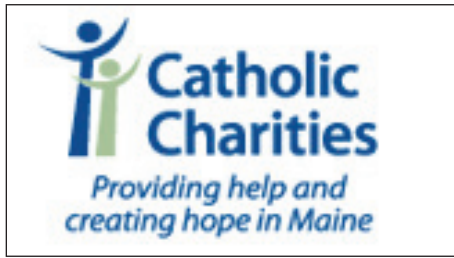


## Gorham knitters and crocheters support Wall of Warmth



PORTLAND, ME – Thanks to the generosity of many knitters statewide, Catholic Charities Maine celebrated Giving Tuesday, November 28, 2023, with a free winter hat, mitten, and scarf giveaway in Portland.

To celebrate the global day dedicated to giving, staff and volunteers sorted, packaged, and distributed 900 handmade scarves, mittens, hats, and blankets for anyone who may need extra help staying warm this winter. The event took place at Catholic Charities central administrative office, 307 Congress Street. Photos are attached.

“We had a cold and windy Giving Tuesday for our Wall of Warmth giveaway, so the hundreds of hand-knit hats, mittens, scarves, and other items were

very welcome. We are so grateful to the dozens of knitters statewide who contributed their hand-made goods,” said Kelly Day, Director of Volunteer Services for Catholic Charities Maine.

“Knitters and crocheters in West Gardiner, Westbrook, Portland, Gray, Biddeford, Paris, Gorham, Hiram, Saco, Buxton, West Bath, South Portland, York, Our Lady of Hope Prayerful Handiwork Ministry in Portland. St. Anne’s Sodality group at St. Hyacinth’s in Westbrook, St. Peter’s Sodality in Portland, and the Hobson’s Landing Knitting Group in Portland made this day possible. Their efforts more than doubled what we collected last year for the Wall of Warmth. It was a great way to share the spirit of the season with those in need,” Day said.

## Art hour, book club at Gorham’s Baxter Memorial Library



Sponsored by the Friends of the Library



GORHAM, ME – Parent’s Art Hour  
On Thursday, December 7<sup>th</sup>, from 5:30-6:30pm, join us at Baxter Memorial Library for an easy lesson in watercolor pencils. We will be making holiday cards.

No background in art or crafting is

necessary. Anyone 18 and older is welcome to join!

Book Club!

On Thursday, December 14<sup>th</sup>, book club will meet in person at 10:15am in Schneider Great Room to discuss The Trackers by Charles Frazier. No registration necessary. All are welcome!

## Volunteers needed for New Year Gorham



GORHAM, ME -- The New Year Gorham (NYG) Committee is seeking volunteers to help with the specific tasks below on December 31st:

Decorating between Noon and 2pm  
Children’s Crafts between 3:30 and 5:30pm

Staffing for Admission tables for an hour between 3:30 and 8:30pm (training provided)

Please contact NYG Coordinator Thomas Hasbrouck (trhasbrouck@icloud.com) if you can help make New Year Gorham the best it can be!

### Christmas Penny Store

Buying gifts can be hard as a kid! If you are 12 years old or younger, come buy gifts for your family for just a penny for each item!

December 6. 12-3  
December 9. 10-2  
December 16. 10-2

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# Newsmakers, Names & Faces

## Maine recognizes Civil Air Patrol Day

**AUGUSTA, ME** — In recognition of the past, present and future contributions and service of Maine Wing Civil Air Patrol to the state and nation, Gov. Janet Mills declared Dec. 1, 2023 as Civil Air Patrol Day in Maine.

Civil Air Patrol was founded on Dec. 1, 1941 to organize and mobilize civilian aviation resources for national defense and became the official auxiliary of the U.S. Air Force in 1948. From the

earliest days of coastal patrol during WWII through the present, Maine Wing has continuously served the people of Maine for 82 years.

Today, the 355 volunteer members of Maine Wing provide critical support during natural disasters and other emergencies, provide the youth and educators of the state with aerospace education programs, develop future leaders through the cadet program, and engage in other homeland security



**L to R: Maine Wing Government Relations Advisor Lt. Col. Robert Asselin, CAP, Maine Wing Commander Col. Blain Cote, CAP, and Maine Wing Deputy Vice Commander Maj. Mark Hyland, CAP with the Governor's Proclamation at the Maine State House.**

and counter drug efforts.

"It is with great pride that I received this proclamation from Governor Mills in recognition of Civil Air Patrol's anniversary and our 82 years of service to the people of Maine," said Maine Wing Commander Colonel Blain Cote, CAP. "The ongoing support of Maine's elected officials is critical to our overall success and ability to conduct and support our missions within the state. I look forward to

continuing to strengthen the bonds between Maine Wing and the Maine State House while our volunteers are serving our communities, saving lives, and shaping futures."

Maine Wing Civil Air Patrol has 10 squadrons throughout Maine that are open to new cadets ages 12-18 and adult members age 18 and up. For more information on how to join Civil Air Patrol, visit [gocivilairpatrol.com](http://gocivilairpatrol.com) to learn more and find your local squadron.

### MaineCF's Women's Fund awards \$120K, seeks committee members



**PORTLAND & ELLSWORTH, ME** — The Maine Women's Fund (MWF) at the Maine Community Foundation (MaineCF) has awarded \$120,000 to 24 organizations that work to advance gender equity in Maine.

Each organization received \$5,000 in 2023. Grantees include: A Company of Girls, ArtVan, Elder Abuse Institute of Maine, Equality Maine Foundation, Four Directions Development Corporation, Gedakina, Immigrant Legal Advocacy Project, In Her Presence, The League of Women Voters of Maine Education Fund, Mabel Wadsworth Center, Maine Coalition Against Sexual Assault, Maine Community Integration, MaineTransNet, Maine Women's Lobby Education Fund, Mano en Mano, New England Arab American Organization, New Ventures Maine, Restorative Justice

Institute of Maine, Somali Bantu Community Association, Survivor Speak USA, Tree Street Youth, Wabanaqi Public Health and Wellness, Wayfinder Schools and YWCA Central Maine.

From 1989 to 2022, MWF invested over \$3 million in organizations working to transform the lives of women and girls in Maine. The six funding areas included education, financial skills and literacy, healthcare, leadership, personal safety and policy. More recently, MWF focused on making pivotal systems and social change aimed at creating greater gender equity, especially for Black, Indigenous and other women of color. Beyond grants, they fostered a collaborative community dedicated to advancing gender equity. In 2022, MWF transitioned to MaineCF so that a greater proportion of the funding could be put to work in com-

munities.

MaineCF seeks nominations for an 8-12-member advisory committee to advise on the formation, implementation and grantmaking of the Maine Women's Fund at MaineCF. We are recruiting community members who can bring their unique perspectives to help inform our strategies and grantmaking. The advisory committee will be composed of women and nonbinary people, a majority of whom are from and have knowledge of marginalized groups.

If you are interested in being considered for the Maine Women's Fund Advisory Committee, please complete the online form at [www.maineCF.org/mwf](http://www.maineCF.org/mwf) by 11:59 p.m. on Monday, Dec. 18. MaineCF staff will consider all complete submissions and will finalize committee membership by the end of the year.

For more information about the Maine Women's Fund or to be considered for the advisory committee, visit [www.maineCF.org/mwf](http://www.maineCF.org/mwf) or contact Vice President of Community Impact Laura Lee at [llee@mainecf.org](mailto:llee@mainecf.org) or 207-412-0838.

### Salvation Army "Kettle Blitz" Day hopes to raise funds today

**MAINE** -- For the ninth consecutive year, The Salvation Army will hold a Kettle Blitz Day throughout Northern New England on Thursday, December 7, 2023.

Red Kettle donations are down at various locations throughout the division. Salvation Army corps officers are hoping that a surge in donations will help them keep on track to meet their kettle goals.

With inflation, rising cost of fuel, food, and rent, every donation provides help and hope to those in need. Your support is urgently needed to ensure that services and programs continue during the holidays and throughout the year.

The Divisional Kettle Blitz is a one-day competition among Salvation Army corps in hopes to increase donations at their Red



Kettle stands. Last year, the organization raised \$1,431,745. in its Northern New England Division which covers Maine, New Hampshire, and Vermont.

The Salvation Army's Christmas ministry includes the distribution of toys to needy youngsters, food baskets and food vouchers, warm winter coats and so much more during the rest of the year. Last year in Northern New England, The Salvation Army assisted more than 24,000 individuals during the holidays.

The following Salvation Army corps will be competing in the "Kettle Blitz" Day - stop by and

support your community kettle, all funds stay locally. You may also make donations at any other kettles in your community. You can donate digitally with Apple Pay, Google Pay, PayPal, and Venmo at any Salvation Army kettle.

- Augusta -- Sam's Club
- Bangor -- Sam's Club
- Houlton -- Walmart
- Auburn -- Walmart
- Biddeford -- Market Basket
- Scarborough -- Cabela's
- Thomaston -- Walmart
- Sanford -- Walmart
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# Newsmakers, Names & Faces

## Goodwill's new CEO brings passion for nonprofit's mission

**GORHAM, ME** — Goodwill Northern New England's board of directors named Tripp Harrison as president and CEO of the nonprofit which serves Maine, New Hampshire, and Vermont. Harrison was formerly the President and CEO of Goodwill of South Mississippi. Harrison succeeds former President and CEO Richard J. Cantz who served Goodwill for more than 20 years in various roles.

"We're lucky that Tripp deeply understands the mission of Goodwill. He's joining at a time when our Goodwill is expanding services and continuing to make huge strides in our sustainability efforts. To have a leader from within the Goodwill movement joining us is exciting, and

will ease this leadership transition," Cantz said.

In addition to 29 stores, Goodwill offers workforce development, disability and brain injury programs that support more than 17,000 people each year.

Harrison is an experienced senior executive with a track record of investing in people and communities while driving growth, solving complex business problems, and building partnerships. He was the President and CEO of Goodwill South Mississippi since 2021, prior to that, he served as a Senior Vice President at Goodwill of Middle Georgia and The CSRA.

"One thing that excited me about joining Goodwill NNE is the strong foundation of communi-



ty impact the organization has established, with the opportunity to lead this organization to reach even more individuals in need of our services, helping them

to ultimately reach personal stability. I will also be working closely with the team to ensure we are a best-in-class employer, and that each employee has

the support they need to contribute in a meaningful way. Together, we'll ensure we are delivering on our commitment to providing great value and good customer service to our donors and shoppers in our retail stores, excellent service to our business clients, and delivering robust mission programs to the individuals we serve in each of our unique communities," Harrison said.

In middle Georgia and in south Mississippi, Harrison had full accountability for the donated goods retail enterprise, in addition to disability and workforce programs. He implemented new mission services and community partnerships. He built innovative strategies around operating efficiency, growth in mar-

ket position, and increased employee engagement. He also led the development of successful AI/virtual job skills training programs while fostering strong relationships with federal, state, and local government agencies. Harrison joined Goodwill after a successful career in culinary and hospitality management.

"We have a tremendous opportunity ahead of us and we are thrilled that Tripp will help us achieve our goals and ambitions for Goodwill NNE. The Board of Directors is highly confident in the strength and resilience of this Goodwill team, and we look forward to a successful leadership transition," said Tiffany Breau-Metivier, chair of Goodwill NNE's board of directors.

## Local educator recognized by Maine Psychological Association

**MAINE** -- The Maine Psychological Association (MePA) recently honored three outstanding Maine educators at its Annual Conference earlier this month, during an all-day event at the historic Harraseeket Inn in Freeport that celebrated diversity and excellence in psychology and education.

The MePA Educator Recognition Program recognizes PK-12 educators who prioritize the establishment of positive relationships with their stu-

dents, effectively integrate social-emotional learning within the classroom, and model leadership and advocacy within their school communities.

Recipients of the 2023 Educator Recognition Awards:

Jeni Frazee, a grade-5 teacher at the Albert S. Hall School, was honored for her trauma-informed approach to supporting students in the classroom. Frazee shows a deep respect for the dignity of all students and adeptness in providing

guidance and mentorship to colleagues. She also responds to challenging behaviors in the classroom with empathy and practical coping skill development.

Joy Jancewicz, a grade-4 teacher at Dirigo Elementary School, was recognized for her innovative approach to integrating social-emotional learning into the classroom and commitment to partnering with families to support positive student outcomes. Jancewicz uses "respect circles" to give her students

voice and shows unwavering dedication to whole-education and trauma-informed practice.

Elementary Music Educator Catherine Newell received the award for her commitment to the Responsive Classroom approach and skillful integration of self-regulation tools and strategies within the classroom. Newell's recognition of how traditional classroom expectations may

contribute to challenges in emotional and behavioral regulation, coupled with subsequent efforts to create a more inclusive learning environment and curriculum, highlights her dedication to meeting the diverse needs of students.

During the ceremony, MePA President, Jamie Pratt, PsyD congratulated the educators for their exceptionally psychologically minded performance and

dedication to advancing positive mental and behavioral health outcomes for Maine students. "These teachers understand the importance of supporting students' mental and behavioral health and make a tremendous impact by creating psychologically safe environments for learning," said Pratt.

For more information about MePA and its mission, please visit [mepa.org](http://mepa.org).

## Sen. Collins urges USPS to reject consolidation of facilities

**WASHINGTON, D.C.** — In a letter to United States Postmaster General Louis DeJoy, U.S. Senator Susan Collins expressed her strong opposition to any consolidation of Maine's two United States Postal Service (USPS) processing facilities located in Hampden and Scarborough. This comes after USPS announced a study to see if it makes operational sense to consolidate outgoing operations into the Scarborough facility.

"This proposal jeopardizes the reliable delivery of medication for Mainers who rely on mail order pharmacies and deliveries

from federal agencies such as the U.S. Department of Veterans' Affairs for their prescriptions, a critical concern for the oldest state in the nation," Senator Collins wrote. "In addition, residents will certainly see their local mail delayed. Since the pandemic, the Postal Service has struggled to maintain reliable service in Maine. Earlier this year, the USPS Office of Inspector General issued a report noting significant deficiencies with mail operations in southern Maine. Consolidation would only add to the documented challenges USPS is facing in providing reliable ser-

vice."

The Hampden facility is important for mail delivery across large parts of Maine. example, mail sent from Fort Kent to Wallagrass, 10 miles away, is processed in Hampden, 192 miles away. It then returns the following day by truck to Wallagrass, which is 182 miles away. Without the Hampden location, this mail would be transported to Scarborough, 322 miles away from Fort Kent, and

*See USPS, page 14*

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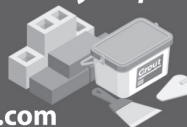
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# Seniors Not Acting Their Age

## Tunk Lake Surf & Turf

For several years, my son, Adam, and I have enjoyed fall surf and turf trips. We combine lake or pond sea kayaking with mountain hiking while camping in remote areas. The outings reflect the transition of our outdoor activities due the change in seasons. Our paddling adventures are winding down, while fall mountaineering is beginning.

Overnight fall trips have a lot of appeal for us. The autumnal colors are often spectacular, black flies and mosquitoes are almost non-existent, and competition for campsites is minimal. And, there are few things more aesthetically pleasing than relaxing around a warm campfire in a wilderness setting on a cool dark evening.

Our latest surf and turf trips were based on Moosehead Lake and Attean Pond. However, I recently completed one with friends beginning on Donnell Pond. The expansive Donnell Pond Public Lands offer another stimulating opportunity to mingle kayaking and hiking, Tunk Lake and East Peak of Black Mountain. That was our choice this year.

Adam and I began the expedition at a boat landing on the northern

terminus of Tunk Lake on a beautiful, sunny late October day. The landing is on Route 182 approximately ten miles east of Franklin.

The vibrant colors of the foliage were dazzling when we departed kayaking south on Tunk Lake. We paddled into a gentle headwind with a continuous view of the barren summit of East Peak to our west as we traversed to the southern end of the lake.

Finding a suitable campsite was our first objective. There are three choices in the southern sector of the lake: Thumb, Partridge, and Hurricane Hole. Access to Thumb was difficult, Partridge lacked available firewood, but Hurricane Hole, closest to our mountain destination, was just right.

Once settled in at Hurricane Hole, we paddled to a rudimentary landing in the extreme southwestern corner of the lake. After changing into hiking clothes, we walked old camp roads towards East Peak.

The confusing roads did not reconcile with the Donnell Pond Public Lands map. Following a lengthy misguided detour, we finally located Big Chief Trailhead, the start of the

southern approach to the summit of East Peak. By the time we found the elusive trail darkness loomed; too late to begin a climb. We postponed the trek until the following morning.

Camping on the lake that evening met my definition of perfection. We enjoyed a spectacular sunset followed by clear starry skies and a brilliant crescent moon. A substantial campfire kept us warm until we retired.

We awoke to gray skies and patchy fog. The surrounding peaks were enveloped in clouds and fog. An ascent without views seemed likely.

Breaking camp, we kayaked to the nearby landing. This time, there were no delays locating Big Chief Trailhead.

Our climb began in a mixed conifer and hardwood forest. Following a moderately steep ascent, we emerged onto a succession of gentle-sloping partially-exposed ledges. The fog lifted and we benefited from outstanding views for the remainder of the trek.

After descending deep into a wet densely-wooded col, we scaled precipitous ledges to the summit. A party of three arrived from the opposite direction shortly after.



The colors of the foliage were dazzling kayaking on Tunk Lake



The barren summit of East Peak of Black Mountain was visible from Tunk Lake



The majestic peaks of Mount Desert Island could be seen from the summit of East Peak

They were the only hikers or paddlers we encountered during the entire outing.

Thanks to the clearing skies, the summit area offered fabulous views of the surrounding mountains and lakes. The majestic peaks of Mount Desert Island could be seen in the distance. At one of several overlooks, we peered down into the southern

end of Tunk Lake where Hurricane Hole is located. Despite a chilly southwest wind, we lingered to embrace the wonderful panoramic vistas before returning to our kayaks.

A strong tailwind resulted in an entertaining paddle back to the Route 182 boat landing. The powerful blow propelled us rapidly north towards our objective. Approach-

ing the landing, we navigated through increasingly large waves some with whitecaps. Our attempts to surf the waves in heavily-laden vessels were futile. The invigorating finale to our trip was the perfect culmination to an outstanding two-day outdoor adventure.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates three exciting lake paddling trips and nine mountain hikes. Included is a windy voyage on Moosehead Lake with a climb of rugged Mount Kineo.

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

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# Maine Cabin Masters' Ashley Morrill makes homes festive

**MANCHESTER, ME** – Ashley Morrill, star of the popular Magnolia Network reality television show *Maine Cabin Masters*, has added beautiful new products to her Rustic County home décor line, which are inspired by her true loves: nature, florals, animals, and the beauty of Maine. Ashley has just added holiday-themed tea towels and ornaments, as well as a watercolor serving tray, loon totes, and two new pillow covers – a pinecone and a new lobster design – to her popular Rustic County Maine collection.

Fans of *Maine Cabin Masters* – and stylish, upscale home décor – have been loving the stunning, rustic-chic floral and Maine-themed throw pillow covers, which launched earlier this fall.

All of Ashley's high-quality, rustic-chic items are available on her website and will make wonderful holiday gifts for your loved ones – and yourself! Additionally, some Rustic County pillows can be purchased at

Kennebec Cabin Company, 915 Western Ave, Manchester, ME.

"The response to our Rustic County product launch has been overwhelmingly positive, and I'm touched by the support and the fantastic response from our fans. I'm excited to introduce our new products, just in time for the holidays, to help people make their homes feel cozy and festive during this special time of the year," Ashley explained. "And, of course, I'm introducing new products that are a tribute to my home state of Maine, featuring loons, pinecones, and lobsters, so people can bring some rustic cabin chic to their homes, no matter where they live."

"It's also been really fun to showcase the Rustic County products in the new season of *Maine Cabin Masters* this fall. People have been so thrilled to see the Rustic County products as part of their reveals, and have loved seeing our pillows transforming their spaces, making their cabins look so great with these

pops of color and these cute accent pieces they can switch out with the seasons or whenever the mood strikes them," Ashley added. "That's the point of our product line. It's meant to be fun and whimsical, so you can change things around and play with the look in an easy, convenient way."

"People often want to transform their homes when people come to visit for the holidays, but they may not know where to start. Perhaps they have a limited budget, or they don't have the time or inspiration to do a full overhaul of their space. Now, they can use Rustic County accessories to create whimsical decor without a heavy lift. By putting some new accent pillows here, hanging some holiday tea towels there, placing the watercolor tray on a table, and using the loon tote as a stylish way to store items, you can easily create an updated look that your friends and family will love," explained close friend and business manager, Steph Hayward.

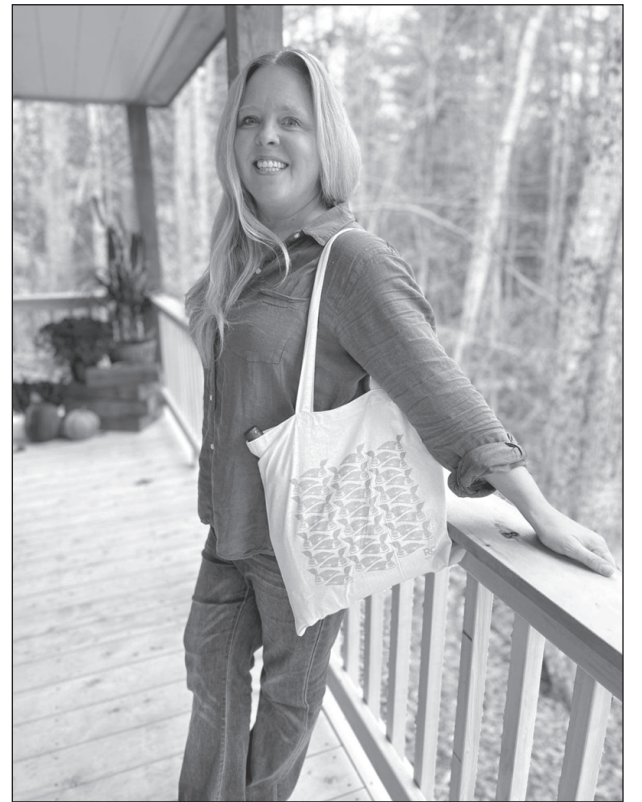
"It's so amazing and empowering to work for a women-owned and women-run business like Rustic County. We're a bunch of close girlfriends who are, quite literally, living the dream, using our distinct talents to run a successful company. Ashley is obviously the design superhero, and every product in the Rustic County line is curated by her," said her long-time friend, Kat Antonioli, who handles the marketing,



web, and e-commerce for the business. "Ashley has a passion for creating art in so many creative ways. Whether it's painting or drawing things that inspire her, or getting her hands dirty carving designs into rubber or wooden stamps, her talent is truly remarkable. The result is stunning, unique pieces that will enhance any home – and will make meaningful gifts this holiday season."

"Fans of *Maine Cabin Masters* can use the Rustic County products to recreate the show's looks in their own homes without spending much money or doing a lot of work. Ashley's gorgeous, high-quality, sustainable home décor products are perfect for your own home – and as holiday gifts for your loved ones," said Rachael Harwood, friend and Rustic County design consultant. "Don't tell anyone, but everyone I know is getting the awesome Rustic County totes, trays, and pillows as holiday gifts this year – and I know they'll adore them!"

The entire Rustic County team, which includes Julie Bellantuoni, social media superstar, and Christian Musson, brand



ambassador and merchandising wizard, is working tirelessly and passionately to bring the rustic, cabin-chic product line to the fans. Additional Rustic County products will be in-

troduced in early 2024. For more information, home décor inspiration, and to purchase products, please visit Rustic County's website, Facebook, and Instagram.



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# Arts & Entertainment

## Get ready for winter with MOFF's Snow Day Dreams film festival

**PORTLAND, ME** -- The Maine Outdoor Film Festival (MOFF) has teamed up with ReVision Energy, Saddleback and the State Theatre to thoughtfully curate a night of cold-weather adventure films for Portland's outdoor community, so we can all get our mind right for the season. SNOW DAY DREAMS is for

that kid inside us who just can't wait for winter.

Piggyback on free-style and backcountry experiences, get an intimate look into the art of ice harvesting during a climate crisis, and take a sensory tingling exploration of the interconnectedness of flow state in winter surf, snowboarding, and song-writing. SNOW DAY



**TO THE HILLS & BACK** – 46.68 minutes – by Mike Quigley – from Canada – Short synopsis: At a remote backcountry cabin, a veteran mountain guide and his daughter connect and reflect upon a lifetime in the mountains. Avalanche accidents have been happening in the mountains since humans first started traveling within them and we learn about this evolution of winter recreation and avalanche safety. Stories unfold and we hear from several characters including those with life shattering events. Many of these stories share striking similarities that those who follow can learn from.

**CREATION THEORY** – 22 minutes – by Ben Sturgulewski – from Alaska – Short synopsis: Whether it's the grandest cosmos or the smallest human idea, true creation arrives in moments of unexpected convergence—extraordinary synchronicities between space and time, science and art, music and mountains and sea. In Creation Theory, these raw elements converge in the Westfjords of Iceland, taking us on a journey from the interstellar birth of gravity and rhythm, to their ultimate human creative expression: surfer on wave, snowboarder on peak, and musician on stage.

Thursday, December 14, 2023 6:30 PM - 9:30 PM at The State Theater, 609 Congress Street Portland.

DREAMS will have you hauling your gear down from the attic and scoping the 10-day!

Join us in getting stoked for the season!

Tickets: <https://statetheatreportland.com/events/maine-outdoor-film-festival/>

Event Website: <https://maineoutdoorfilmfestival.com/2023-snow-day-dreams/>

Time: Doors 5:30pm, Films Start 6:30pm, End 9:30pm

Program Info: FROZEN HARVEST – 2.6 minutes – by

Mark Fleming – from Maine – Short synopsis: For centuries, the people of Maine have upheld the tradition of ice harvesting. Our team had the opportunity to join volunteers at the Thompson Ice House and witness firsthand this once-thriving industry's remarkable but vulnerable legacy. As one of the few remaining ice harvests in the world, the ice house in South Bristol offers a poignant reminder of the profound impact of global warming.

**THE LAST SKIER STANDING** (2022) – 18.62 minutes – by Chris Shane – from Maine – Short synopsis: The Last Skier Standing is a last man standing format event in Jackson, New Hampshire. Follow skiers Ben Eck & Brody Leven as they ski every hour on the hour for a really, really long time. Who will be the last skier standing?

**ADVICE FOR GIRLS** – 60 minutes – Directed by SARA BEAM ROBBINS from Colorado – Short synopsis: Advice for Girls is inspired by the poem of the same name

written by Addy Jacobson. Her hope is that her words will remind women and girls that they are worthy of success, allowed to take up space, and are extremely valuable to the ski industry.

**INTERMISSION TRANSITION** – 2.4 minutes – by AXEL BARDE, BEN BURATTI – from France – Short synopsis: After several years on the freestyle ski cup circuit, in 2022 Ben decides to take a new turn and a new career start, TRANSITION.

**BEYOND BEGBIE** – 15 minutes – by Zoya Lynch – from British Columbia – Short synopsis: Climbing Mount Begbie is a "right of passage" for every hiker, climber, sledder, and skier who chooses to make Revelstoke Valley their home. While this peak has created an entire contemporary culture in Revelstoke, its name and story only represent colonial history, with no reference to the Indigenous heritage of this land. Is it the outdoor community's responsibility to help change this?



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# Applications open to fill judicial vacancies in Maine

WASHINGTON, D.C. — U.S. Senator Angus King and Representatives Chellie Pingree and Jared Golden announced they will convene an advisory committee to review and provide recommendations to President Biden on candidates to fill

a vacancy on the United States District Court for the District of Maine and a vacancy on the United States Court of Appeals for the First Circuit:

Senator Angus King and Representatives Chellie Pingree and Jared Golden announce

applications are open for the upcoming vacancies for United States District Judge of the United States District Court for the District of Maine and United States Court of Appeals for the First Circuit.

Senator King, Congresswoman Pingree and

Congressman Golden have convened an advisory committee to review and provide recommendations to President Biden on candidates to serve as United States District Judge of the United States District Court for the District of Maine due to the

upcoming retirement of Judge John Levy and the United States Court of Appeals for the First Circuit due to the upcoming retirement of Judge William Kayatta, Jr.

Interested candidates for either opening should send a resume,

cover letter, and two letters of reference to [Pingree.resume@mail.house.gov](mailto:Pingree.resume@mail.house.gov) by 5 pm on Friday, December 15th, 2023. Applicants that are selected to interview with the committee will take place January 4th-6th, 2024.

# UMaine meets the needs of Maine teachers, outdoor leaders

ORONO, ME — The University of Maine’s College of Education and Human Development is launching three new graduate certificates aimed at teachers looking to boost their knowledge and skills in the areas of multilingual special education, adapted physical education and outdoor leadership.

The five-course (15 credits) Multilingual Special Education graduate certificate, offered entirely via UMaineOnline, is designed to equip educators with a deeper understanding of evidence-based practices and educational policies to support culturally and linguistically diverse students, including multilingual learners, with disabilities.

According to the U.S. Department of Education’s

Office of Special Education Programs, nearly 12% of multilingual learners in K-12 schools have a disability. Between 2012 and 2020, this student population grew by nearly 30% nationwide.

Melissa Cuba, UMaine assistant professor of special education, says that under federal law, multilingual learners with disabilities are entitled to language acquisition and special education services, both of which are needed for them to be successful in school and beyond.

“This requires a great deal of collaboration and coordination among educators who have applied knowledge of special education and language development best practices and policies,” says Cuba. “So this program responds to

a growing need across our state and region to ensure educators have the skills and tools to work as a team to provide these services.”

UMaine’s graduate program in special education now offers five graduate certificates, all of which can be applied toward a master’s or education specialist degree in special education.

The Adapted Physical Education graduate certificate addresses the need in Maine for more teachers with the knowledge, skills and practical experiences to support students with disabilities in physical education classes. The five-course sequence (15 credits) is designed to enhance teachers’ use of age- and developmentally-appropriate practices for all learners.

Educators who complete the certificate will be eligible to apply for the Maine Department of Education’s adapted physical education endorsement.

“All students deserve appropriate support in order to participate in classes that promote their physical, emotional and intellectual growth,” says Shannan Foter, lecturer in kinesiology and physical education and coordinator of the certificate program. “This certificate will give teachers a more robust understanding of how to conduct accurate and comprehensive assessments of students with disabilities, as well as how to design and adapt instruction that meets their needs.”

The Outdoor Leadership and Education graduate certificate provides students with a combination

of hands-on practice and theory to facilitate meaningful, high-quality outdoor learning opportunities for participants of all ages. The five-course program (15 credits) is focused on the professional knowledge and field experiences needed for anyone interested in successfully incorporating more experiential and place-based learning into various preK-12 schools, postsecondary and adult education settings.

A recent report from the U.S. Department of Commerce’s Bureau of Economic Analysis found that Maine’s outdoor recreation economy grew more than 16% from 2021 to 2022 and generates more than \$3 billion annually. That’s about 4% of the state’s gross domestic product, the sixth highest per-

centage among all 50 states.

“Maine’s natural resources have always been an essential part of our heritage and economy,” says Lauren Jacobs, lecturer and coordinator of UMaine’s outdoor leadership program. “Outdoor industries and jobs are particularly important for the sustainability of rural communities. We’re excited to offer this graduate certificate to help build a skilled cadre of stewards, educators and guides to lead groups knowledgeably, ethically and safely in a variety of wilderness settings.”

All graduate certificates require a bachelor’s degree. Prospective students can apply online via the University of Maine Graduate School. More information is available online.



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# Hyperion Trumpet Ensemble to wow crowd this weekend



## THE HILL ARTS™

**PORTLAND, ME** -- On Sunday, December 10, 2023 from 2:00 PM - 4:00 PM, head out to The Hill Arts at 76 Congress Street, Munjoy Hill to hear some of the best trumpet-

ers in Maine in The Hyperion Trumpet Ensemble. Members are graduates of music schools across the country.

In addition to frequent solo performances, they have performed with the Portland, Bangor, Cambridge, and Midcoast Symphony Orchestras, Symphony New Hampshire, the Apollo Ensemble of Boston, the Philadelphia Brass Quintet, the Mainstreet Brass Quintet, and many other musical

organizations throughout Maine and the Northeast.

The Hyperion Trumpet Ensemble includes players from a variety of professions who come together with three goals: to play great trumpet ensemble music to the highest possible standard, to have fun while performing, and to entertain their audiences.

FMI: <https://www.thehillarts.me/events/the-hyperion-trumpet-ensemble-1>

# 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!

# Time is almost up to select a Medicare Plan for 2024

By Julie Mascari, Humana Maine Medicare President

Choosing a Medicare plan that meets your health and financial needs shouldn't be a burden, especially during this time of year when most people are otherwise busy with holidays, get-togethers and celebrations. In fact, a well-chosen plan can serve as a safety net, providing peace of mind for both routine and unexpected circumstances.

The Medicare Advantage and Prescription Drug Plan Annual Election Period (AEP), which ends Dec. 7, is a yearly opportunity for those eligible for Medicare to review their current plan, and join, switch or drop a Medicare Advantage plan. It's an important decision, since the plan you select by the deadline is the plan you'll likely have for all of the coming year.

I want beneficiaries in Maine to feel empowered during this year's AEP, so here are several key things to consider:

**Out-of-Pocket Costs:** Medicare Advantage plans have capped out-of-pocket expenses, whereas Original Medicare does not. Be sure to compare deductibles, copays and premiums to understand the financial aspects of each plan. Of note, Medicare Advantage members report they are saving more than \$2,400 on average per year on out-of-pocket costs

when compared to individuals enrolled in Original Medicare.

**Prescription Drug Coverage:** Understanding your plan's drug coverage is vital, as medications can get expensive if you aren't covered. Medicare Advantage Prescription Drug plans include prescription drug coverage, whereas Original Medicare requires a separate Part D plan if you want prescription drug coverage. Prepare a list of your current medications to help filter plans and compare costs.

**Specialized Offerings:** Medicare Advantage plans are designed to help ensure your health care needs are covered, which is why it's important to consider a plan that includes dental, vision and hearing benefits. If you are eligible for both Medicare and Medicaid, look into Dual-Eligible Special Needs Plans that may include benefits like transportation to doctor visits and a monthly allowance that can help you pay for necessities, like rent, utilities and over-the-counter products. For example, Humana's D-SNPs include a Healthy Options Allowance that rolls over unused portions to the next month.

**Reputation:** Having an insurer with an outstanding plan and customer service ratings is useful for gauging how much support you'll have as a potential member. The Centers

for Medicare & Medicaid Services annually assesses Medicare Advantage plans on a scale of one to five, with five stars representing the highest quality. The scores are available on the Medicare Plan Finder on Medicare.gov when you are comparing plans.

Understanding which plans are the best fit for your needs can be complicated, so be sure to use free, credible resources to help answer your questions before the AEP deadline.

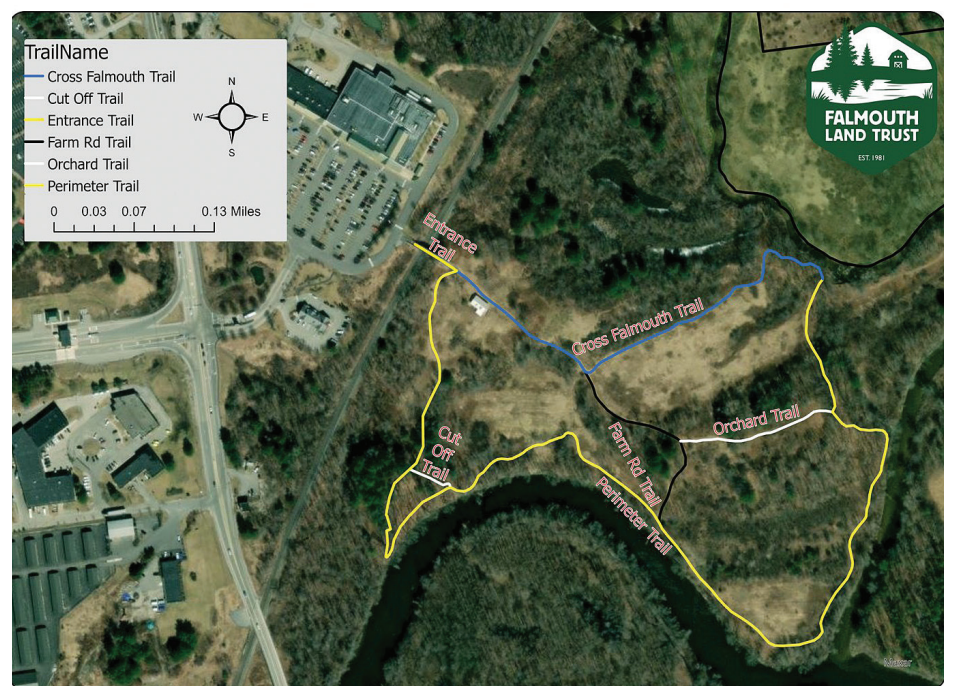
To compare plans and benefits and get an estimated cost for each plan, visit Medicare.gov or call 1-800-MEDICARE (800-633-4227) 24 hours a day, seven days a week (TTY users should call 1-877-486-2048). You can learn about Humana's options at Humana.com/Medicare101 or by calling 1-800-706-1368 (TTY: 711) 8.am-8 p.m., seven days a week to speak with a licensed sales agent.

**Additional Information**

Humana is a Medicare Advantage HMO, HMO SNP, PPO, PPO SNP AND PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Every year, Medicare evaluates plans based on a 5-star rating system. Allowance amounts cannot be combined with other benefit allowances. Limitations and restrictions may apply.

# Get outside this weekend and take in nature

## River Point Conservation Area



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**FALMOUTH, ME** -- Join a Maine Master Naturalist for a guided walk at River Point Conservation Area (63 Gray Road, Falmouth). Park

in the Hannaford parking lot, and meet by the bridge near the big flagpole. All walks are free and open to all. Visit Falmouth-LandTrust.org/events or

call 207-200-5488 to register

Sunday, December 10, 2023 2:00 PM - 3:15 PM at 63 Gray Road, Falmouth, ME 04105

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# Gorham Educator Apprentice Program starting up in January

**GORHAM, ME** -- Interested in Working in public schools but don't know how to transfer careers or get started....HERE IS HOW! The Gorham Schools and its partner districts are getting ready to start cohort #4 of our Educator apprentice program. Work full time with benefits and earn 61 college credits in 18 months FOR FREE! All on a realistic schedule! Check out flyer for details and sign up today! Feel free to spread the word! Any questions - email heather.perry@gorhamschools.org.



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**About this program:**  
 This 18-month program is designed for those who want to become Education Technicians II at a Gorham School District or Cumberland County School. This program is the first of its kind to provide this opportunity. After completing the Intro to Teaching Bootcamp, you will spend one day per week (3:15 - 6:15 p.m.) doing coursework while also receiving experiential credit working in the classroom the rest of the week!

**Courses include:**

- Intro to Psychology (PSYC 100)
- Oral Communication (ENGL 110)
- Foundations of Math for Teachers (MATH 115)
- Intro to Teaching (EDUC 100)
- Intro to American Education (EDUC 105)
- Culturally Responsive Teaching (EDUC 115)
- Foundations of Literacy (EDUC 220)
- Teaching Exceptional Learners (EDUC 230)
- Student Success (FIGS 100)
- Hands-on classroom experience that counts as credit

**Where:**  
 Classes will be on-site at a Gorham/Cumberland County school or municipal building.

**Prerequisites:**

- 18 years or older
- Resident of State of Maine
- Proof of Authorization to work in U.S.
- High School diploma, GED, or HiSet
- Desire to work in education field
- Testing may be required
- Impacted by COVID-19

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# Maine teen receives Outstanding Youth in Philanthropy award

**MAINE** -- Make-A-Wish Maine supporter Brayden Bashaw was recently recognized by the Association of Fundraising Professionals Northern New England Chapter (AFP-NNE) with the Outstanding Youth in Philanthropy Award for his success with his Ornaments for Hope fundraiser.



Kristin Welch, AFP-NNE Board President; Brayden Bashaw; John Lanham, Demont Associates, Vice President; Melissa Howard, AFP-NNE Board President Elect

Brayden, 18, and his family traveled to Vermont in late October to accept the award where Brayden spoke on stage to hundreds of fundraising professionals about his inspiration and why he chose Make-A-Wish Maine as the beneficiary of his efforts. Brayden will also receive a \$5,000 grant to go towards his college tuition from AFP-NNE chapter sponsor Demont Associates, fundraising counsel.

he will host his final Ornaments for Hope event at Gritty McDuff's in Auburn on Friday, December 1st from 4:30 - 9:00 PM. Attendees can bid on auction items, enter in the raffle, and purchase handmade ornaments and treats. You won't want to miss this finale event!

mother make all of the ornaments and Brayden solicits the auction items and donations.

A home-grown event, Brayden and his grand-

In 2020, Make-A-Wish Maine honored the teen with their Brendan Batson Youth Engagement Award, recognizing a Maine youth who gives substantial time and energy to support the Make-A-Wish mission.

"All of us at Make-A-Wish Maine are equally as grateful as we are impressed and inspired by Brayden's efforts over the years. We are thrilled that he has been recognized for the impact he has had, not only on our wish kids and families, but also within his community. This is a young man with a very bright future and an even bigger heart," says Kate Vickery, Make-A-Wish Maine President & CEO.

Over the past nine years, Brayden has raised more than \$84,000 for Make-A-Wish Maine and



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# Local pickle ball tournament sure to entertain

**FALMOUTH, ME** -- A fun pickle ball tournament for a strong and healthy life. The "Live Stronger" tournament is perfect for all skill levels from beginner (2.5 & below), intermediate (2.6-3.5) to advanced (3.6-4.5). A superb mix of competition, with sizable cash prizes, charity and fun, featuring open play courts, DJ, food, drinks and give aways! There will be 3, double elimination brackets (beginner, intermediate and advanced). \$500 prize for the advanced, \$300 for the intermediate and \$200 for the beginners! The event will go from 5-7pm at Foreside Tennis and Fitness in Falmouth Maine on Saturday, December 9, 2023.



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# Nationwide “Live and Teach in Maine” campaign launches

**AUGUSTA, ME—**The Maine Department of Education (DOE) and Live and Work in Maine have partnered to launch a nationwide Live and Teach in Maine campaign to attract educators to the state and strengthen the education profession. The multifaceted campaign includes a highly targeted advertising effort, new videos highlighting teachers who have chosen to make Maine their career destination, and events in-state to welcome, connect, and celebrate educators.

The Live and Teach in Maine campaign connects the high quality of life experienced through living in Maine with the advantages of teaching in Maine and highlights the voices of real teachers talking about why they love teaching in Maine public schools. The partnership between Live and Work in Maine and Maine DOE has two goals:

To attract new educators to Maine’s public education system, and

To elevate and celebrate the many outstanding teachers in our classrooms right now.

“We want the world to know that Maine is an amazing place to live and an extraordinary place to teach, and this partnership provides Maine educators with a megaphone to reach people with that message. We’re a state that deeply values and respects the creativity, autonomy, and professional judgment of our educators, we encourage innovation, and Maine educators get to be part of friendly, close-knit communities. If you’ve ever thought of teaching and living in Maine, Department of Education staff

are a phone call away from helping you start your journey and our communities would love to have you,” said Maine Education Commissioner Pender Makin.

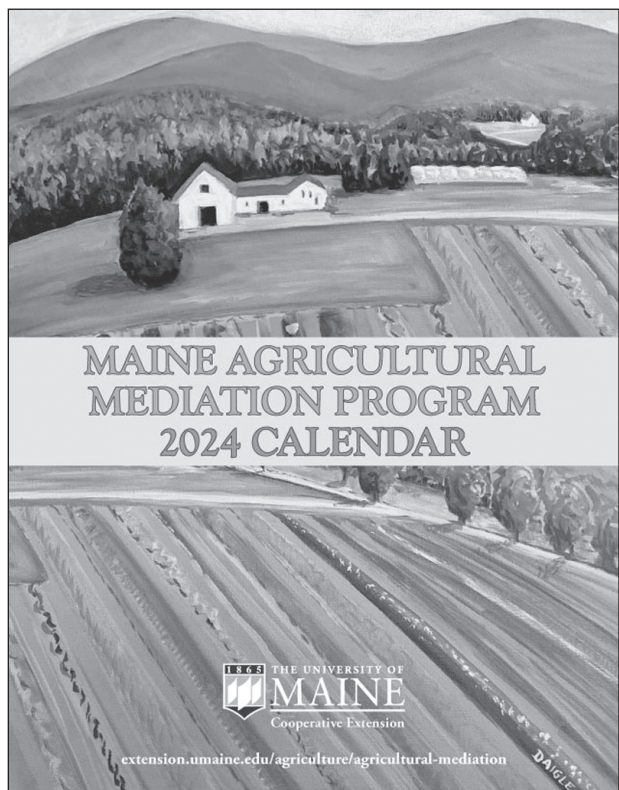
“Maine’s public education system is among the best in the nation, and our quality of life is among the best in the world. We’re going to leverage those competitive advantages to attract new educators to Maine, retain the talented ones we already have, and help change the conversation about public education to be one of positivity

and optimism,” said Live and Work in Maine Executive Director Nate Wildes.

Maine, like most of the nation, continues to experience an educator shortage that has been exacerbated by the pandemic. This partnership builds on the Maine DOE’s wide-ranging efforts to recruit, retain, and support a vibrant educator workforce and leverages Live and Work in Maine’s knowledge and expertise as the state’s premier organization devoted to attracting and retaining Maine’s workforce.

The campaign includes a new Live and Teach in Maine webpage, targeted social media and streaming ads, mobile billboards, subway ads, and events. All Maine school administrative units (SAUs) also have free access to the Live and Work in Maine job board so applicants can access job opportunities in Maine schools. The campaign is being funded through federal emergency relief funds to build and sustain Maine’s educator workforce following the pandemic.

# Annual ag-focused calendar celebrates farming, land & sea



2024 wall calendar.

The theme of this year’s calendar is “Farming and Tending to the Land and Sea Throughout the Seasons. It features twelve charming images from Maine-based artists that capture the essence of agricultural work and life. From vibrant fields of crops to somber coastal scenes, each image tells a unique story of Maine’s agricultural journey throughout the seasons.

Measuring 8.5 by 11 inches, the calendar is designed with wire binding for easy hanging. Copies are now available for purchase for \$6.50, which includes shipping. Order a copy by visiting UMaine Extension’s website.

MAMP is one of 43 U.S. Department of Agriculture (USDA) Agricultural Mediation Programs.



Photo courtesy University of Maine Cooperative Extension.

It supports the agricultural community in Maine by providing conflict resolution, contract and lease consultation and financial coaching.

MAMP provides services in three major areas: mediation/ conflict resolution; contract/ lease consultation and co-drafting; and financial coaching.

The MAMP staff, mediators, and financial coaches are person-focused and aim to provide compassionate assistance, support and resources to agricultural producers, their lenders, USDA agencies, and others involved in various conflicts. All MAMP services are voluntary and confidential and are no-cost/

low-cost to participants. Visit the program website to learn more about agricultural mediation at UMaine Extension. All MAMP services are voluntary and confidential and are no-cost/ low-cost to participants. Visit the program website to learn more about agricultural mediation at UMaine Extension.

**ORONO, ME —**The Maine Agricultural Mediation Program (MAMP),

which is part of University of Maine Cooperative Extension, has released its

# Appreciation and respect for older Mainers

By Peggy Rotundo  
Maine is fortunate enough to have the oldest population of any state in the country. In the Legislature, Democrats and Republicans are well aware of the many important contributions made by older Mainers and are always on the lookout for ways we can assist the folks who have given our state this great distinction.

As Senate Chair of the Appropriations and Financial Affairs Committee, I made it a top priority this year to seek out ways in which the state could do more for these citizens who have given so much, and continue to give. For instance, in the biennial bud-

get, we opened up the Property Tax Fairness Credit to all Mainers age 65 and over, raised the maximum benefit of the credit — from \$1500 to \$2000 — and increased income eligibility. In order to benefit from the Property Tax Fairness Credit, simply file Form 1040ME and Schedule PTFC/STFC for the tax year during which the property tax or rent was paid. You can find these forms by going to [www.maine.gov/revenue/tax-return-forms](http://www.maine.gov/revenue/tax-return-forms) or calling 207-624-7894.

We also expanded the State Property Tax Deferral Program, a program that allows Mainers over 65 to age in place and ensures that property taxes are still

delivered to municipalities, requiring repayment of the loan once the property is sold or becomes part of an estate. This year, we improved the program by increasing participants’ maximum income from \$40,000 to \$80,000 and increasing the maximum amount of value of liquid assets from \$50,000 to \$100,000.

One item I was pleased to fight for in the budget was an increase to the annual income tax pension deduction from \$30,000 to \$35,000 for all retired Maine residents this tax year. This initiative simply puts more money in all Maine pensioners’ pockets. The amount increases to equal the maximum so-

cial security benefit in the following years. Questions about whether your pension qualifies for the Maine pension income deduction should be directed to your tax advisor or Maine Revenue Services at 207-626-8475.

Other significant budget items directed at helping older Mainers include increased eligibility and removal of the asset test for the Medicare Savings Program; a one-time three percent cost of living adjustment for retired State employees — providing a maximum benefit of \$726 and an average benefit of \$527 to approximately 37,600 state sponsored plan retirees — and an

increase in the state’s contribution toward the retired teachers’ share of health insurance premiums from 55% to 60% in fiscal year 2023-24 and from 60% to 65% in fiscal year 2024-25.

Finally, the budget appropriates \$2 million for Elder Justice Roadmap projects, including funding to provide staff for Maine Legal Services for the Elderly and support for older adults that have had open cases with Adult Protective Services. And we directed \$1 million to Area Agencies on Aging, Maine’s “one-stop-shops” to answer questions from older adults, individuals with disabilities and their care partners about a wide range of services.

In addition to all of the items we included in the biennial budget, I would like to highlight the Respite for ME pilot program, which was created by Lewiston Rep. Kristen Cloutier. Respite for ME will support people who care for family members and loved ones who are older or have a disability, often while also working to make ends

meet. Eligible caregivers may receive grants of up to \$2,000 to help cover things like respite care, assistive technology and legal consultations.

If you have any questions about Respite for ME or any resources for older Mainers, please call Seniors Plus at (207) 795-4010, the Lewiston Senior Citizens Office at (207) 513-3059, extension 3710, or simply dial 2-1-1. We are so fortunate to live in this state, where we all benefit from the wisdom and experience of our older population. If you qualify for any of the programs above, or care for someone who does, please reach out. The Legislature sees you, and appreciates you.

Peggy Rotundo currently represents Lewiston in the Maine State Senate and serves as the Senate Chair of the Appropriations and Financial Affairs Committee. For more information on this column or any other legislative matter, she can be reached at [Peggy.Rotundo@legislature.maine.gov](mailto:Peggy.Rotundo@legislature.maine.gov) or (207) 287-1515.

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# Report highlights Maine's assets, progress, challenges

**Hallowell, ME** –The nonpartisan Maine Economic Growth Council today released its 29th annual Measures of Growth Report - a comprehensive snapshot of how the state's economy is performing relative to our long-term goals, to other states, and to the nation.

The Report finds that overall, Maine continues to perform exceptionally well in terms of environmental stewardship and has made promising improvements to internet connectivity, entrepreneurship, and achievement of postsecondary degrees and credentials. However, the lingering impact of the pandemic on children's mental health and learning, the high costs of housing and energy, and other systemic challenges continue to burden communities, businesses, and households.

The Council noted that Maine's quality of life and other enduring assets set the stage to overcome challenges and for additional investments to achieve economic growth, a more resilient economy in an uncertain global environment, and long-term and more equitable prosperity.

"This Report provides critical insight into Maine's economy and workforce," says Steve Von

Vogt, CEO, Maine Marine Composites and Co-Chair of the Maine Economic Growth Council. "We must continue to harness Yankee ingenuity, innovation, and public-private partnerships to capitalize on Maine's unique strengths, respond our economic challenges, and eradicate systemic inequities."

For the first time this year, the report highlights four examples of creative initiatives that are helping address some of Maine's longstanding challenges. Look for our "Indicator in Action" stories within the Report about Downeast Broadband Utility, Nonantum Resort, Nyle Systems, and Telstar Academy.

"We hope other employers are motivated by the story of our hiring program for formerly incarcerated Mainers," says Colby Marvin Bracy, Director of Human Resources and Philanthropy, Nonantum Resort. "These employees are very loyal. In part because we gave them a chance and they feel valued...but more because they prove to themselves and society that they are capable and reliable. They show up for work on time, they are resourceful, and they have great attitudes - it enriches the entire organization."

For the second year in a row this year's report



# MEGC

Maine Economic Growth Council

brings special focus to Maine's particular challenges in workforce availability and participation, an urgent issue in every industry and region. "The Report unpacks the dimensions and driving forces which stem from years of demographic, economic, and social changes compounded by a global pandemic," says James Dill, Director of the Diagnostic and Research Laboratory and Pest Management Specialist, UMaine Cooperative Extension and Co-Chair of the Maine Economic Growth Council. "Overcoming these challenges and building the workforce Maine needs will require attracting more working-age people from other states and countries, retaining more of the young people born here, and helping people of all ages, genders, abilities, races, and ethnicities to improve their skills and participate fully in our economy."

"There is also reason to be encouraged," says Yellow Light Breen, Presi-

dent & CEO, Maine Development Foundation. "For the first time, the Council assigned a Gold Star to Postsecondary Degrees & Credentials - calling out Maine's substantial progress over the past decade - reaching 55% of Mainers with a college degree or shorter-term educational or industrial certificate of value in 2021. This ranks Maine among the fastest improving of any state."

In total, the 2023 Measures of Growth Report tracks 31 indicators that represent Maine's assets and areas of challenge.

The Council assigns Gold Stars for significant progress in:

**Wages:** In 2022, wages remained above the EPSCoR average but fell 1.5% after adjusting for inflation.

**Post-Secondary Degrees and Credentials:** In 2021, 55% of Maine adults had a credential of value, up from 53% in 2019 on the way to the overall goal of 60%.

**Internet Connectivity:** In 2023, 86% of Maine

locations have either average or broadband internet, up 8%.

**Air Quality:** In 2022, there were 24 moderately unhealthy days, four fewer than last year.

**Water Quality:** In 2022, Maine maintained its excellent water quality rating.

**Sustainable Forestlands:** In 2021, the growth-to-removal ratio rose 8% to 1.43 and remained above the sustainability goal.

The Council assigns Red Flags for needed attention to:

**Labor Force:** Maine's labor force shrank 1.5% to 675,000 in 2022.

**Research and Development:** In 2020, Maine's R&D spending rose from 1% to 1.1% of GDP -- but still significantly lags peer states and the target of 3%.

**Fourth-Grade Reading:** In 2022, 29% of Maine 4th graders were proficient in reading, a sharp drop from pre-COVID levels.

**Eighth-Grade Math:** In 2022, 24% of Maine 8th graders were proficient in mathematics, down from 34% pre-COVID.

**Cost of Energy:** The price of industrial electricity rose 17% in 2022, mirroring nationwide increases.

**State and Local Tax Burden:** In 2021, Maine's

tax burden remained unchanged at 11.7%.

**Housing Affordability:** Housing affordability appears to have dropped in 2022, but complete data are not currently available.

**Mental and Behavioral Health:** In 2020-2021, the percentage of children with a mental and/or behavioral condition rose 0.4%.

Read the Full Report here: [https://www.mdf.org/wp-content/uploads/2023/11/2023\\_MOG\\_FullReport\\_FINAL.pdf](https://www.mdf.org/wp-content/uploads/2023/11/2023_MOG_FullReport_FINAL.pdf)

The Maine Economic Growth Council takes a nonpartisan, data-driven approach to presenting an unbiased picture of Maine's economy and well-being. Measures of Growth is designed to be a resource for policy and decision makers at all levels, helping them to focus their efforts and understand the connections between the key issues affecting the state. The Report works in tandem with the Maine's 10-Year Economic Development Strategy to inform policy and decisions in order to achieve overarching goals of growing Maine's talent pool and workforce, increasing wages, and increasing the value of what we sell per worker. The Council is administered by the Maine Development Foundation (MDF).

# Maine College of Health Professions welcomes new Chair

**LEWISTON, ME** -- Maine College of Health Professions (MCHP) today announced that Dr. Ned Claxton has been elected board chair, effective December 2023.

Dr. Claxton succeeds MCHP alum, Ken Albert, RN, Esq., who has served on the MCHP Board since 2017 and as chair since 2020.

"With Ned as our new board chair, we will have incredible momentum in furthering our mission to

enrich lives by providing exceptional health professions education," said Dr. Monika Bissell, MCHP President and CEO. "His brilliant career and experience in healthcare, as well as his unbridled enthusiasm for bettering the lives of others, will strengthen MCHP as we embark on our newest strategic plan. Ned embraces our vision, and he will be a tremendous advocate in assuring that the College achieves its goal of expanding ac-

cess to high quality health professions education for Maine and New England."

Dr. Claxton first moved to Auburn, Maine in 1978 and opened the Family Healthcare Associates (FHA) medical practice with Peter Elias, MD. While at FHA, he taught at the Central Maine Medical Center Family Medicine Residency. In 2001, Ned became the Program Director of the family physician training program at CMMC, where he sup-

ported graduate medical education for more than 8 years. Between 2009 and 2018, Ned assumed various senior physician leadership roles at CMMC and Central Maine Healthcare. He has earned numerous awards and honors. Dr. Claxton served as a Maine State Senator from 2018 to 2022.

In addition to his role on the MCHP Board, Dr. Claxton is actively involved in his church, and he is now or has supported several other causes - maintaining hiking trails for the Stanton Bird Club's Thorncrag & Woodbury Sanctuaries; working with the Androscoggin Land Trust; providing hiking

education for the White Mountain National Forest; picking up food for the Trinity Soup kitchen; and team teaching a Central Maine Medical Center course about Spirituality in Medicine.

Dr. Claxton holds a Bachelor of Arts from Princeton University, and he earned his MD at the University of Cincinnati. He completed his medical residency at the University of Minnesota, where he was chief resident and earned numerous teaching accolades. "I have always been an enthusiastic supporter of nursing and allied health education. I owe a debt of gratitude for the knowledge that I

have gained from these professionals throughout my career. I'm eager to work with MCHP to help broaden its positive impact in Maine - and beyond," Dr. Claxton said. "It is a responsibility I'm eager to take on. MCHP has educated generations of healthcare professionals, and we're eager to continue and amplify the college's extraordinary work."

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



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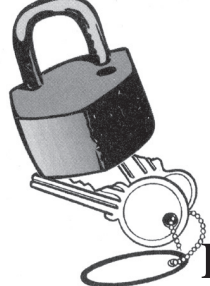
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# Calendar

Send your submissions to the Editor. More online.

**Dec 9**

**AUBURN --** Sixth Street Congregational Church at 109 Sixth Street in Auburn will have a holiday fair on Saturday, December 9, from 9:00-1:00. Craft vendors are welcome. Tables are \$10. There will be craft items, a white elephant table. Lunch will be available. For more information contact Betty at 576-1331 or Cynthia at 740-2741.

**Dec 9**

**BAR MILLS -- NOV-EL JAZZ SEPTET -** Dancing with the Duke at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, December 9th at 7:30 pm. Join in the fun, dancing to the music of Duke Ellington, or just settle in and enjoy the concert. Tickets: \$15 General Admission at [www.sacorivertheatre.org](http://www.sacorivertheatre.org) or call 207-929-6473 for reservations.

**Dec 11**

**LEWISTON --** From 3:30pm-5:00pm, the Lewiston Public Library Children's Department will be offering the program Kids' Collage Picture Frames. During this program, kids will be able to create a unique collage picture frame using a variety of materials, including old books, graphic novels, wrapping paper, and embellishments. The program is recommended for kids ages 6-12. Kids under 8 must be accompanied by a caregiver.

er.

This activity is free, all materials will be provided, and there is no registration required.

**Dec 11**

**LEWISTON --** Visit with Daniel Tiger at the Lewiston Public Library on Saturday, December 9th at 11am in Callahan Hall. This event is in partnership with Maine Public Radio and PBS Kids. Registration required on Eventbrite: <https://tinyurl.com/2vd4k-ftu> If you previously registered for the canceled event, you DO NOT need new tickets for this event. You are still registered. Free. In person.

**Dec 13**

**LEWISTON --** Hiring Event on Wednesday, December 13th from 10:00am-noon at the Lewiston Career Center, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! This event is free and open to the public. For a list of participating employers, visit: <https://www.maine-careercenter.com/locations/jobfair.shtml?id=11981779>

**Jan 6, Feb 3, Mar 2, Apr 6, May 4**

**WESTBROOK --** Prides Corner Commu-

nity 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

**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 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 homeschool families with children of all ages. No registration is required. Contact info. 513-3133, [LPLKids@lewistonmaine.gov](mailto: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.

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**2nd and 4th Thursdays**

**LEWISTON --** YOUTH TRADING CARD GAME CLUB held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; [www.LPLonline.org](http://www.LPLonline.org)

**Wednesdays**

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

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit [seniorsplus.org](http://seniorsplus.org).

**USPS**  
*Continued from page 3*

then be sent another 312 miles back to Wallgrass. A highway mileage map of Maine can be found HERE.

In 2012, Senator Collins successfully urged USPS to reject a similar proposal that was being considered to consolidate both facilities. After review, USPS recognized the importance of the facility in Hampden to maintaining reliable operations and meeting USPS' universal service obligation.

# 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:

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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 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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# First-ever retrospective of a Wabanaki artist debuts in 2024

**PORTLAND, ME** -- As the first-ever major retrospective of a Wabanaki artist in a fine art museum in the United States, Jeremy Frey: Woven is a groundbreaking exhibition in contemporary and Indigenous art. Featuring more than 50 baskets, made from natural materials like black ash and sweetgrass, Woven presents a comprehensive collection that spans a career of more than two decades. These works are intricate, mesmerizing, and expressive, emphasizing Frey's prodigious skill and prolific creative output that honors and transforms one of the oldest art forms in the northeast.

Frey, a seventh-generation Passamaquoddy basket maker and one of the most celebrated Indigenous weavers in the country, learned traditional Wabanaki weaving techniques from his mother and apprenticeships through the Maine Indian Basketmakers Alliance. An important aspect of Frey's artistic vision is his drive to build upon the past and what was once passed down to him. "I have refined the teaching of my mother beyond anything I would have considered possible," Frey states. He pushes the boundaries of his work across concept, materials, and technique, adding "I try to create a newer and more elaborate version of my work each time I weave."

Basketry represents a core mode of cultural expression for Passamaquoddy



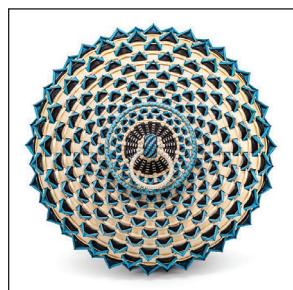
**Jeremy Frey**

dy people, whose tribal nation is one of five that form the Wabanaki Confederacy, along with the Penobscot, Mi'kmaq, Maliseet, and Abenaki. Their ancestral territory, called Wabanakik or "Dawnland," stretches across present-day Canadian maritimes and the northeast United States, including where the Portland Museum of Art sits.

Organized by the Portland Museum of Art and co-curated by Ramey Mize, PhD, Assistant Curator of American Art at the Portland Museum of Art, and Jaime DeSimone, Chief Curator at the Farnsworth Art Museum, the exhibition is supported by a catalogue of the same name, *Jeremy Frey: Woven*, published by Rizzoli Electa in association with the Portland Museum of Art. It includes essays from Mize; DeSimone; Dakota Hoska (Oglala Lak'hóta), associate curator of Native arts at the Denver Art Museum; Andrew James Hamilton, associate curator of Arts of the Americas at the Art Institute of Chi-

cago; and Theresa Secord, a Penobscot basket maker and founding director of the Maine Indian Basketmakers Alliance. Secord also served as a cultural consultant for the exhibition and co-editor of the catalogue.

As the first museum survey of Frey's career, *Woven* also provides entry points for audiences to reflect on the mounting ecological challenges, cultural agency, and resilience embedded in Frey's work. In recent decades, the emerald ash borer, an invasive species of beetle, has decimated ash stands from the Great Lakes to Maine.



**Jeremy Frey (Passamaquoddy, born 1978), Blue Point Urchin (detail), 2016, ash, sweetgrass, and dye, 5 x 9 x 9 inches. Collection of Dr. and Mrs. Ari and Lea Plosker. © Jeremy Frey. Image courtesy Eric Stoner**

With the future of ash under such serious threat, Frey's practice takes on new stakes, aiming to celebrate an endangered art form and preserving its legacy for future generations.

Beyond ash, *Woven* highlights Frey's resourceful gathering of natural

materials and their cultural significance in his designs. The confluence of materials, process, and time are inherent and powerful in Frey's work. "Audiences are often astonished to discover that it can take many months for the artist to complete one work," notes Mize. "Frey gathers every material that he uses in his practice—black ash, sweetgrass, cedar, spruce root, birch bark, and porcupine quills. With them, he creates works of exquisite complexity that reflect not only his immense technical skill, but also his profound ecological knowledge and relationship with the environment of the north woods."

The art, history, and significance of Wabanaki basketry through Frey's ongoing fusion of forms and designs are of global interest, from more traditional point, fine-weave, and urchin baskets to the increasingly monumental multicolored vases featuring meticulous porcupine quillwork that have become emblematic of his practice. *Woven* also includes new works in video, installation, and print, showcasing his weaver's aesthetic in dialogue with new media and frameworks. Across all mediums and works in the exhibition, Frey seeks to



**Jeremy Frey (Passamaquoddy, born 1978), Observer, 2022, ash, birchbark, sweetgrass, porcupine quill, and dye, 13 1/2 x 10 1/2 x 10 1/2 inches. Collection of Carole Katz, California. © Jeremy Frey. Image courtesy Eric Stoner**

honor ancestors, relatives, and future generations, weaving together past and present to uplift viewers through the power and beauty of his ever-evolving vision.

**ABOUT THE ARTIST**

Jeremy Frey (b. 1978, Passamaquoddy Indian Township Reservation, Maine) is one of the foremost Passamaquoddy artists of his generation. Working with customary materials such as brown ash and sweetgrass, Frey introduces new materials, unique forms, and fine weaving techniques while maintaining a strong connection to the traditional roots of his practice.

Frey won Best of Show at the Santa Fe Indian Market in 2011, marking the first time a basket maker achieved this honor in the market's ninety-year history. That same year, Frey won Best of Show at the Heard Museum Indian Guild Fair and Market in Phoenix, Arizona, which he would repeat in 2015. Frey's work is held in the public collections of the Portland Museum of Art, Maine; Art Institute of Chicago, Illinois; Denver Art Museum, Colorado; Smithsonian American Art Museum, Washington, DC; Virginia Museum of Fine Arts, Richmond, VA; the Colby College Museum of Art, Waterville, ME, among others.



**Jeremy Frey (Passamaquoddy, born 1978), Defensive, 2022, ash, sweetgrass, and dye, 12 1/2 x 7 1/2 x 7 1/2 inches. Collection of Carole Katz, California. © Jeremy Frey. Image courtesy Eric Stoner**



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