

Hula Hooping with North Gorham Public Library

GORHAM, ME -- In July, North Gorham Public Library hosted a hula hoop demo and workshop. Nettie Gentempo, aka Nettie Loops, is a professional hula hoop artist, instructor, dancer, and choreographer. She was amazing, especially to everyone who has trouble keeping just one hula hoop going! Try telling that to the little ones, who wanted to be like Nettie!



Lewiston-Auburn Balloon Festival photo spread pages 7-9



Gorham citizen bestowed Boston Post Cane

GORHAM, ME -- On Thursday, August 15, 2024, Reverend Philip Shearman and longtime Chaplain for the Gorham Fire Department received the Boston Post Cane in a ceremony held in the Council Chambers at the Gorham Municipal Center.

History

In August 1909, Mr. Edwin A. Grozier, Publisher of the Boston Post, a newspaper, forwarded to the Board of Selectmen in 700 towns* (no cities included) in New England, a gold-headed ebony cane with the request that it be

presented with the compliments of the Boston Post to the oldest male citizen of the town, to be used by him as long as he lives (or moves from the town), and at his death handed down to the next oldest citizen of the town. The cane would belong to the town and not the man who received it.

The canes were all made by J.F. Fradley and Co., a New York manufacturer, from ebony shipped in seven-foot lengths from the Congo in Africa. They were cut to cane lengths, seasoned for six months, turned on lathes to the right thickness, coated and pol-



ished. They had a 14-carat gold head two inches long, decorated by hand, and a ferruled tip. The head was engraved with the inscrip-

tion, ---Presented by the Boston Post to the oldest citizen of (name of town)-- "To Be Transmitted." The Board of Selectmen

were to be the trustees of the cane and keep it always in the hands of the oldest citizen. Apparently no Connecticut towns were included, and only two towns in Vermont are known to have canes.

In 1924, Mr. Grozier died, and the Boston Post was taken over by his son, Richard. At one time, the Boston Post was considered the nation's leading standard-sized newspaper in circulation. Competition from other newspapers, radio and television contributed to the Post's decline and it went out of business in 1957.

The custom of the Boston Post Cane took hold in those towns bestowed the honor of receiving a cane, including the Town of Gorham. As years went by, some of the canes were lost, stolen, taken out of town and not returned to the Selectmen or destroyed by accident. Fortunately, the Town of Gorham has retained its cane, which has been on display at the Gorham Municipal Center for many years.

In 1930, after considerable controversy, eligibility for the cane was opened to women as well.

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Town of Gorham election, referendum, voting information

GORHAM, ME -- A General Election, Referendum Election, and Municipal Election will take place on Tuesday, November 5, 2024 in which voters will have an opportunity to vote to elect the President, one of

Maine's two United States Senators, Maine's two Representatives to Congress, all members of the Maine Legislature (State Senators and State Representatives), certain county officers (which could vary by county), as

well as appointments to the Gorham Town Council and Gorham School Committee. The Referendum Election will also allow Maine's citizens the opportunity to vote on People's Veto Referenda, Direct Initiatives of Legislation (i.e. Citizen Initiatives), Bond Issues, other referenda proposed by the Legislature, and Constitutional Amendments.

The 2024 General Candidate List (excluding the president) can be viewed at the Town's website (as of August 5, 2024).

The November 2024 General Election ballot order of referendum questions can be viewed at the Town's website.

The Town has two seats open for three-year terms on the Town Council, and two seats open for three-year terms on the School Committee.

Absentee ballots can be requested at the Town's website. Absentee ballots will be mailed once the Town Clerk's Office receives them in early October.

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Newsmakers, Names & Faces

Healthy lungs, healthy students: Essential back-to-school tips

AUGUSTA, ME – Kids from all over Maine are heading back to school and young adults are starting college for the 2024-2025 school year. While this is an exciting time for students, parents and schools, it can also mean new lung health challenges. The American Lung Association is providing guidance to parents, young adults and school officials to ensure that everyone heads back to school with healthy lungs.

“Back to school is an exciting time for students across Maine, and it is also a time for a fresh, healthy start,” Lance Boucher, Director of Advocacy for the American Lung Association. “As we enter the new school year, it is critical for parents, students and school staff to be aware of new asthma triggers, exposure to new viruses,

peer pressure to smoke or vape, and other stressors that can impact the health of students. We are happy to offer several resources and guidance to keep everyone healthy this year.”

The Lung Association’s comprehensive Creating Lung-Friendly Environments for Youth initiative aims to help schools and caregivers address chronic lung diseases like asthma, air quality and tobacco-free policies. The free initiative offers information, guides and sample policies that can be implemented in schools to protect students and staff.

The Lung Association is also working to educate parents, students and school officials in four critical areas of lung health:

Asthma: Here in Maine, there are 15,200 kids under the age of 18



living with asthma, a leading cause of missed school days. The Lung Association has in-depth resources for parents, young adults and schools, including:

Stock Asthma Medication: Implementation Guidance for Schools, a free online course designed for school personnel who administer medications and stakeholders seeking to understand and implement stock quick-relief asthma medication laws, policies or programs.

Breathe Well, Live Well Plus, the Lung Association’s premier online

adult asthma self-management program that teaches adults and young adults to take control of their asthma. In addition, the program integrates the Lung Health Navigators at the Lung Helpline, and the comprehensive resources from the Patient and Caregiver Network.

HBCU Students and Asthma Initiative: Through this initiative, the Lung Association partners with Historically Black Colleges and Universities (HBCUs) to provide Breathe Well, Live Well® to young adults who have asthma.

Tobacco Use: A new school year can also lead to new stressors and peer pressure situations such as vaping and other tobacco or nicotine product use, which is a significant public health concern. In Maine, 18.1% of high school students reported using tobacco in the last 30 days. The Lung Association has resources to prevent tobacco use and help youth quit, specifically designed for schools, parents and teens outlined in the American Lung Association’s Comprehensive Approach to Ending Youth Vaping Model, including INDEPTH alternative to suspension program, Not On Tobacco voluntary youth cessation program, the Vape-Free Schools Initiative, and many more resources available online.

Indoor Air Quality: The health of our school

environments is a priority, but some hazards are not as apparent, like indoor air pollution and greenhouse gas emissions. Poor air quality in schools can affect student, teacher, and staff’s attention, cognition and ability to learn. The American Lung Association offers a free downloadable guide on how school administrators can improve their indoor air quality.

Infectious Respiratory Diseases and Vaccinations: A new school year means new friends, new teachers and sometimes, viruses, so it is critical that students are up to date on how to stay healthy through good habits and all routinely recommended vaccinations, including influenza and COVID-19. Learn more about why vaccines are so important for lung health.

Red Cross issues safety checklist for back-to-school

PORTLAND, ME — As we near that time of year when students head back to the classroom, the American Red Cross offers this checklist to help make sure children are safe as they start another school year.

If your student is younger or going to school for the first time, teach them:

Their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 911.

Not to talk to strangers or accept rides from someone they don’t know.

If your child walks

to school, teach them to:

Walk on the sidewalk. If no sidewalk is available, walk facing traffic.

Stop and look left, right and left again to see if cars are coming.

Cross the street at the corner, obey traffic signals and stay in the crosswalk.

Never run out into the street or cross between parked cars.

If your student takes the bus to school, teach them to:

Get to their bus stop early and stand away from the curb while waiting for the bus to arrive.

Board the bus only after it has come to a complete stop and the driver or attendant has instructed



them to get on. And only board their bus, never an alternate one.

Stay in clear view of the bus driver and never walk behind the bus.

If your student rides their bike to school, teach them to:

Always wear a helmet.

Ride on the right in the same direction as the traffic is going.

If you drive your child to school, teach them to:

Always wear a seat belt. Younger children should use car seats or booster seats until the

lap-shoulder belt fits properly (typically for children ages 8-12 and over 4’9”), and ride in the back seat until they are at least 13 years old.

If you have a teenager driving to school, make sure they:

Use seat belts.

Don’t use their cell phone to text or make calls and avoid eating or drinking while driving.

If you are considering getting your student a cell phone:

Download the free Red Cross First Aid and Emergency apps to give them access to first aid

tips for common emergencies and real-time weather alerts. Find the apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

If your student is joining a sports team, make sure they:

Wear protective gear, such as helmets, protective pads, etc.

Warm up and cool down.

Watch out for others.

Know the location of the closest first aid kit and AED.

BACK TO SCHOOL CHECKLIST FOR DRIVERS

Slow down.

Yellow flashing lights indicate the bus is getting ready to stop — slow down and be prepared to stop. Red flashing lights and an extended

stop sign indicate the bus is stopped and children are getting on or off.

Motorists must stop when they are behind a bus, meeting the bus or approaching an intersection where a bus is stopped.

Motorists following or traveling alongside a school bus must also stop until the red lights have stopped flashing, the stop arm is withdrawn, and all children have reached safety. This includes two and four-lane highways.

If physical barriers such as grassy medians, guide rails or concrete median barriers separate oncoming traffic from the bus, motorists in the opposing lanes may proceed without stopping. Do not proceed until all the children have reached a place of safety.

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Newsmakers, Names & Faces

Gorham's Anna Peaslee promoted at Baker Newman Noyes

PORTLAND, ME - Baker Newman Noyes (BNN), a nationally recognized top 100 accounting and advisory firm, is excited to announce twelve senior-level promotions in its Portland office. The promotions below highlight managers and senior managers in the firm's tax, assurance, and operations departments.

"These promotions are extremely well deserved and are just one way we can recognize the hard work and determination of our employees and invest in their professional growth," said Dayton Benway, Managing Principal at Baker Newman Noyes. "Each of these individuals demonstrate a dedication to delivering exceptionally responsive service; providing value; and supporting their peers, our valued clients, and our communities. I am proud to work alongside them and look forward to great things from each of them as their careers continue to grow."

Joseph Begin, CPA, of South Portland, Maine, was promoted to senior manager in the tax practice. He earned a bachelor's degree in business administration, with a concentration in accounting, magna cum laude, from the University of Maine, and a master's degree in accounting from Saint Joseph's College. Begin joined the firm in 2014. He provides tax planning and compliance services primarily for individuals and closely-held businesses, including S-Corporations, partnerships, and LLCs.

Alexandra Brophy, of Freeport, Maine, has been promoted to Senior Marketing Manager, responsible for executing the firm's marketing strategy, including digital marketing, events, social media, public relations, and general communications. She also oversees the firm's proposal efforts and supports overall business development. Brophy has been at BNN for more than twelve years, managing and develop-

ing the firm's brand and voice. She earned a bachelor's degree in communication and media studies from the University of Southern Maine. Brophy is a regular volunteer at the Freeport (ME) Community Library.

Stacy Kirk, of North Waterboro, Maine, has been promoted to audit reports manager. In her role, Kirk oversees the reports operations team to ensure a high level of support, manages day to day activities, resolves issues, and answers questions. She is also responsible for training members of the team and ensuring consistency across the firm. She has been with BNN since 2014. Kirk earned her associate's degree in accounting and bachelor's degree in business administration from Husson University.

Derek McDonough, MST, EA, of Westbrook, Maine, has been promoted to Manager in the firm's tax practice. Since joining BNN in 2022, McDonough has focused on income tax planning and compliance for high-net-worth individuals and families. Prior to joining the firm, he served as a tax and operations associate at an investment advising firm. He earned a bachelor's degree in accounting from Merrimack College and a master's degree in taxation from Bentley University.

Ben McLaughlin, CPA, of Portland, Maine, has been promoted to Manager in the assurance practice. McLaughlin joined the firm five years ago and specializes in providing auditing services to companies in the banking, commercial, and governmental industries. He earned his bachelor's degree in accounting and finance from the University of Maine.

Anna Peaslee, CPA, of Gorham, Maine, has been promoted to Manager in the assurance practice. Anna specializes in providing audit services to nonprofit, healthcare, commercial, and employee benefit plan clients. In addition to serving



clients, she is involved with the firm's training program. Anna joined the firm in 2019, after earning a bachelor's degree, summa cum laude, in accounting and business management from the University of New Hampshire.

Steven Powers, CPA, of Portland, Maine, has been promoted to Senior Manager in the tax practice. With more than twenty years of experience, Powers has experience advising clients on a multitude of complex tax matters, including estate and trust returns, payroll, domestic and foreign sales and property taxes, estate planning, business transactions and structuring, and planning for and implementation of budgeting and expense and revenue analysis. He works across industries, primarily in real estate, construction, retail, distribution, and professional services. Prior to joining the firm, Powers was a tax manager at a Connecticut-based CPA firm. He earned a bachelor's degree in accounting from Central Connecticut State University.

Jessica Rousseau, MBA, of Portland, Maine, has been promoted to Talent Acquisition Manager in the HR department. Since joining the firm in 2021, she's managed full-cycle recruiting and staffing initiatives for

BNN. Rousseau specializes in identifying new candidates, creative engagements for employees, and networking with potential hires. She earned her bachelor's degree in business administration and marketing with a minor in communication. Rousseau also earned her MBA in Management from Bryant University.

Remy Schneider, of Portland, Maine, has been promoted to Senior Manager in the tax practice. Schneider joined BNN in 2011, and is experienced with gift, estate, and fiduciary income tax matters. As a member of the firm's estate and gift tax practice, Schneider assists clients with iden-

tifying their key financial goals and implementing a plan to achieve those goals. Schneider earned a bachelor's degree in history from Rice University and a juris doctor from the University of Maine School of Law.

Connor Smart, CPA, of Portland, Maine, has been promoted to Senior Manager in the tax practice. Smart first joined BNN in 2016 after graduating as Salutatorian from the University of Maine where he earned a bachelor's degree in accounting and finance. Upon graduation, he received awards in academic achievement in business and accounting and received Highest Honors for his senior thesis. At BNN, Connor specializes in tax and compliance matters for not-for-profit and tax-exempt organizations; compensation arrangements; employee benefit plans; and other general tax matters. He is a member of the American Institute of CPAs, the Maine Society of CPAs, and the Employee Benefits Council of Maine. Connor was born and raised in Lincoln, Maine.

Michael Trahan, CPA, MBA, has been promoted to senior manager in the assurance practice. Trahan worked

as an intern in the firm's assurance department in 2015, joining as a staff member the following year. Trahan specializes in audit services for non-profit organizations and commercial businesses. Trahan earned a bachelor's degree in accounting and finance from the University of Southern Maine, where he also earned his master's degree in business administration.

The following employees in the Portland office were also promoted: Gus Bradley has been promoted to Supervising Senior in the tax practice; Brenda Fancy has been promoted to Team Lead in the tax practice; Brooke Gibbons has been promoted to Senior in the assurance practice; Emma Houston has been promoted to Senior in the assurance practice; Kathryn Johnson has been promoted to Senior in the tax practice; Kyle Lonaugh has been promoted to Supervising Senior in the tax practice; Mason Morin, MBA, has been promoted to Senior in the assurance practice; John Vedral has been promoted to Senior in the tax practice; Meredith Wicks has been promoted to Audit Supervisor in the assurance practice.

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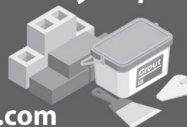
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Frannie Peabody Center receives UWSM community investment

PORTLAND, ME -- Frannie Peabody Center (FPC) is pleased to announce that it has been awarded a one-year grant from United Way of Southern Maine (UWSM) totaling \$28,700. This investment will support Frannie Peabody Center's Client Services for People Living with and impacted by HIV/AIDS.

FPC's provision of targeted medical case management, housing navigation and support, and HIV prevention services are critical in ensuring clients are able to achieve stable health with HIV. Annually, Frannie Peabody Center serves more than 400 Mainers living with HIV/AIDS across the state through comprehensive care management and housing assistance. Over the last three years, the agency has expanded access to direct client assistance, tripled its HIV

testing capacity, and expanded its housing subsidy program. Additionally, the agency plays a critical role in advocacy efforts at the state and national level to ensure access to quality care for people affected by HIV/AIDS.

"Frannie Peabody Center is grateful for the long-standing support we receive from United Way of Southern Maine," said Katie Rutherford, Executive Director, "Our shared

commitment and unified partnership across many non-profit organizations truly makes our community stronger."

UWSM's investment decisions are driven by a dedicated, diverse team of volunteer reviewers that represent our community's voice. These investments address Southern Maine's emerging needs and persistent issues that hold our neighbors back. This includes closing gaps

in early childhood development, creating pathways to educational and employment opportunities and increasing access to mental health care and substance use disorder treatment.

United Way investments are made possible by the generous support of many individuals, businesses, and organizations throughout Southern Maine. View UWSM's investment portfolio at uwsme.org/our-work/ourpartners/ a full list of funded community partners.

"We are proud to work alongside partners like Frannie Peabody Center to bring comprehensive approaches to our communities' challenges," said Liz Cotter Schlax, President and CEO, United Way of Southern Maine. "Together, we are opening pathways for everyone to thrive."

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Tips to get active, avoid heat-related illnesses for seniors

By Dr. Steven Angelo, chief medical officer, UnitedHealthcare Medicare & Retirement, New England

This summer many parts of the country have already experienced dangerous heat waves, putting older adults, and people on certain medications, such as for diabetes and high blood pressure, at heightened risk for heat-related illness and dehydration.

Despite the soaring temperatures, moving more remains critically important for people 65 and older, who may be at risk for several serious chronic conditions related to a sedentary lifestyle. Because physical inactivity contributes to many chronic conditions, including cardiovascular disease, obesity and diabe-

tes, it can ultimately undermine older adults' health, independence and quality of life.

Recent research has also shown a strong connection between physical inactivity, loneliness and social isolation and early mortality.¹ On the other hand, regular exercise can help you not only feel better physically, but also help combat social isolation and loneliness, help you build relationships and support your mental health and sense of wellbeing. According to a recent study, moderate or intense physical activity has been shown to help reduce severe loneliness and social isolation by 15 to 30 percent.² Physical activity has also been shown to help increase feelings of resilience and

purpose and improve people's perception of aging.

For older adults considering ways to work more movement into their daily lives this summer, it's important to take precautions to stay safe and healthy when the temperatures soar – especially if they are taking medications that can increase their risk for dehydration or other conditions.

The good news is, finding ways to work more activity into your daily life does not have to be difficult, expensive or complicated – and it's generally safe with the right preparation. The benefits to moving more are well worth the effort: regular exercise can help reduce or control cholesterol and blood pressure levels, reduce the risk

for cardiovascular disease and type 2 diabetes, reduce bone loss, increase flexibility and build and strengthen muscles.

Here are six tips to help you become more physically active this summer:

Set attainable goals that you can build on. Starting small – even if it's just a few minutes each day at first – can help you build the habit of engaging in regular physical activity. Doing a little every day can help you improve your strength, stamina and fitness levels over time.

Seize the moment. Physical activity doesn't have to happen at a gym or on a ball court to be healthy. Making small choices throughout the day – from taking the stairs instead of the elevator, walking or biking short distances instead of driving and being sure to get up and move frequently throughout the day to avoid sitting for too long can all help your body's mobility.

Watch the weather, understand your medications and stay hydrated. Many people across the country will face extreme heat during the summer months, which can pose health risks to older adults and people taking certain medications, such as for diabetes and high blood pressure. To avoid overheating, it's important to keep an

eye on the forecast and stay hydrated before, during and after exercise, and to understand how each medication you take impacts your body's ability to regulate your temperature and stay hydrated and whether certain medications need to be kept cool to maintain their effectiveness.

Warm up, cool down. Taking the time to warm up and cool down, including stretching, is important to avoid injuries and build flexibility. Try to find time to include these steps in your workout when possible and remember to drink lots of water to stay hydrated, especially during the summer months.

Invite others to join you. Exercising with a friend can be fun and rewarding. It's a great way to socialize and build friendships and can also be a strong motivator or cause for celebration when you meet your shared goals.

Check out resources that may be available. Many Medicare Advantage health plans offer benefits like free gym memberships. For example, most UnitedHealthcare plans provide access to a fitness benefit which includes a free gym membership, access to a national network of gyms and fitness locations; in-person and online events and thousands of on-demand workout videos. Talk to your health

plan to see what's available.

Consider making this summer all about finding ways to move more and increase your physical activity, which can help deliver real health benefits over the long term.

For more information, visit www.UHCMedicareHealthPlans.com.

¹ CNN, 2014, <https://www.cnn.com/2014/01/22/health/obesity-isolation-wellness/index.html>

² UnitedHealthcare, 2023, <https://www.uhc.com/news-articles/medicare-articles/physical-activity-loneliness>

The UnitedHealthcare fitness benefit includes a standard fitness benefit. The fitness benefit varies by plan/area and may not be available on all plans. Gym network may vary in local market. The information provided is for informational purposes only and is not medical advice. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.

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Seniors Not Acting Their Age

Remembering Carolyn on the New Meadows River



Kayakers depart from Sawyer Park Landing



Paddlers assemble for lunch on Upper Coombs Island



Carolyn Welch sea kayaking in an earlier time

Carolyn Welch was an inspiration. An outdoor friend of mine and my wife, Nancy, for about 35 years, she organized and led hundreds of skiing, hiking, whitewater, and sea kayaking trips. Carolyn passed away last year at the age of 86. She was still leading trips as late as the year before she died.

Carolyn's outdoor journey began when she was a little girl in Columbus, Ohio. She joined the Girl Scout Troop in her neighborhood but was dissatisfied because they only offered merit badges in activities like sewing and cooking. When she learned a troop on the opposite side of Columbus awarded badges in outdoor pursuits such as hiking and biking, she changed her membership and regularly took the bus across town to participate.

In 1962, Carolyn moved to Brunswick and was a resident in that community for the remainder of her life. She was a regular trip coordinator for the Penobscot Paddle & Chowder Society (PPCS) and a longtime trip leader for the Appalachian Mountain Club (AMC). Carolyn was an avid canoeist and began participating in the Kenduskeag Stream Canoe Race in 1992. She completed 24

races, the last one at age 81. In short, Carolyn was indomitable.

Nancy and I first met Carolyn when she was canoeing the Dead River on an AMC trip. In the ensuing years, we enjoyed her company on scores of outdoor adventures. When we started sea kayaking about twenty years ago, her local trips were a valuable introduction to the sport.

One of Carolyn's favorite sea kayak trips was a voyage on the New Meadows River in Brunswick. We had the privilege of joining her on many of those outings. She was the consummate organizer and all of her trips were scrupulously planned. Carolyn studied the tides, winds, weather, and marine forecasts to ensure a safe enjoyable experience.

In Carolyn's absence, no New Meadows River trip was scheduled for this summer. Organizing one in her memory seemed appropriate. With the assistance of her longtime friend, Dave Lanman, I endeavored to coordinate a PPCS Carolyn Welch Memorial Sea Kayak Trip. Not surprisingly, there was enthusiastic interest.

From the outset, I knew that a trip in Carolyn's memory had to be

done right. After studying the weather forecast, I identified a sunny day with a light sea breeze predicted. An outgoing tide was scheduled for our departure and the sea breeze would provide a tailwind on return.

Twelve kayakers and a two-person support team met at the Sawyer Park Boat Landing in Brunswick on a hot humid day. Faryl Wiley brought a bouquet of flowers and each paddler affixed a flower to the deck of their boat. After a short ceremony and safety talk, we carried kayaks to the water.

The sea breeze was welcome relief from the humid conditions as we departed. Gentle seas facilitated multiple friendly conversations as we navigated south through the narrow channel. Carolyn had such a wide circle of outdoor friends; several of us were meeting for the first time.

The constricted corridor widened as we passed Howard Point on the right. One member of the party was suffering from shoulder discomfort, so she decided to stop at the beach in Thomas Bay and wait. We would pick her up on our return.

As we progressed into a bay called Middle



Paddlers arrive at a sandy beach on Upper Coombs Island

Ground, a rower joined us. She had paddled north from her home on Foster Point to participate. The flotilla angled southwest and continued past Woodward Point to Upper Coombs Island, one of Carolyn's favored lunch spots.

We landed on a sandy beach and gathered on ledges above. Several of us reminisced about stopping at the same location on one of Carolyn's trips during the pandemic.

After lunch, we assembled in Woodward Cove and tossed our flowers into the water in re-

membrance of Carolyn. The tailwind on the return was a delight. Our ailing companion reconnected with us as planned.

After disembarking, Dave led several of us to the nearest ice cream parlor, a traditional ending to a Carolyn Welch trip.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more sea kayak trips on the Maine coast. Also included is a description of a St. John River canoe trip led by Carolyn and Dave and an inspiring story about Carolyn's participation in

the Kenduskeag Stream Canoe Race when she was 80.

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

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Arts & Entertainment

Join PRLT for annual meeting in Standish



STANDISH, ME -- You are invited to celebrate the past year and get a glimpse into what is to come at Presumpscot Regional Land Trust's Annual Meeting at Randall Orchards on Sunday, September 29th, starting at 5 pm.

5:00 pm: Socialize and enjoy snacks and cider

5:45 pm: Welcome and slideshow highlights from the last year



6:00 pm: Strategic Plan

6:15 pm: Annual meeting and member votes

6:25 pm: Wrap up and enjoy the sunset over the orchard

Come early and enjoy apple picking at Randall Orchards. The Randall family owns Randall Orchards, and the Presumpscot Regional Land Trust holds a 500-acre conservation and agricultural easement on the orchard and surrounding forest.

Clothes galore at Gorham's Mission of Hope Clothes Closet

GORHAM, ME -- 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 our local second-hand shops. 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!

Gorham School Dept. invites community to book talk

GORHAM, ME Community Book Talk! -- You are invited to participate in an upcoming Gorham School community!

JOIN US FOR A
COMMUNITY BOOK TALK!

THE ANXIOUS GENERATION

We're excited to invite you to a special book talk event hosted by two of our Gorham administrators, Christina Cifelli and Deanna Etienne!

THE BOOK:
THE ANXIOUS GENERATION
by Jonathan Haidt
PARENT/GUARDIAN MUST PURCHASE THEIR OWN BOOK.

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WHEN:
3 EVENINGS IN OCTOBER (TBD)
6PM-7PM

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ZOOM
(LINK TO BE PROVIDED)

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The Anxious Generation

How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness

Jonathan Haidt

Cowriter of The Coddling of the American Mind

Please email Christina Cifelli at christina.cifelli@gorhamschools.org to reserve your spot. Don't miss this opportunity to engage in meaningful discussions and connect with our school community!

Food truck Summer Thursdays bring dinner to Gorham

GORHAM, ME - Food truck Summer Thursdays hosted by the Economic Development Division are back, starting with the first event on the summer solstice - Thursday, June 20.

Folks can catch a rotating selection of food trucks every Thursday through September 28th at the Little Falls Recreation Area (664 Gray Road, Gorham).

We offer a different selection of vendors each week (~7-8 total) from 4pm - 8pm, and the setting is very fami-

ly-friendly complete with ample green space, music, and lawn games. It's the perfect way to spread out and enjoy a Maine summer afternoon at its finest.

This year, the Town is offering space to local organizations and businesses to engage the community and get the word out about exciting offerings and opportunities available to the Gorham.

We are grateful for the support of Gorham Savings Bank, which is sponsoring the purchase of 150 lawn chairs for visitors to utilize each Thurs-

day. Beach blankets and chairs are still welcome!

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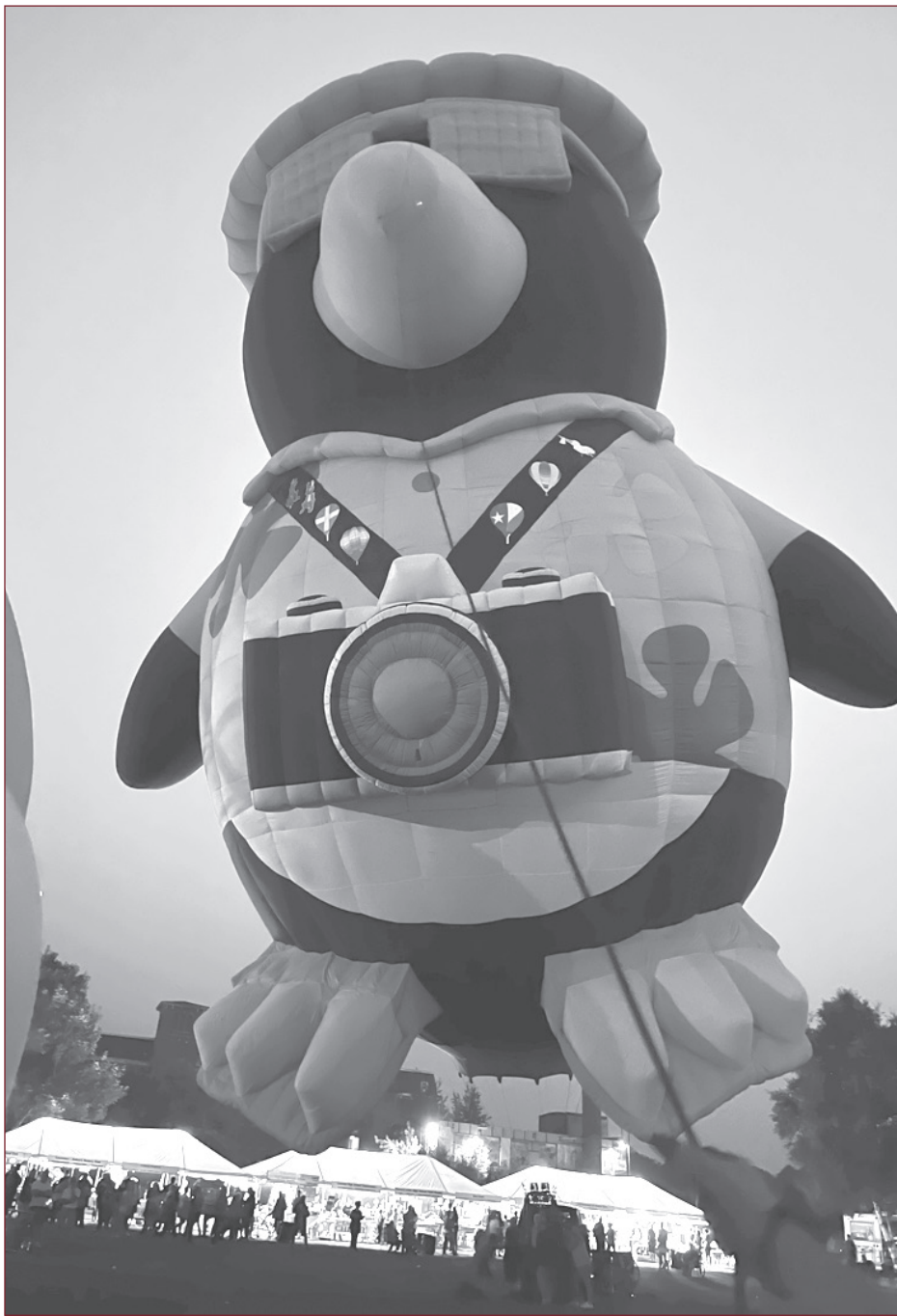


Photo by Izzac MacDonald

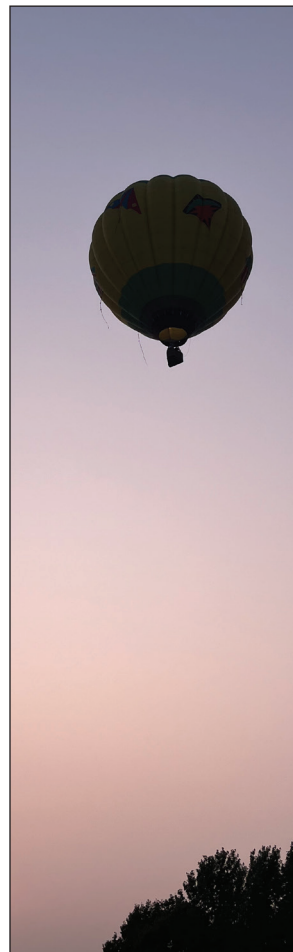


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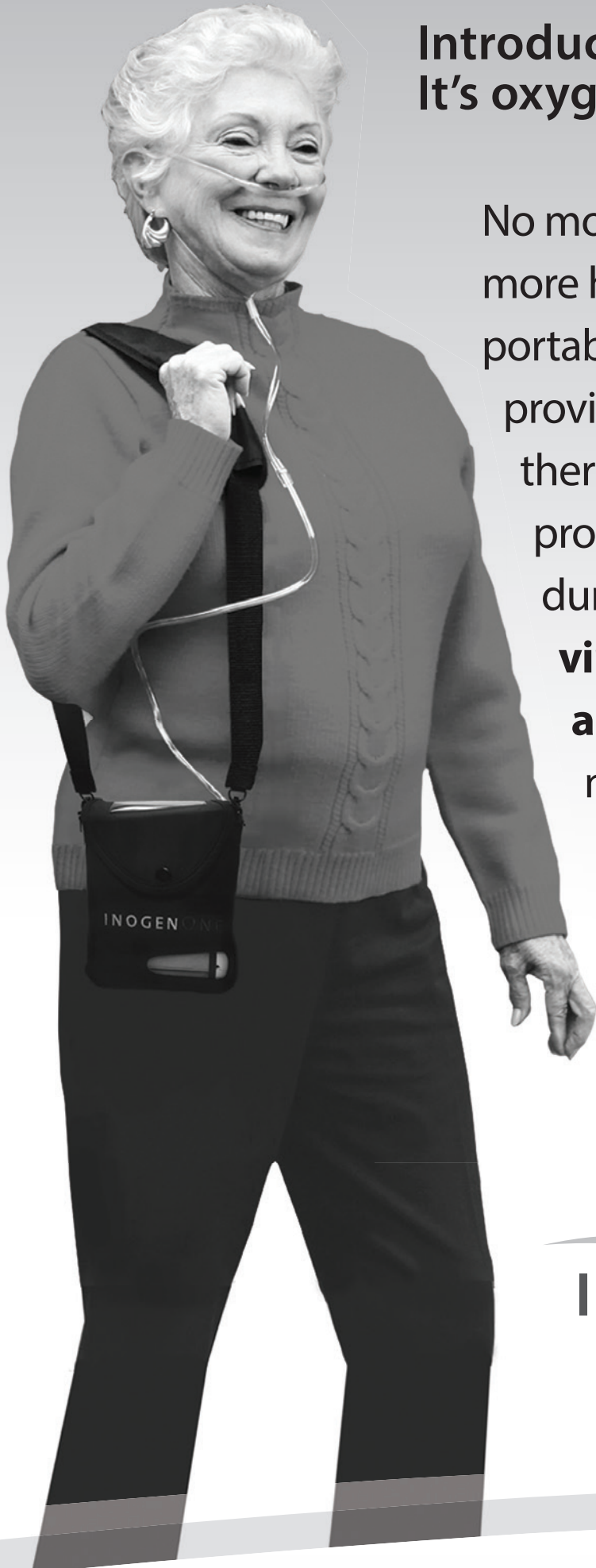
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Webinar designed to reduce falls among older adults

SOUTHERN MAINE – Falls are not a normal part of aging, but they are one of the greatest causes of serious injury and injury-related deaths among people age 65 and older. In fact, every eleven seconds an older adult is treated in the emergency room after experiencing a fall. As part of our work to support the well-being of aging Mainers, SMAA is

offering four free webinars to provide resources, tools, and best practices for older adults and their families to learn how to reduce fall risks and injuries.

“At SMAA, we want to ensure that older Mainers can live their healthiest and most fulfilled lives. Both the physical and social aspects of our wellness programs support each individual’s well-being, al-



lowing them to live with independence and dignity in their own communities. We’re so thankful for the dedicated staff and vol-

unteers who make these services possible,” says Megan Walton, CEO at Southern Maine Agency on Aging.

The Falls Prevention webinar series will be held on Mondays September 9, 16, 23, and 30 from 2-3pm. Topics include:

From Awareness to Action: 6 Steps to Prevent Falls (in partnership with the National Council on Aging)

Stepping out Strong: Building Strength and Balance to Prevent Falls (in partnership with the Bone

Health & Osteoporosis Foundation)

Tai Chi: Prevent Falls by Strengthening the Body and Focusing the Mind

Changing Thoughts and Behavior: You Have the Power to Prevent Falls.

This series is free, but registration is required.

Sign-up online at www.smaa.org/Events or call SMAA’s Agewell team at 207.396.6578.

National Guard hosts Military Retiree Activity Day

By Tech. Sgt. Sarah Myrick

AUGUSTA, ME -- The Maine National Guard welcomed over 150 military retirees and veterans to Camp Chamberlain for the 26th annual Northern New England Military Retiree Activity Day on Aug. 17, 2024. This regional event, which rotates between Maine, New Hampshire, and Vermont, returned to Maine, offering a robust lineup of resources and services to the military community.

Originally designed to inform military retirees about available bene-

fits and services, the event has evolved into a broader gathering, serving both retirees and veterans.

“The event was originally developed to provide information to military retirees on the different benefits and services available to help them but has morphed into a retiree and veteran-focused event,” said Sgt. 1st Class Andrei Mellits, State Retirement Services Officer for the Maine National Guard.

This year’s event featured over 40 vendors, including prominent organizations like USAA, the American Legion, the

Maine Bureau of Veterans Services, and the Armed Forces Retiree Association. Attendees had access to a variety of services, including Judge Advocate General legal services, an ID card station, and briefings from the Department of Veteran’s Affairs, Tri-care, and Martin’s Point Healthcare.

“The biggest obstacle we see when it comes to retirement is the unknown,” said Mellits, highlighting the importance of events helping veterans navigate the complexities of retirement benefits. “Veterans get their retirement letter, and they throw it in a drawer



Vendors and veterans discuss retiree benefits at 26th Annual Northern New England Military Retiree Activity Day hosted by the Maine National Guard on Aug. 17, 2024, at Camp Chamberlain in Augusta, ME. Photo by Tech. Sgt. Sarah Myrick, Maine National Guard.

somewhere and don’t know what they’re eligible for.”

To address this, the Maine National Guard conducts about a dozen retirement briefings annually, ensuring that Maine’s Soldiers and Airmen and their families are well-informed about their benefits before reaching retirement.

As the event concluded, Mellits encouraged all eligible individuals to attend next year’s gathering in New Hampshire.

“Things change all the time, and not every event has the same vendors,” he noted. “There are close to 40 vendors, and there’s only so much time, making

it difficult to visit each one in a day.”

The Northern New England Military Retiree Activity Day remains a vital resource for the military community, offering a platform for veterans and retirees to connect, learn, and access the support they need.

Letter to the Editor: Your voice matters in Maine’s fight against climate change!

The Maine Climate Council is updating the state’s action plan, “Maine Won’t Wait” and they want your input. This action plan addresses important topics such as strategies to protect our communities and prepare for the future.

Earlier this year, expert statewide working groups compiled draft climate strategies and pre-

sented them to the council. All Mainers now have the opportunity to provide feedback regarding these draft climate strategies.

The state’s action plan is incredibly important to our future and generations to come, which is why we should make our voices heard. Please consider taking the survey and sharing your thoughts so that the

Maine Climate Council can continue to advocate for positive enhancements to our state plan.

To access the survey, visit www.maine.gov and search for “2024 Draft Climate Strategies & Survey”. The deadline to participate is September 20th.

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Thursdays through Sept 5

WILTON -- Opening Minds through Art, Thursdays August 1 – September 5, 1 pm – 2 pm at Education Center of SeniorsPlus at 284 Main St., Suite 100, Wilton

Through a series of classes, OMA engages adults with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Aug 31

BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, August 31, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.

Wearing of face masks for those who wish is optional.

Hand sanitizer is available for those who wish to use it.

Aug 31

AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, August 31st from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casse-

Calendar

Send your submissions to the Editor. More online.

roles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

Summer 2024

NORWAY -- Art Exhibition "If You Lived Here, You Would ..." at the award-winning Gingerbread House, Main Street, Norway, Maine. The show will dialogue with the history of this incredible edifice, which pours out of its every nook and cranny. "If You Lived Here You Would..." is a consideration of the home's past that offers a glimpse into its potential future through a selection of sculptures, paintings, drawings, and mixed-media pieces—brought to western Maine for the very first time—by a group of internationally recognized and acclaimed artists.

Sept 4, 11, 17, 25

LEWISTON -- The Oasis of Music begins its 2024-25 season on Wednesday September 4 with a performance by Denny Breau. Doors open at noon for a 12:30 start.

9/4. Denny Breau, songs and guitar stylings

9/11 John Smedley, jazz guitar, bass

9/17 (Tuesday!)

Chris Lansley, flute and piano

9/25 Barry Lawson, mandolin and guitar

The Oasis of Music is a weekly music series held at Trinity Commons, 247 Bates Street in Lewiston. Music begins at 12:30 and continues for 30 or 40 minutes. Admission is free, with donations accepted. For more information call 344-3106.

Thursdays starting Sept 5

LEWISTON -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm, starting September 5th, 2024.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

R e c o m m e n d e d for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is

free, open to the public and no registration is required.

Sept 8, 14

Join the DaPonte String Quartet with new violinist, Philipp Ellsner in a performance of Mozart's Quartet in Bb Major, K. 589 and Beethoven's epic Quartet in Eb Major, Op. 127

Sunday September 8 at 7:00 Old Walpole Meetinghouse Candlelight Concert, State Rt. 129, Walpole

(<https://oldwalpolemeetinghouse.org/> for tickets)

Saturday September 14 at 4:00 Great Cranberry Island Church

Tickets and additional information at dapontequartet.org

Sept 13

ONLINE -- The University of Maine Cooperative Extension's Summer Equine Speaker Series. Three events, all of which will start at 6 p.m., will be held on the following days:

Sept. 13: Elissa Ballman will review various insect pests, ways to mitigate bugs and new research.

Registration is required to receive the webinar links for this free series. For more information and to register, visit the program webpage.

Sept 14

LEWISTON -- From 12 noon to 3 PM 4th Annual Rally for Recovery

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Sept 18

LEWISTON -- The Ladies of St Anne Sodality, Prince of Peace Parish will be holding their General Membership Meeting September 18, 2024 at the Holy Family Parish Hall. A Casserole Supper will be served at 6PM. Tickets are \$5.00 and are available by contacting any of the officers or by calling 782-4516. The Meal ticket must be purchased by September 9, 2024.

Installations of Officers, Counselors and Honorary Members will take place.

Sept 20

LEWISTON -- Friday, September 20th at 10am the Lewiston Public Library Children's Department will be offering the program Baby Footprints Keepsakes. Caregivers and their infants will be able to create a baby foot-

prints keepsake using the imprints of their children's feet on salt dough.

This activity is recommended for caregivers with children ages 0-24 months old. This program will take place in the Children's Department on the third floor of the library. The activity is free and there is no registration required.

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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
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