with us at USDA Rural Development to bring these dollars home to work."

In this round of funding, USDA is investing \$166,452.00 in renewable energy and energy-efficiency projects in Maine. The Department is awarding the REAP grants to:

Mua Lobster LLC of Brunswick (\$37,584.00) to install a 24.93-kilowatt roof-mounted solar photovoltaic system. The company expects to save almost \$7K annually thanks to the project, generating almost 30K kilowatt hours.

Exchange Block Fed Investor LLC of Bangor (\$45,212.00) to install a 16.32-kilowatt roof-mounted solar photovoltaic system. Through this project, the real estate investment business expects to save 830 gallons of gasoline or 17 barrels of oil

annually.

FRG Inc. dba Goodwin's Volvo (\$83,656.00) of Topsham to install an 87.36-kilowatt roof-mounted solar photovoltaic system generating almost 78K kilowatt hours annually. The car dealership expects the project will have an environmental impact equal to planting 906 trees, taking seven homes off the grid, or avoiding 22 cross-country flights.

The second type of USDA Rural Development funding announced in Maine today comes via its Water and Environmental Programs (WEP). This program supports rural economic development by providing grant and loan financing for water and waste infrastructure. USDA RD will award funding to two communities:

The Richmond Utilities District will use a \$100K loan to complete a project it began in 2017 to upgrade its wastewater treatment plant. Through this project, the district has improved services for its users. It has also helped to protect the local environment from pollution by untreated wastewater. Previously USDA RD awarded the district \$7M in grants and the same amount in long-term, low-interest loans. It will use the latest loan to complete work on the wastewater treatment plant and administrative office. Richmond is located on the Kennebec River and Merry-meeting Bay.

The Freeport Sewer District will use its USDA RD grant of \$7.5M and loan of \$12.6M to rehabilitate its

wastewater treatment plant and collection system. It will upgrade equipment that is nearly 50 years old. These improvements will help the system operate more effectively and efficiently and help alleviate health and sanitary concerns. Freeport is located on the Harraseeket River and Casco Bay.

The WEP grants and loans are part of the Biden-Harris Administration's \$55 billion nationwide investment in water and wastewater infrastructure. The administration designated this funding to improve the quality of life for millions of people in rural America by eliminating lead pipes, providing critical access to sanitation, ensuring access to affordable clean drinking water, and reducing drought.

**Poet**  
*Continued from page 10*  
 a young person communicating with his creator, his God, and a beautiful, wild woman.

After three years of uncertainty Fallon completed *Imagine* as the last words of his insignificant human life on the small planet earth in the

great creation opposing his death, drawing with his creative self from the great source in creation. *Imagine* exists as he faces death, silence, his last

words on a very small planet in the great creation: "Why do I exist? Why does the creation exist?"

A retired Rumford paper mill worker, Tom Fallon is the author of five books including *Through a Stranger's Eyes* and *NOW, Works on Paper*, 1976-2006, Poetry and

Antipoetry. Now 87 years old, *Imagine* is his last published creation. Writing in the *Maine Times*, Edgar Allen Beem has described Fallon as a "unique Maine poet." His trilogy of plays "A Dying Animal" was produced by the Atma Theater Company in Boston. Fallon has also served as

a poetry editor the *Maine Times*, sat on the board of directors at the Maine Writers & Publishers Alliance. His honors include two Maine Art Commission awards, and readings at the Maine Festival, New Year's Portland, UMO, UMA, USM, Bates College, and Maine secondary schools.



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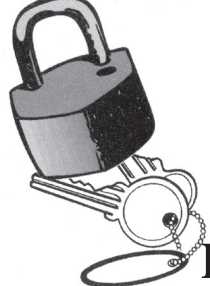
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# Calendar

Send your submissions to the Editor. More online.

**Nov 10**  
 BATH -- 7:30 PM - 9:30 PM the Chocolate Church presents Peter Yarrow (RESCHEDULED). 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 11**  
 BAR MILLS -- 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.sacorivertheate.org or call 207-929-6473 for reservations.

**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 at 33 & 34 Wilson Road, Gorham. White Rock Friendship Club and the White Rock Grange #380 will host our annual Christmas Craft Fair. Join over 30 crafters this holiday season. All items are handcrafted: candles, ornaments, home decor, wreathes, jewelry, hand-

bags, crochet animals & knitted items, and much more! Raffle for themed gift baskets. Check event out on Facebook https://www.facebook.com/events/2027697437587563

**Nov 18**  
 BAR MILLS -- DER-EK 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.sacorivertheate.org or call 207-929-6473 for reservations.

**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 24**  
 BUXTON -- MULTI-CRAFTER SALE Friday, November 24 from 9-2 at 938 Long Plains Rd, Buxton, ME

**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

**Nov 25**  
 BAR MILLS -- 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.sacorivertheate.org or call 207-929-6473 for reservations.

**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.

**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

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

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

**Every 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 fami-

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

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

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

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**Riding**  
*Continued from page 8*

the commitment of our volunteers, the courage of our clients, the steadfastness of our horses, the dedication of our staff and the generosity of our donors, that we are able to serve hundreds of clients annually,” said Sarah Bronson, Executive Director. “We are truly grateful to everyone who has played a role at RTT since our start in 1993.”

On October 14th, Riding To The Top also celebrated its 15th Annual Triple B ~ Boots, Band & BBQ. This event serves as the organization’s largest fundraiser every year, raising vital funds to support rider scholarships and herd care through lively mission-based auctions led by Elizabeth Holmstrom. The night was emceed by Michelle Taylor from 99.9 The Wolf, and mouthwatering BBQ was provided by Schilly’s Catering Ser-



Miss Teen Maine 2023, Leah Herrick, and Miss Maine 2023, Veronica Druchniak visit with Ivy, one of the newest members of the RTT herd.

vices. Following dinner, the evening’s program was kicked off by a moving and heartwarming tribute to the work done at RTT by Lauren McMillan, the parent of four children, three of who have benefitted from RTT’s services. After the auction, participants danced to music by local band, Under The Covers and Miss Maine 2023, Veronica Druchniak, led a full dance floor in some line dancing instruction!

Thanks to the generosity of both individual donors and corporate sponsors, The Triple B raised over \$200,000 in support of RTT’s riders, horses and programs.

Riding To The Top is immensely grateful for the years of trust the community has placed in them, and is riding into this new decade with excitement and hope. To find out more about RTT’s work, please visit [ridingtothetop.org](http://ridingtothetop.org).



Lauren McMillan, an RTT parent and the keynote speaker of this year’s Triple B, with her husband Rob.



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**Basics**  
*Continued from page 9*

foundations in more than half the United States, all using the same methodology to document financial need. ALICE Reports provide county-by-county data and analysis of how many households are struggling, including the obstacles ALICE households face on the road to financial independence.

“This Report provides the objective data that explains why so many residents are struggling to survive and the challenges they face in attempting to make ends meet,” said the Report’s lead researcher, United For ALICE National Director Stephanie Hoopes, Ph.D. “Until now, the true picture of need in local communities and states has been understated and obscured by misleading averages and outdated poverty statistics.”

The ALICE Report reveals:

Households below the ALICE Threshold span all races, ages, and genders. Yet for certain groups, the struggle is disproportionate. For ex-

ample, 59% of Black and 44% of Hispanic households in Maine were below the ALICE Threshold in 2021, compared to 41% of white households.

Because wages had stagnated for a decade, 34% of the state’s 17,820 retail sales workers lived below the ALICE Threshold in 2021.

Of Maine’s 16 counties, 13 had 40 percent or more households unable to make ends meet in 2021. The average income needed to survive in Maine depends on local conditions and ranged from \$63,000 to \$81,000 annually for a family of four, which is 2-3 times the official U.S. poverty level.

Even with the variety of temporary pandemic supports available, in 2021, a family of four with two full-time workers earning salaries as a retail salesperson and a personal care aide – two of the most common occupations in Maine – fell short of affording their basic expenses by \$14,456.

ALICE often is forced to make choices that compromise health

and safety to make ends meet, said Yeager, putting both ALICE and the wider community at risk of long-term societal and economic repercussions.

“When ALICE chooses unlicensed child care or longer commutes or emergency room health care in order to put food on the table, we all suffer the consequences with future costs to our education system, heavier traffic and higher premiums,” said Yeager. “United Way is committed to providing long-term solutions that will strengthen our communities.”

United Way is focused on providing the foundation in the areas of education, financial stability, and health to help improve the lives of both ALICE and those in poverty, for the long-term benefit of the wider community.

The ALICE Report for Maine was funded in part by the John T. Gorman Foundation.

For more information or to find data about ALICE in local communities, visit [www.UnitedForALICE.org](http://www.UnitedForALICE.org).

## Town of Gorham offers free Medical Loan Closet

**GORHAM, ME** -- The Town of Gorham, through its Medical Loan Closet and its volunteers, loans FREE health aides such as wheelchairs, commodes, beds, walkers, crutches and more to any Gorham resident.

To make a request, please call Medical Loan Closet volunteers Lois MacDonald at 839-2484 or Gerry Day at 839-3859, during office hours of Monday through Thursday, 8am to 4pm.

The Medical Loan

Closet is located at the Gorham Municipal Center at 75 South Street, down the hall from Shaw Gym.

For assistance, please call the numbers provided, or visit the Recreation Office or Town Manager’s Office during regular office hours.

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