

North Gorham Public Library Director retires

GORHAM, ME -- After two years of fostering our community's appreciation for good books and good company, The North Gorham Public Library Director, Lea Sutton decided it was time to retire. She has quite a long list of mostly fun things she plans to dive into, including a stack of books she hasn't had time to read. If you belong to our book club, you'll get to visit with her every month, and we're hoping that once she settles down a bit from the joy of no longer working, we can entice her to volunteer now and then. Thank you, Lea, for the many gifts you brought to our library



Lea Sutton (L) Diane Atwood (R)



and each one of us.

Lea's last day was July 31st and since then, Diane Atwood has stepped into her shoes. Atwood wrote: "I knew from being the Assistant Librarian there were far more responsibilities than most people realize. I also knew that when the Board offered

me the position, I would forever be disappointed if I didn't accept. Since childhood, libraries have been sacred spaces for me, and when my daughters were young, I wondered if someday, I could become a librarian. So, here I am! I hope I can live up to the strong example of all the li-

brarians in our community who have come before me.

Thankfully, it won't be a solitary commitment. We have a devoted board, many wonderful volunteers, and a new Library Assistant — Debbie Ledoux from Standish. Recently retired from a career as a dental hygienist, Debbie was looking for a part-time job that brought her joy. Being surrounded by friendly people and books begging to be read fit the bill! Welcome, Debbie!

We hope you'll come in to visit us soon and often. As did Lea, we all have an appreciation for good books and good company!"

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.

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!

UUCB Concerts for a Cause presents Pousette-Dart Duo

BRUNSWICK, ME -- Jon Pousette-Dart, best known as leader of the classic 70's folk rock group, the Pousette-Dart Band, will be performing with bandmate Jim Chapdelaine at the Unitarian Universalist Church of Brunswick on FRIDAY, September 20th, 2024 at 7:30 pm as part of the UUCB Concerts for a Cause. All proceeds from the concert will be donated to the Brunswick Area Teen Center and Maine Family Planning.

The Pousette-Dart



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Band was a mainstay of album radio, a favorite on the college circuit and became one of the busiest touring groups in the US working with such acts as The Byrds, Bonnie Raitt, Little Feat, The Eagles, James Taylor, The J. Geils Band, and many more. They released 4 albums of harmony-filled, country-tinged folk-rock, and got plenty of radio play with songs including "Amnesia," "What Can I Say," and "Freezing Hot."

Although the band formally broke up in 1981, Jon Pousette-Dart continued writing and producing and recording again on his own. He's turned out five solo albums. The band members reunited in 1991 for a series of concerts, and

See UUCB, page 14

Newsmakers, Names & Faces

John T. Gorman Foundation awards \$1.5M in grants

PORTLAND, ME – The John T. Gorman Foundation has awarded 79 grants totaling \$1.5 million to provide food, shelter, and other essential services to Mainers in need through its 2024 Direct Services Grant Program.

“The latest numbers show that 42% of Maine households do not earn high enough incomes to cover essential living costs – that includes a third of Maine families with children. The record number of applications we received for this year’s Direct Services Grant Program reflects that incredible need for assistance in securing essentials like food and housing,” said Jennifer Beck, Vice President of Programs for the John T. Gorman Foundation. “With this year’s Direct Services grants, the John T. Gorman Foundation is privileged to be able to strengthen the efforts of nonprofit organizations who are stepping in to fill those unmet needs in our communities.”

This year, the Foundation awarded half of its Direct Services Grants to organizations focused on food insecurity and housing needs. Additional grants went to fund initiatives that provide health care, legal aid, language assistance, transportation, sexual assault and domestic violence support, and other services.

The John T. Gorman Foundation is a private foundation based in Portland, Maine, with a mission to make Maine a more equitable place where all children and families can thrive. This

focus reflects the recognition of our founder Tom Gorman that his personal success and achievement were largely derived from the support provided to him by his family and community, as well as his desire to provide those with fewer advantages opportunities to succeed.

The Foundation would like to thank all the nonprofit organizations who applied for this year’s Direct Services Grant Program. A list of 2024 grantees is below. Full descriptions of the grants, including counties served, are available at <https://www.jtgfoundation.org/2024/06/foundation-awards-1-5-million-in-grants-to-meet-critical-needs-for-maine-people/>.

Area Interfaith Outreach, Rockland – \$15,000

Aroostook Area Agency on Aging, Presque Isle – \$20,000

Bangor Area Homeless Shelter, Bangor – \$20,000

Bethel Area District Exchange and Food Pantry, Bethel – \$10,000

Caring Unlimited, Sanford – \$20,000

Catholic Charities Maine, Portland – \$20,000

Center for the Advancement of Rural Living, Caribou – \$20,000

CHiP, Inc., Newcastle – \$10,000

commonspace (formerly Amistad), Portland – \$15,000

Community Care, Bangor – \$30,000

Community Dental, Portland – \$20,000

Day One, Windham – \$20,000

Eastern Area Agency on Aging, Brewer –

\$25,000

Emmanuel Lutheran Episcopal Church - Bridging the Gap, Augusta – \$15,000

Family Planning Association of Maine, Augusta – \$15,000

First Congregational Church of Waterville, Maine / Waterville Area Essentials Closet, Waterville – \$15,000

FootPrints Food Pantry, Kittery – \$20,000

Friends in Action, Ellsworth – \$15,000

Greater Portland Family Promise, Portland – \$20,000

Hand in Hand, Mano en Mano, Milbridge – \$30,000

Harrison Food Bank, Harrison – \$10,000

Healthy Acadia, Ellsworth – \$15,000

Homeless Services of Aroostook Inc., Presque Isle – \$30,000

Ifka Community Services, Lewiston – \$5,000

Intercultural Community Center, Westbrook – \$20,000

Jewish Community Alliance of Southern Maine, Portland – \$20,000

Knox County Homeless Coalition, Rockport – \$25,000

Lake Region Senior Service, Bridgton – \$12,000

Legal Services for Maine Elders, Augusta – \$20,000

Loaves and Fishes Food Pantry, Ellsworth – \$20,000

Locker Project, Portland – \$15,000

Lubec Community Outreach Center, Lubec – \$10,000

Mabel Wadsworth Women’s Health Center, Bangor – \$25,000

Machias Area Food Pantry, Machias – \$25,000

Maine Association for New Americans, Portland – \$25,000

Maine Coalition

Against Sexual Assault, Augusta – \$15,000

Maine Coast Fishermen’s Association, Brunswick – \$25,000

Maine Highlands Senior Center, Dover-Foxcroft – \$15,000

Maine Medical Center, Portland – \$15,000

Maine Multicultural Center, Bangor – \$10,000

Maine Needs, Portland – \$15,000

Maine School Administrative District 75, Topsham – \$20,000

Maine Seacoast Mission, Northeast Harbor – \$30,000

Mainely Smiles, Portland – \$25,000

MCH, Inc., Rockland – \$20,000

Midcoast Community Alliance, Bath – \$20,000

Mid-Maine Homeless Shelter, Waterville – \$30,000

Milestone Recovery, Portland – \$25,000

Neighbors Driving Neighbors, Mount Vernon – \$12,000

New Beginnings, Lewiston – \$20,000

New England Arab American Organization, Portland – \$25,000

New Hope Midcoast, Rockland – \$25,000

Next Step Domestic Violence Project, Ellsworth – \$20,000

Northern Lighthouse Inc., Presque Isle – \$30,000

Oasis Free Clinics, Brunswick – \$25,000

Penobscot Community Health Care, Bangor – \$25,000

Penquis C.A.P., Inc., Bangor – \$20,000

Piscataquis Regional Food Center, Dover Foxcroft – \$30,000

Preble Street, Portland – \$30,000

Promise Early Education Center, Lewiston

JOHN T. GORMAN FOUNDATION

2024 DIRECT SERVICES GRANT PROGRAM



\$1.5 million awarded to 79 nonprofits, in all 16 Maine counties.

LARGEST AREAS OF GIVING



Food Assistance



Homelessness and Housing

OTHER AREAS ADDRESSED



Domestic Violence & Sexual Abuse



Healthcare & Oral Health



Transportation



Household/Hygiene Needs


THE JOHN T. GORMAN FOUNDATION WOULD LIKE TO THANK ALL THE ORGANIZATIONS WHO APPLIED TO THIS YEAR'S DIRECT SERVICES GRANT PROGRAM FOR THEIR INCREDIBLE WORK. BELOW ARE OUR 2024 GRANTEEES.


Area Interfaith Outreach, Aroostook Area Agency on Aging, Bangor Area Homeless Shelter, Bethel Area District Exchange and Food Pantry, Caring Unlimited, Catholic Charities Maine, Center for the Advancement of Rural Living, CHiP, Inc., commonspace -- formerly Amistad, Community Care, Community Dental, Day One, Eastern Area Agency on Aging, Emmanuel Lutheran Episcopal Church - Bridging the Gap, Family Planning Association of Maine, First Congregational Church of Waterville, Maine / Waterville Area Essentials Closet, FootPrints Food Pantry, Friends in Action, Greater Portland Family Promise, Hand in Hand, Mano en Mano, Harrison Food Bank, Healthy Acadia, Homeless Services of Aroostook Inc., Ifka Community Services, Intercultural Community Center, Jewish Community Alliance of Southern Maine, Knox County Homeless Coalition, Lake Region Senior Service, Legal Services for Maine Elders, Loaves and Fishes Food Pantry, Locker Project, Lubec Community Outreach Center, Mabel Wadsworth Women's Health Center, Machias Area Food Pantry, Maine Association for New Americans, Maine Coalition Against Sexual Assault, Maine Coast Fishermen's Association, Maine Highlands Senior Center, Maine Medical Center, Maine Multicultural Center, Maine Needs, Maine School Administrative District 75, Maine Seacoast Mission, Mainely Smiles, MCH, Inc., Midcoast Community Alliance, Mid-Maine Homeless Shelter, Milestone Recovery, Neighbors Driving Neighbors, New Beginnings, New England Arab American Organization, New Hope Midcoast, Next Step Domestic Violence Project, Northern Lighthouse Inc., Oasis Free Clinics, Penobscot Community Health Care, Penquis C.A.P., Inc., Piscataquis Regional Food Center, Preble Street, Promise Early Education Center, Rangeley Health and Wellness, River Valley Healthy Communities Coalition, Rural Community Action Ministry, Safe Voices, Saint Andre Home, Seeds of Hope Neighborhood Center, Southern Maine Agency on Aging, St. Luke Food Pantry, Table of Plenty, The Drop-in Center, The Root Cellar, Trinity Jubilee Center, Unitarian Universalist Association, United Recovery Fund, Unity Barn Raisers, Veterans Inc., Wabanaki Public Health and Wellness Inc., Waterville Area Soup Kitchen, Winthrop Food Pantry

MORE INFORMATION AT WWW.JTGFOUNDATION.ORG

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Saint Andre Home, Bangor – \$25,000
 Seeds of Hope Neighborhood Center, Biddeford – \$25,000
 Southern Maine Agency on Aging, Biddeford – \$15,000
 St. Luke Food Pantry, Portland – \$10,000
 Table of Plenty, Berwick – \$10,000
 The Drop-in Center, Auburn – \$5,000
 The Root Cellar, Lewiston – \$25,000
 Trinity Jubilee Center, Lewiston – \$15,000
 Unitarian Universalist Association, Sanford – \$10,000
 United Recovery Fund, Portland – \$15,000
 Unity Barn Raisers, Unity – \$15,000
 Veterans Inc., Worcester – \$25,000
 Wabanaki Public Health and Wellness Inc., Bangor – \$10,000
 Waterville Area Soup Kitchen, Waterville – \$15,000
 Winthrop Food Pantry, Winthrop – \$19,000

Newsmakers, Names & Faces

Local educator announced as Teacher of the Year state finalist

AUGUSTA, ME – Four Maine teachers were announced today as the State Finalists for the 2025 Maine Teacher of the Year program.

High school science teacher Allyson Gilbert from Sagadahoc County, fourth-grade teacher Becky Hallowell from Lincoln County, high school science teacher Katie Strait from Cumberland County, and high school English language arts teacher Emilie Throckmorton from Penobscot County were all selected to move forward in the Teacher of the Year process and were chosen from the 2024 Maine County Teachers of the Year.

“Allyson, Becky, Katie, and Emilie are extraordinary educators who care deeply about their students, schools, and communities. They lift up everyone around them, are passionate about their profession, and are true champions of all students and schools in Maine. These four finalists represent the best qualities of Maine’s amazing educators, and I congratulate them on this well-deserved honor,” said Maine Education Commissioner Pender Makin.

One of the four State Finalists will be named the 2025 Maine Teacher of the Year, an honor awarded each year to one teacher in Maine. The announcement will be in October after the final stages of the selection process are complete. Maine’s Teacher of the Year serves as an advocate for the teaching profession, Maine schools, and students, and represents Maine in the National Teacher of the Year program.

A member of their community nominated each educator for their exemplary service in education and dedication to their students. They were selected by a distinguished panel of teachers, principals, and business community members from a pool of hundreds of other nominated teachers in their communities. The Maine Department of Education, Educate Maine, the Maine State Board of Education,

and the Maine County and State Teacher of the Year Association made the announcement about the finalists.

“The state finalists are excellent examples of the inspiring and innovative teaching that happens each day in Maine classrooms. Congratulations to each of them and their districts,” said Dr. Jason Judd, Executive Director of Educate Maine. “Maine is fortunate to have so many inspiring educators working each day to ensure that learners have what they need to be successful, and we look forward to working with these four and the entire 2024 County Teacher of the Year cohort as they continue their journey as teacher leaders and ambassadors for the profession.”

“Our teaching workforce drives the quality of our schools and education system here in Maine, and these state finalists exemplify the qualities we look for. They’re innovative, dedicated, and committed to ensuring all Maine learners receive a high quality and supportive education,” said Fern Desjardins, Chair of the Maine State Board of Education. “Congratulations to all!”

This group of outstanding educators has impressed me from the first day that I met them,” said Joshua Chard 2024 Maine Teacher of the Year. “They approach this important work from a place of passion and caring, and it has been amazing to learn from them and with them. I know that Maine schools are in good hands with educators like them representing the teaching profession in our state.”

“We are thrilled to continue learning from these four finalists and are excited to gain further insights from these outstanding Maine educators,” said MCSTOYA co-presidents Jessica Harvey and Hillary Bellefleur. “They exemplify the professionalism, compassion, and dedication that characterize teachers across our state. Their impact on their students, communities, and the state is profound, and



Katie Strait, Baxter Academy for Science and Technology, Portland, 2024 Cumberland County Teacher of the Year

we look forward to supporting them in showcasing the strengths and continuing the growth of Maine’s public education system.”

Allyson Gilbert
Mt. Ararat High School, Topsham

2024 Sagadahoc County Teacher of the Year

“Being part of the Teacher of the Year program is a tremendous honor and I am immensely proud to represent my school, district, and community. I am excited to continue highlighting the outstanding work of Maine educators who make a real difference every day, while also having the opportunity to learn and grow alongside such dedicated professionals.”

Allyson Gilbert teaches 9th grade physical science and 10th grade biology at Mt Ararat High School in Topsham, Maine. Gilbert earned her Bachelor of Science in Biological Sciences with a minor in Chemistry from Salve Regina University in Rhode Island, and earned her Master of Science in Wildlife Conservation and Management - Professional Wildlife Biologist from Unity College in Maine. She is the 2024 Sagadahoc County Teacher of the Year. Gilbert’s pedagogy is centered around project-based learning with an emphasis on connecting topics to local and global contexts. Her passion has led her to create student travel opportunities to locations such as Belize, Panama,



Becky Hallowell, Wiscasset Elementary School, Wiscasset, 2024 Lincoln County Teacher of the Year

and Greece. Gilbert firmly believes in the power of connection, and seeks opportunities to cultivate meaningful relationships with her students, co-workers, and members of the community. Committed to creating a cohesive school community outside of her classroom, Gilbert serves as a class advisor, a member of the attendance team, and a part of her school’s advisory committee. She is a lifelong learner, and frequently attends workshops and conferences in order to inform her own teaching practices. Recently, Gilbert has presented at two conferences on the importance and value of nature-based play and learning. When not teaching you can find her traveling, reading, or spending a relaxing night with her tortoise, Igor.

Becky Hallowell

Wiscasset Elementary School, Wiscasset

2024 Lincoln County Teacher of the Year

“The Maine Teacher of the Year process has allowed me to honor past teachers, like my mother, who dedicated her career to her first-grade students, as well as current teachers like my colleagues in Wiscasset and those who taught my sons. Most importantly, celebrating Maine’s talented educators plays an important role in inspiring our current students to become our future teachers.”

Becky Hallowell teaches fourth-grade students at Wiscasset Elementary School, on the bank of the Sheepscot River in Wiscasset, Maine. Hallowell earned her Bachelor of Arts degree in Early Childhood Education from the University of Maine at Farmington in 1994 and then received her Master of Science in Educational Leadership from the University of Southern Maine in 2011. She is the 2024 Lincoln County Teacher of the Year. Hallowell embraces a pedagogy that honors nature and place-based learning, establishing connections between students and the local, state, and global community. She believes learning is more powerful when linked to content that students

personally value and find meaningful as they engage in project-based learning. While she finds great joy in supporting student learning, Hallowell commits to her own learning and that of her colleagues both as a mentor and a mentor trainer. She has teamed with the Maine Math and Science Alliance in a research project connecting place-based learning and science sense-making, presenting her work to other educators at conferences. Hallowell also collaborated with her teaching partner and a University of Maine at Farmington professor to connect preservice teachers with fourth-grade students to discuss literature. She presented this work with her partners at the National Council for Teachers of English conference in 2023. Hallowell enjoys exploring new trails in her free time, often finding a lesson in a unique mushroom or rock formation. She lives in Whitefield with her husband, three sons, and pesky kitty.

Katie Strait

Baxter Academy for Science and Technology, Portland

2024 Cumberland County Teacher of the Year

“The Maine Teacher of the Year program not only highlights the achievements of individual

See **Teacher**, page 9

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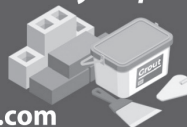
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North Monmouth

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New Ventures Maine offers free website development courses

AUGUSTA, ME— New Ventures Maine is offering an online class this fall, Build Your Business Website, designed to empower small business owners to create a website that fits their business model. The class will be offered at no charge to participants and is made possible through Empower by GoDaddy in partnership with New Ventures Maine.

Build Your Business Website is offered online using a design and development platform. Participants will attend live demo webinars for creating their

site, network with other Maine entrepreneurs, learn how to manage and update their site, and extend marketing efforts online.

Two class times are available for participants to choose from:

Tuesdays, September 17 – October 22, 3:00 – 4:30 p.m. (6 sessions); or

Wednesdays, October 23 – December 4, 6:00 – 7:30 p.m. (6 sessions)

Class topics include:
- Define your Brand Website
- Design a Great Website
- Create Compelling Website Content



- Build Your Website with GoDaddy's Website Builder
- Search Engine Optimization (SEO) Fundamentals
- Social Media Essentials
- E-Commerce
- Email Marketing

All levels of experience with technology are welcome.

"This course offers all of the tools and technical support needed for business owners to develop their website, from branding to site building, content to marketing, and

beyond," said Alicia LaFosse, microenterprise program manager for New Ventures Maine and one of the workshop facilitators. "We are pleased to offer entrepreneurs in Maine this free program to boost small business marketing and sales online."

Entrepreneurs who participate in the class receive free tools, including:

- Domain name (.com or .org)
- Web site hosting (commerce or non-commerce)
- Branded email address

Empower Alumni annual discount program

Pre-registration is required and accessible online at <https://newventuresmaine.org/classes/>. For more information, contact Alicia LaFosse at 207-753-6581 or alicia.lafosse@maine.edu.

Call for artists

BOOTHBAY, ME -- The Boothbay Region Art Foundation has issued a Call for Artists for their LARGE format Art in Maine juried exhibition to be held at the BRAF gallery October 5 - November 9.

The Art in Maine exhibition is open to all Maine artists working in a LARGE 2D format in various mediums and styles. Small sculptures are also welcome.

Prizes will be awarded.

Works will be juried by Bob Keyes, former Arts and Culture writer for the



Carol Wiley, Best in Show 2023

Portland Press Herald and Maine Sunday Telegram and is currently Editorial Director at Colby College

in Waterville. Prospectus and other details are available on the gallery's website: boothbayartists.org

UMaine launches preparing for retirement online program

ORONO, ME — Registration is open for a new online professional development program titled "What's Next? Planning Your Transition to Retirement," with each class to be held biweekly from 6–7:30 p.m. on Sept. 10 and 24, Oct. 8 and 22, and Nov. 12 and 26.

The newest program in the University of Maine Division of Lifelong Learning's Professional Development and Continuing Education portfolio is designed to help individuals navigate retirement's emotional and psychological hurdles. "What's Next? Planning Your Transition to Retirement" aims to provide soon-to-be and newly retired professionals with the skills and resources needed to successfully transition into this new chapter of their lives.

While numerous resources focus on financial planning, legal issues and physical transitions, this program takes a unique approach by concentrating on emotional well-being during the retirement transition. Key features of the program include:

Skills and resources



for social-emotional development.

Strategies for enhancing resilience and coping with transitions.

Opportunities to establish new social connections with other participants.

Guidance on finding purpose and meaning in retirement.

The instructor is Pat McCabe, a New Hampshire-based human resources partner with 24 years of experience connecting people to resources at nonprofit organizations and in higher education. She holds master's degrees in counseling and higher education administration.

"Retirement is not just about finances; it's a major life transition that can bring about a range of emotions and challenges," said McCabe. "Our goal is to equip participants with the tools and support they need to enhance their resilience, establish new

social connections and thrive in this next phase of their lives. It's a chance to renew and repurpose ourselves."

The program will be offered synchronously via Zoom, allowing participants to engage with the instructor and fellow attendees in real time. Between classes, there will be reading assignments and exploratory activities to deepen the learning experience.

The program fee is \$250, and need-based scholarships are available. Participants will receive a certificate of completion for nine contact hours.

For additional details or to request a reasonable accommodation, contact Lauren Campe, um.continued@maine.edu; 207.581.3143. Early registration is recommended as spots are limited. More information about upcoming professional development programs, including how to register, is online.

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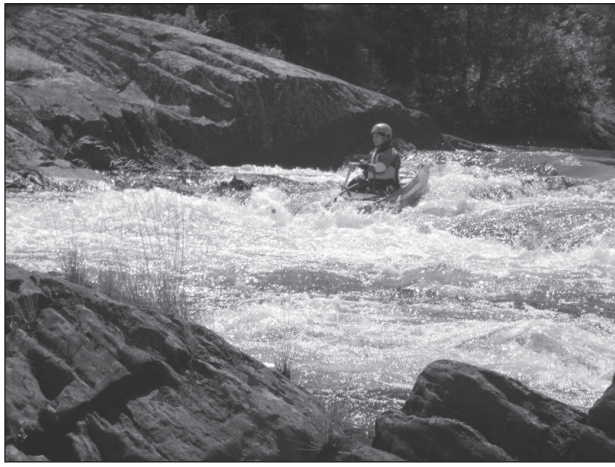
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Seniors Not Acting Their Age

Chowderhead Weekend



Krea Galway plunges through a falls on Roll Dams



Swift water rescue training includes retrieving a pinned canoe



A kayaker paddles scenic Indian Pond

Each July, the Penobscot Paddle & Chowder Society (PPCS) organizes a long weekend of exciting outdoor activities collectively called the Summer Picnic. For many years, base camp for the picnic has been Webb's Campground in West Forks and we were back there again this year.

The entertainment began Friday with a swift water rescue clinic on the lower Dead River in the Forks. Organized by club vice-president, Eggman DeCoster, the invaluable training was provided by licensed instructors with Northeast Whitewater Rafting and Moose Tours. Topics such as the dangers of entrapment, safe wading and swimming in whitewater, throwing a rope to assist a rescue, and recovering a pinned boat were included. Nine club members and non-members participated.

While the rescue seminar was taking place, Ryan Galway was leading a whitewater trip on the Roll Dam section of the West Branch of the Penobscot River. A series of Class III ledge drops begins below the dam at the outlet of Seboomook Lake in northwestern Maine. Fourteen people in 13 boats participated completing two runs on the relatively short stretch of exciting

rapids. There were some spills and swims on the first course; however, everyone was successful the second time around. The highlight of the day was 14-year old Krea Galway completing her first descent in a solo canoe. Only one portage was required and she vows to accomplish the difficult plunge next time. Afterwards, the crew joined Chowderheads camping at Webb's Campground.

On Saturday, about thirty canoeists, kayakers, rafters, and shredder paddlers met Justin Stimpson, owner of Ironbound Outdoors, in the Forks for a shuttle to the Dead River put-in at the mouth of Spencer Stream. The trip was coordinated by Adam Chase. Flagstaff Dam was releasing 2400 cubic feet per second (CFS), an ambitious Class III-plus level. Justin managed to load all the boats onto a van and trailer, but needed two vans to transport the large group of paddlers on the rough 16-mile drive.

At the congested put-in, Adam directed all paddlers to meet at a sandy beach at the bottom of the first rapid, Spencer Falls, for trip instructions and a safety talk. When we assembled at the beach, Adam separated the party into two teams to make the large number of paddlers

more manageable and easier to account for participants.

Then the fun began as we paddled 16 miles of rapids over the next five hours. The day was filled with thrills and a few capsize. When the mishaps occurred, Chowderheads trained in swift water rescue were immediately on the scene to assist in recovering paddlers and their boats. The most exacting rescue of the day was when canoeist, Me Timbers, flipped and swam in Upper Poplar Falls. Club members were able to get paddler and boat ashore but on opposite sides of the river just above the lengthy Class IV Lower Poplar Falls. A shredder team reunited Me and his canoe, and the entire group aced Lower Poplar.

As the excitement was occurring on the Dead, another group of hardy Chowderheads was paddling the challenging Class IV Kennebec Gorge at high water. They had an equally stimulating day. Yet a third group was enjoying a flatwater traverse of scenic Moxie Pond. When the day was over, everyone gathered at Webb's Campground for a potluck supper.

Adventures continued on Sunday. Several paddlers were up early to

negotiate the Kennebec Gorge at low water, a Class III level. At 10, another contingent led by Adam Chase met at Harris Dam to navigate the gorge at high water. Members of both groups joined together downriver at Carry Brook to paddle the remaining nine miles of Class II/III rapids to the Forks.

While the Kennebec River action was underway, still more dedicated Dead River addicts returned for an 1800 (CFS) release. As an alternative to whitewater, my wife, Nancy, and I offered a flatwater trip on Indian Pond, an expansive scenic body of water situated above Harris Dam.

Activities were not limited to the scheduled events. Other Chowderheads completed bike rides and hikes in the area. In short, this was an outdoor extravaganza of epic proportions.

Another successful PPCS Summer Picnic com-



Canoeist Me Timbers capsizes on the Dead River

pleted, club leaders were already making arrangements for next year.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates whitewater, flat water, hiking and biking excursions around the state.

Ron Chase resides in Topsham. His latest book, *Maine Al Fresco: The Fifty Finest Outdoor*

Adventures in Maine is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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Arts & Entertainment

Artist Stephanie Garon presents under/current at USM Gorham

GORHAM, ME -- The University of Southern Maine Art Gallery is pleased to announce our 2024 fall exhibition, *under/current*. Featuring work by artist Stephanie Garon, this show uses video, sound, and mined rocks to transform our two-century-old building into an immersive artistic experience.



Image courtesy of artist Stephanie Garon.

Stephanie Garon focuses on materials to investigate human collisions with the environment. She recently acquired a 20,000-rock core collection from a Gold Rush mining site from 1850. The site sits between

two Passamaquoddy reservations and five towns in eastern Maine. Garon utilizes these rocks to create a new landscape within the Gallery. The resulting exhibition asks viewers to consider and respond to

these material transformations, noting how such alchemizations prompt us to pay closer attention to our surroundings. In turn, our understanding is deepened regarding how natural resources are gathered, accu-

UNIVERSITY OF SOUTHERN MAINE

mulated, and commodified. All are invited to join us for the exhibition and two major programmatic events:

An opening reception for *under/current* on Thursday, October 3 at 6 p.m. Location: University of Southern Maine Art Gallery 5 University Way, Gorham, Maine

A panel discussion on October 5 at 4 p.m. on issues around land claim, mining's impact on the local



Rock cores to be utilized in *under/current*. Photo: Stephanie Garon.

economy, and how themes of economic and ecological intertwinement can be viewed as a microcosm of the concerns that face many communities throughout the ecoregion. Location: USM McGoldrick Center for Student Success, 35 Bedford Avenue, Portland, Maine 04101 & online via Zoom. Learn more at usm.maine.edu/gallery

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

Gorham School Dept. invites community to book talk

GORHAM, ME -- You are invited to participate in an upcoming Community Book Talk! Please consider joining this opportunity to connect with others in our Gorham School community!

West Buxton Library hosts ongoing Writer's Workshops

BUXTON, ME -- Summertime, a time for family reunions, picnics, storytelling by the campfire. What if you wrote down these stories, capturing them for the next generation? Let's not lose our unique family customs, odd habits, and Grandma's sayings.

You're invited to join

Writer's Workshops, meeting monthly, 2nd Wednesday, 6:30PM to 8:30PM. These workshops are funded by the Narragansett Number One Foundation and sponsored by the West Buxton Public Library. There are no fees, no pre-requisites, and spelling doesn't count. These workshops are for

adults.

We are friendly, non-judgmental, and encouraging. After three years meeting as a Memoir Group, we are expanding to include all genres of creative writing.

FMI and the Zoom link, contact Lorraine at lindcabin@gmail.com.

Community garden at Cressey Road Christian Church, Gorham

GORHAM, ME -- If picking your own grown juicy tomato and crispy greens is on your bucket list, try gardening at Cressey Road Christian Church Community Garden in Bucket Step planters, ready for planting, no fees, and PFAS free.

Bucket Steps were

built by Eagle Scout candidate Christopher Bolton with help from his troop, scout leader Kelly Deprez, and Rick Smart. Bucket Steps have 3 rows, with 4 buckets each. You may share a bucket step unit with someone. Bucket Steps are user friendly planters with minimal bending required.

This is just a beginning as we continue building raised garden units offering planting boxes and vegtrugs. Bucket Steps are available now on a first come, first served basis. To use one of these planters, please contact Lorraine lindcabin@gmail.com for guidelines and an application.

Pups in the Park event to benefit Standish Dog Park

STANDISH, ME -- Standish Community Dog Park will be holding a Pups in the Park event to benefit the dog park. The event is free and fun for all, well-behaved dogs on a leash, and will be held on Saturday, September 14, 2024 (rain date 9/15). It will be at 670 Ossipee Trail West, Standish on

the multi-purpose fields at Memorial Park. The event is from 10 am-1 pm. The Fun Dog Show registration starts at 10 am and the show will start at 10:30 am. Trooper Hinck and K9 Berry will do a demonstration at noon. Raffle prize drawings will be at 1 pm. We will have Sponsors

and give-a-ways, vendors, non profits, a chill zone, fun agility area and more!

Standish Parks and Recreation operates the dog park with support from volunteers. The money raised with help add benches and a shade structure. We hope to see you there!

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.

DEADLINE TO SIGN UP:
SEPTEMBER 15

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

WHERE:
ZOOM
(LINK TO BE PROVIDED)

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!

Rising singer-songwriter Eli Lev to perform in Fryeburg

FRYEBURG, ME -- Rising singer-songwriter Eli Lev is making the world a smaller place, one song at a time. Eli pens lyrics and melodies for everyday enlightenment—songs that resonate because they're heartfelt, earthy, and offer the wisdom he's gained through lifelong travel and self-discovery. His latest project, an EP called 'Present Journey,' is inspired by his current life stage as a middle-aged, full time independent musician who is a mobile lifestyle pioneer and international touring artist.

Eli is from Silver Spring, Maryland and will be coming to Fryeburg, Maine on September 27th, 2024, performing at Saco River Brewing starting at 7:00 PM.

His previous release, The Four Directions Project, imaginatively and intrepidly connects spheres and generations within a body of work that is irresistibly uplifting, emotion-



ally resonant, and down-to-earth. A cross between The Avett Brothers and The Lumineers, Lev has opened for both Shooter Jennings and Lee DeWyze, performed at The Kennedy Center and 9:30 Club in Washington, DC, and toured extensively within the USA as well as abroad.

Eli Lev has performed in Andorra, Arkansas, Arizona, Australia, California, Colorado, Connecticut, District of

Columbia, Florida, France, Georgia, Hawaii, Idaho, Illinois, Indiana, Iowa, Israel, Kansas, Louisiana, Maine, Maryland, Massachusetts, Minnesota, Mississippi, Montana, New Jersey, New Mexico, New Zealand, New York, Nevada, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Spain, Tennessee, Texas, United Kingdom, Virginia, Wash-

ington, West Virginia, Wisconsin and Wyoming.



"Eli's original, spirit-filled lyrics become familiar and make you want to join in singing, clapping, and dancing as soon as he starts singing. Sweet voice. Kind soul." - Rhonda Brown

"We've chosen Eli Lev as our 2nd GPW for the 35th SAW Mid-Atlantic Songwriting Com-

petition because of its infectious positivity, lyrical ease, and pop sensibility..." - Jay Keating (SAW President)

"Eli Lev is the consummate professional and has been one of my top performing artists over the years as venues continue to ask for him back year after year" - Amber Foster (Last Call Entertainment)

"We love working with Eli because he works hard to promote his shows, has an incredibly professional attitude, and is timely in his email replies and sending us the information we need" - The Brindley Brothers (Jammin Java, Union Stage, DC Pie Shop)

For more information and to hear his music, see his website at eli-lev.com

Northeast SARE calls for 2025 farmer grant proposals

MAINE -- Farmers in the Northeast can apply for up to \$30,000 in funding for sustainable agriculture projects starting in 2025. These projects can range from experiments to on-farm events and demonstrations or other educational activities.

The Call for 2025 Northeast Sustainable Agriculture Research and Education (SARE) Farmer Grants is now available. Approximately \$850,000 has been allocated to fund projects. Awards of up to \$30,000 are available and proposals are due no later than 5:00 p.m. EST on November 12, 2024.

How to Identify a Farmer Grant Project video: <https://youtu.be/QovYIkO7V>

Farmer Grants are designed to be a strong starting point for farmers interested in pursuing grant funding for projects. Since

Farmer Grants are intended as a starting point, applicants must identify a Technical Advisor who can provide expertise in areas such as research design, troubleshooting, and promotion. The Technical Advisor acts as a go-to support person throughout the grant project, making it easier on first time grantees and forging new relationships in agricultural communities across the Northeast.

View interviews with previous grantees and their technical advisors: <https://northeast.sare.org/grants/get-a-grant/farmer-grant-program/videos-farmers-and-their-technical-advisors/>

The Farmer Grant program, like all Northeast SARE grant programs, is driven by the Northeast SARE outcome statement:

"Northeast agricultural communities honor the



SARE Grantees often produce informational materials as part of their projects. In FNE21-994 - Cardboard Chips as a Farm Input, Ronald Smolowitz, of Coonamesett Farm in Massachusetts, tested and compared the efficacy of cardboard chips for inputs such as compost feedstock, mulch and animal bedding. As part of that project, he created an informational brochure.

holistic connection among land, water, air, and all living beings. Agriculture in the Northeast is accessible, sustainable, and just, ad-

ressing historic and current inequities so all farmers and farm employees can steward resources to ensure sustainability, resilience, economic viability, and a high quality of life."

Northeast SARE funds projects in a wide variety of topics, including marketing and business, crop production, raising livestock, aquaculture, social sustainability, climate-smart agriculture

practices, urban and Indigenous agriculture and more.

One of four regional SARE offices, Northeast SARE serves the Northeast and Mid-Atlantic states of Connecticut, Delaware, Maine, Massachusetts, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, West Virginia, Vermont, and Washington, D.C.

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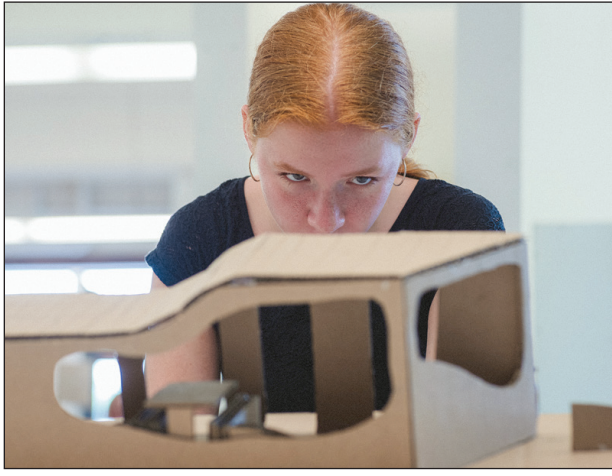
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Spatial Design Academy held at USM Gorham Campus

GORHAM, ME -- Spatial Design Academy Year 2 has successfully wrapped up at our Gorham campus! Students from various backgrounds explored the world of urban architecture with guidance from industry professionals, diving into studio projects, site analyses, and critiques. Cheers to seeing the world differently!



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Jon White's "Odd Inq" wins Best of Show at outdoor art festival

BRUNSWICK, ME – The Brunswick Downtown Association (BDA) is pleased to announce the winners of the 18th Annual Brunswick Outdoor Arts Festival held on Saturday, August 17 in Downtown Brunswick.

Judging the exhibiting artists this year were local artists Scott Cylinder, Mark Little and Aster Gray.

Best in Show: Jon White

1st Place Graphic/Drawing: Kathleen Perelka, Pinnacle Studio

2nd Place Graphic/

Drawing: Kathleen Buchanan, Grey Seal Press

1st Place Painting: Joe Andrews

2nd Place Painting: Laurie Austill, Austill's Beeswax Paintings

1st Place Fine Craft: Marc Lamm

2nd Place Fine Craft: Stephanie Crossman

1st Place Photography: Michael James Murray

2nd Place Photography: Tom Kretsch, Peaceful Places

1st Place Jewelry: Zoe Howell-Martin, Blood-

root Metalworks

2nd Place Jewelry: Trisha Conant, Rocky Neck Designs



1st Place Mixed Media: Catherine Worthington
2nd Place Mixed Media: Eric Darling



Congratulations to all the 2024 Brunswick Outdoor Arts Festival Award Recipients!

"From the moment we started, the festival was a dream come true—a professionally orchestrated event that transformed Brunswick into a living canvas," reminisces Gar-

voy. The festival not only highlights the artistic talents but also supports local businesses, with shops and eateries experiencing record-breaking patronage. "Thank you all for a great day!" he said.

Presenting Sponsors: Bowdoin College & Renewal by Andersen.

Supporting Sponsors: Martin's Point Health Care, Ray Labbe & Sons, Inc., Bath Savings Bank, Mid Coast-Parkview Health, Cruise Planners Maine.

Media Sponsor: The Times Record & The Cryer

Teacher

Continued from page 3

teachers, but serves to inspire the entire educational community. I am eternally grateful for the teachers that ignited my lifelong passion for science, and for my students, colleagues, administrators, and community that continue to fuel my lifelong love of learning. It is a great honor to represent Cumberland County and walk alongside all of the outstanding teachers that are paving the way for students' futures."

Katie Strait teaches 10th - 12th grade biology, immunology, and marine biology at Baxter Academy for Technology and Science in Portland, Maine. Strait has a Master of Science degree in Zoology from the University of New Hampshire, and Bachelor of Science degree in Biology, with a concentration in marine biology from the University of New England. She is the 2024 Cumberland County

Teacher of the Year. Strait's pedagogy centers on experiential learning, prioritizing student involvement through hands-on activities and collaborations with the community. She connects the curriculum to real-world contexts, specifically centered around the Gulf of Maine, nurturing lifelong learners who contribute positively to their communities and act as stewards of the environment. Strait is a member of the Restorative Practices Leadership Team, and the Diversity, Equity, and Inclusion Leadership Team. She has a deep passion to create inclusion and equity within our school's climate and culture, ultimately empowering students to achieve their fullest potential. She belongs to Southern Maine's Connected Learning Ecosystems (CLE) sponsored by the Gulf of Maine Research Institute, which has cultivated collaboration between other science ed-

ucators and community members on climate literacy and ocean stewardship - another deep passion of hers. Strait was the 2024 recipient of Hannaford's 20 Outstanding Women award, because of her commitment to make her community a better place to live in through her Plastic Mitigation Initiative. When she's not teaching, you can find her surfing, gardening, doing photography, or at the beach with her wife, children, and two dogs.

Emilie Throckmorton

Bangor High School, Bangor

2024 Penobscot County Teacher of the Year

"I am so honored and proud to represent Bangor Schools and all the creative and thoughtful work that goes on every day for students. I'm passionate about teaching, especially advocating for students who struggle with mental health, and the amazing

people who work in the Maine Teacher of the Year Program have stretched me and given me confidence to share my ideas."

Emilie Throckmorton is a 9-12 English teacher at Bangor High School in Bangor, Maine. Throckmorton earned her Bachelor of Arts degree in English Literature and Language from the University of Michigan, Master of Education in Secondary English from the University of Maine, a Certificate of Advanced Study in Writing and the Teaching of Writing from the University of Maine, and a Doctorate in Education from the University of New England, where she completed her desertion on using the English curriculum to promote Social and Emotional Learning. She is also a National Board Certified Teacher. Throckmorton connects with and motivates students at all

levels of academic success and prides herself on creating a classroom environment that fosters inclusion and belonging. Using a student-centered approach and focusing on choice, Throckmorton believes strongly in helping all students find a love for reading and cultivating a voice in writing. Outside of the classroom, Throckmorton works closely with students by advising the LGBTQ+ kids in Q+ Club, and has been the advisor for the school's literary magazine Mosaic for over 20 years. She has also served as a Class Council advisor, a Graduation Coach, a member of the Student Support Team, and the coordinator of the school-wide Poetry Out Loud contest. Throckmorton is passionate about mental health awareness and how teachers can support students by normalizing discussion about

mental health in the classroom. When not at school, Throckmorton thrives on spending time with her husband and children, she also loves hiking, yoga, skiing, and running.

The Maine Department of Education's Teacher of the Year program is administered through a unique partnership with Educate Maine, the Maine County and State Teacher of the Year Association (MCSTOYA) and the Maine State Board of Education. Funding for the program is generously provided by Bangor Savings Bank, Dead River, Geiger, Hannaford, Maine Lottery, the Silvernail Family, and Unum.

For more information about the Maine County Teacher of the Year Program and to see a list of County Teachers of the Year, and Maine Teachers of the Year, visit <http://www.mainetoy.org>.



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Extension 4-H offers online info session for aspiring volunteers

MAINE -- University of Maine Cooperative Extension will host a two-part online informational session for adults interested in becoming Maine 4-H volunteers from 6-7 p.m. on September 18 and 25.

"Start Your 4-H Volunteer Journey" will provide participants with information about the UMaine Extension 4-H

youth development program through four short e-Learning modules. Attendees will also participate in an experiential educational activity, learn about the key aspects of positive youth development and be introduced to the ages and stages of youth. The two one-hour virtual sessions will wrap up with an outline of next steps and an



Photo courtesy University of Maine Cooperative Extension.

introduction to a county staff contact to help with the application process if desired.

A 4-H volunteer is many things: mentor, advisor, friend, teacher, referee, role model, pacesetter and much more. 4-H volunteers have the opportunity to make a positive difference in the lives of children, teach them valuable skills, help them achieve

a positive self-image, accomplish personal goals and earn a sense of accomplishment.

The informational sessions are free, registration is required on the program webpage.

For more information or to request a reasonable accommodation, contact Jennifer Lobley, jennifer.lobley@maine.edu, 207.255.3345.

Fall enrollment up 9% percent at Maine's community colleges

AUGUSTA, ME — Early fall enrollment is up 9% at Maine's community colleges, putting the seven colleges on track for another historic high enrollment this year.

Enrollment has been boosted by a Free College Scholarship that covers 100% of tuition and mandatory fees for recent high school graduates, an increase in the number of high school students taking early college courses, expanded hours with more nights and weekend classes, and increased capacity in popular academic programs that traditionally had waiting lists. The colleges are also seeing more returning and continuing students from last year's record-breaking historic fall enrollment of 19,477 students.

At the end of August, early fall enrollment was 16,670 students, compared to 15,334 students on the same date last year.

"All of these factors are playing a role in ongoing strong enrollment at the colleges, and we couldn't be more pleased that we're able to offer more low- or no-cost educational opportunities to more students," said David Daigler, president of the Maine Community College System (MCCS). "It's also a reminder that the clock is ticking on the Free College Scholarship: The high school class of 2025 is the last graduating class that qualifies for the free college scholarship, so we strongly urge all high school seniors to plan for a tuition-free college experience at Maine's community colleges."

The Free College Scholarship, which started in Fall 2022, was intended to re-engage people whose high school and early college experience was disrupted by COVID, particularly since most community colleges serve

higher percentages of first-generation and lower-income students. Since it launched, MCCS has enrolled a total of 12,625 Free College-eligible students.

New this fall are seamless transfer agreements with both public and private Maine colleges. Under these new agreements, Maine's community college graduates are guaranteed admission to 13 four-year colleges in Maine. Over the summer, MCCS signed new transfer agreements, one with the University of Maine System guaranteeing direct admission – without having to fill out application forms, write essays, or pay application fees – to all seven universities in the University of Maine System, and individual agreements with six independent colleges guaranteeing admission to certain programs.

As more students complete their associate

Early Fall Enrollment up 9% at Maine's Community Colleges			
	Fall Headcount*		
	Fall 2023	Fall 2024	% Change
Central Maine Community College	2,946	3,183	8%
Eastern Maine Community College	2,083	2,230	7%
Kennebec Valley Community College	1,807	1,907	6%
Northern Maine Community College	732	808	10%
Southern Maine Community College	5,953	6,577	10%
Washington County Community College	393	500	27%
York County Community College	1,420	1,465	3%
TOTAL	15,334	16,670	9%

*Enrollment as of August 26, 2024. Official enrollment census date is Oct. 15, 2024.

degrees at Maine's community colleges, the number of transfer students going to four-year colleges is expected to increase. Already this fall, the University of Maine System is reporting a 39% increase in undergraduate transfer students.

Early fall enrollment figures do not include short-term workforce training students at Maine's community colleges. More than 26,000 students have taken short-term workforce

training classes since January 2022. Some of the students from those programs continue in certificate and degree programs, adding to the fall enrollment numbers.

Official fall enrollment figures are calculated on October 15.

This is the third academic year with the Free College Scholarship, which was proposed by Governor Janet Mills in early 2022 and enacted by the Legislature a few

months later. In July 2023, the scholarship was extended to the Classes of 2024-25. Graduates in the Class of 2022 must enroll at a community college in the 2024-25 academic year, graduates in the Class of 2023 must enroll no later than the 2025-26 academic year, the Class of 2024 must enroll no later than the 2026-27 academic year, and this year's high school seniors – the Class of 2025 – must enroll no later than the 2027-28 academic year.

Maine CDC launches immunization record mobile app

AUGUSTA, ME — The Maine Center for Disease Control and Prevention (Maine CDC) has partnered with a new, free, mobile application, Docket, to allow Maine people to opt in to easily, quickly, and securely access their vaccine records through their smartphones and other mobile devices.

Once an individual's identify has been verified through the Docket app, Docket searches Maine's Immunization Information System (IIS) using basic demographic information (name, date of birth, and sex) to display immunization records on a mobile device for that individual.

"Docket can be used to share immunization records with health care providers, for school or child

care registration, or as a reminder for Maine people about vaccinations that they are due to receive," said Maine CDC Director Dr. Puthery Va. "With schools starting, weather getting cooler, and respiratory virus season upon us, this new app makes it easier and faster for Maine people to put their hands on their up-to-date vaccination records right when they need them."

The Maine CDC has seen an increasingly high demand for access to vaccination records in recent years, which were previously processed by mail. So far this year, the Maine CDC has received over 3,000 requests for immunization records and between 2020 and 2023, nearly 10,000 requests were made. For comparison, in 2019, the Maine CDC received 111

requests for vaccination records.

To use the Docket app, you must be 18 years of age. Parents and guardians will be able to access vaccine records on behalf of minors in their care. The app is free and available for download in Apple and Android app stores.

Those without access to a smartphone or mobile device may use the Docket

website to verify their identity and access their immunization records. Hard copies of immunization records may still be requested via a health care provider's office.

To learn more about Docket, please visit the Maine Immunization Program's website at: <https://www.maine.gov/dhhs/mecdc/infectious-disease/immunization/docket-immunization-records.shtml>.

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Job Corps celebrates 60th anniversary

WASHINGTON D.C. – The U.S. Department of Labor hosted two center directors and two student leaders from the Maine Job Corps campuses among the 245 attendees from more than 120 campuses nation-

wide last week for the third annual Job Corps Leadership Summit. The event marked the culmination of the program's yearlong 60th anniversary celebration.

"Since its inception, Job Corps' mission has been,

and continues to be, changing lives through good jobs," said Assistant Secretary of Labor José Javier Rodríguez. "The 60th anniversary is a significant milestone to honor the past and look forward to the next 60 years of creating opportunities and career paths for young adults across the country."

During the summit, held in Washington, D.C., from Aug. 13-15, student leaders from the centers met with government officials, developed their leadership skills and toured the nation's capital.

"For six decades, Job Corps has empowered young

people with the skills and education needed for successful careers in high-demand industries," said Acting National Director for Job Corps Erin McGee. "As we celebrate our 60th anniversary, we honor our past while building a modernized program that continues to meet the needs of our students and the evolving workforce."

Established as part of President Lyndon B. Johnson's Economic Opportunity Act on Aug. 20, 1964, Job Corps has since expanded to include more than 120 centers, including campuses in all 50 states and Puerto Rico. Maine is home to two Job

Corps campuses: Loring (in Limestone) and Penobscot (in Bangor).

Job Corps is the U.S. Department of Labor's largest training program, serving more than 50,000 students annually. Since 1964, the program has trained and educated more than 3 million individuals. It currently offers training in more than 100 areas across 10 industries, providing valuable skills and career opportunities to young adults nationwide.

To learn more about Job Corps and its 60th anniversary, visit www.jobcorps.gov/60-anniversary.

Jason Hodsdon Masonry

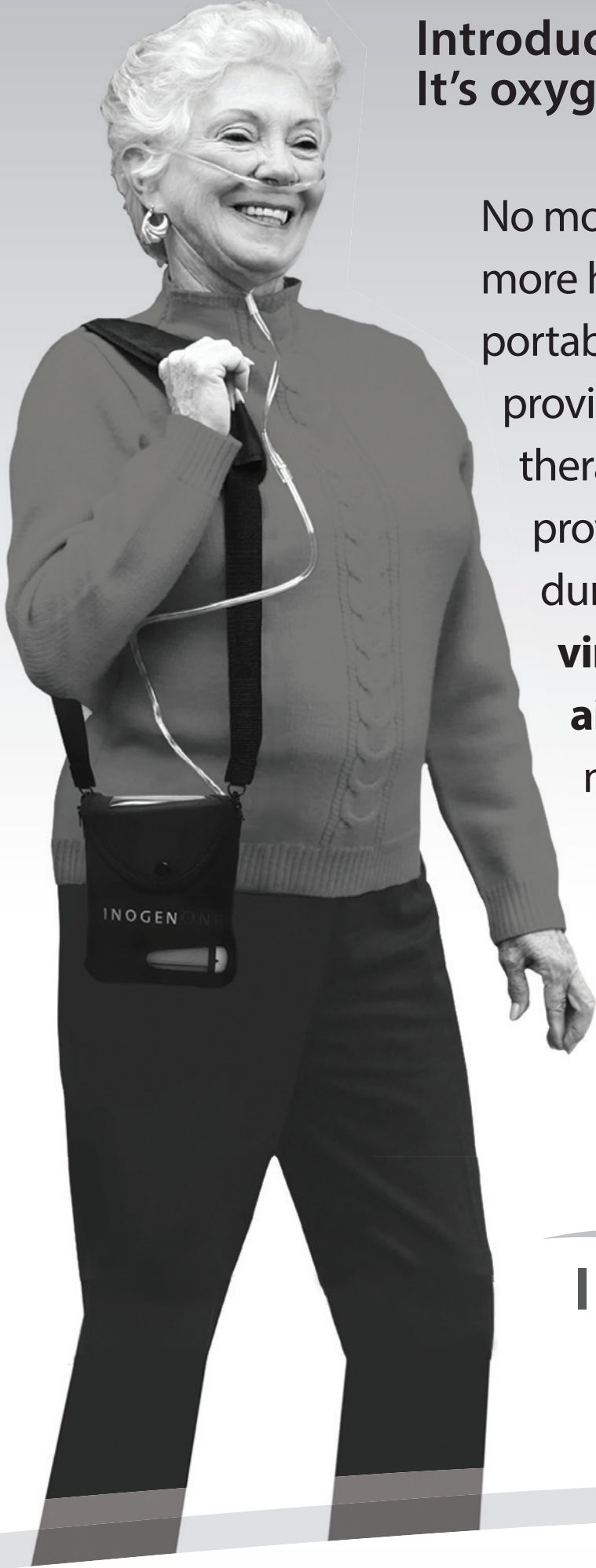
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Commissioners visit programs for women in construction



AUGUSTA, ME – In August, Commissioners Heather Johnson and Laura Fortman participated in a series of events demonstrating a few of the ways Maine is fostering the goals of girls interested in construction, as well as connecting women to training and job opportunities in the field. With approximately two jobs for every one unemployed job seeker in Maine and an aging workforce, employers are seeking skilled talent from across Maine’s population to fill critical roles in today’s tight labor market—including through investing in communities traditionally under-represented in certain industries.

On Tuesday, August 13, Department of Economic and Community Development Commissioner Heather Johnson visited Girls Build the Future at Sargent Construction in Orono. Girls Build the Future is a free camp for ascending 6th to ascending 8th grade girls, sponsored by the Maine Department of Economic

and Community Development. The construction engineering summer camp provides opportunities to participate in hands-on design challenges, meet real-life engineers, and visit engineering workplaces to see what it would really be like to work in construction engineering.

“Our workforce is a really broad continuum, and there’s a place for every Maine youth in it,” said Heather Johnson, Commissioner of the Department of Economic and Community Development. “We want to be able to remove barriers so young people can see what their future could look like and find their path here.”

Girls Camp

“Young girls should know, number one, that they can do anything. Number two, they can do anything they want here in Maine,” said Kate Dickerson, Executive Director of the Maine Discovery Museum. “So if they want to do construction engineering, they can do it here. If they want to support peo-

ple who do construction engineering, they want to do design work, they can do it here. There is nothing they can do that cannot be done in Maine.”

Sargent Corporation is hosting the campers this week.

“Women have been vastly underrepresented in construction for a long time, and so they bring a different perspective,” said Peter Parizo, head of Workforce Development for Sargent. “Even early in their careers, they bring the things that we are seeing this week: innovation and ideas. When we moved into this space two years ago, we envisioned it as a space for learning, development, and outreach to the community, and it is great to have them here.”

On Thursday, August 15, Labor Commissioner Laura Fortman spoke at the opening ceremony of the 2024 Hire-A-Vet Campaign at the Augusta Civic Center, with around 160 participating employers. While campaign events are open to all job seekers, this year’s campaign will have a special focus on connecting women veterans and military family members with careers in the trades. The campaign will continue through the fall with a series of statewide events.

Hire-A-Vet

“There are a lot of positions open in Maine’s construction industry, yet only 15 percent of the

workers in these fields are women. At the same time, women veterans bring needed skills like managing complex tasks, understanding safety protocols, solid communications, and teamwork – all skills that are needed in the construction sector,” said Labor Commissioner Laura Fortman. “The Department’s CareerCenter team is here to connect them with opportunities in a variety of fields.”

Hire A Vet 2

Commissioner Fortman also spoke on Thursday at the graduation of the first Union Construction Academy of Maine Women in the Trades program, a pre-apprenticeship designed specifically for women interested in the trades. The graduation took place at the IBEW 1253 building in Newport.

This first cohort of the program had nine graduates, who came from a variety of backgrounds. During the four-week program, pre-apprentices learned and earned certifications in OSHA 10 (basic safety training), First-Aid/CPR/AED, Flagging, Scaffolding (User), Confined Space Entry, Asbestos Awareness and Hazardous Waste Handling. The Women in the Trades pre-apprenticeship program prepares women for quality careers in the union trades earning good wages and excellent benefits. Union apprenticeships allow apprentices to earn pay and benefits while developing valuable skills through on-the-job training and classroom instruction.

“With historic federal infrastructure investments flowing into Maine, it is

more important than ever to work towards gender parity in construction and the skilled trades,” said Elinor Higgins, Executive Director of the Maine Permanent Commission on the Status of Women. “This critical work builds pathways for women to enter lucrative and rewarding trades careers, helps ensure that women can benefit from those federal investments, and brings women to the table to build Maine’s future.”

Apprenticeship Graduation

“We are so proud of the nine pre-apprentices who completed our Union Construction Academy Women in the Trades program,” said Sam Boss, Apprenticeship and Equity Director of Maine AFL-CIO. “In our three weeks of intensive training, they’ve earned five certifications and developed hands-on skills in several different trades. The experience they’ve gained has helped them to make decisions about the career paths they want to pursue, while giving them the confidence to thrive once they enter registered apprenticeships with Maine Building

and Construction Trades Unions.”

Women currently make up 15 percent of Maine’s construction industry and only 11 percent of the industry nationally. On May 6, Governor Mills signed an Executive Order to improve the recruitment, training, and retention of women in Maine’s construction industry. The Executive Order directs several state agencies to take a series of actions to better measure the shortage of qualified workers in the construction industry, connect women with industry employment opportunities, and pursue state and federal funding to incentivize the hiring of women.

Maine CareerCenters and Maine Department of Labor are equal opportunity providers.

Auxiliary aids and services are available to individuals with disabilities upon request.

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

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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.

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.

Recommended 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

Calendar

Send your submissions to the Editor. More online.

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://oldwalpole-meetinghouse.org/> for tickets)

Saturday September 14 at 4:00 Great Cranberry Island Church

Tickets and additional information at daponte-quartet.org

Sept 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.

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 hosted by the Lewiston Area Public Health Committee in Kennedy Park

Sept 14

STANDISH --- The Standish Community Dog Park will be hosting their Pups in the Park event to benefit the dog park. The event is free and fun for all, well-behaved dogs on a leash, and will be held on Saturday, September 14, 2024 (rain date 9/15). It will be at 670 Ossipee Trail West, Standish on

the multi-purpose fields at Memorial Park. The event is from 10 am-1 pm. The Fun Dog Show registration starts at 10 am and the show will start at 10:30 am. Trooper Hinck and K9 Berry will do a demonstration at noon. Raffle prize drawings will be at 1 pm. We will have Sponsors and give-a-ways, vendors, non profits, a chill zone, fun agility area and more!

Standish Parks and Recreation operates the dog park with support from volunteers. The money raised with help add benches and a shade structure.

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

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and their infants will be able to create a baby footprints 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.

UUCB

Continued from page 1

a "Best Of" album was released in 1994. Since then, collaborations among various former personnel have continued,

Jon is back on the road with his longtime fellow bandmate, Jim Chapdelaine on guitar/vocals, who co-produced several of Jon's records. As a Duo they perform decades of

music from the Capitol years up to the latest solo releases. Jon Pousette-Dart DUO has become one of the top Country and Folk artists in the 2024 music scene. These long-touring musicians will perform the music known by heart by a whole generation.

Please note that this concert is on a FRIDAY, which is a departure from most of the other Concerts for a Cause.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticket-stripe.com/pousette>.

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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CDC issues advisories on eating freshwater fish

AUGUSTA, ME — The Maine Center for Disease Control and Prevention (Maine CDC) today issued new freshwater fish consumption advisories recommending either no consumption or limited consumption of fish from four waterbodies located on and around the former naval air station in Brunswick, Maine.

The testing of fish is part of the United States Navy’s ongoing remedial investigation at the former base in response to environmental contamination from the historic use of PFAS-containing aqueous film forming foam (AFFF) in fire-fighting operations. Data were collected in October 2023 by the Navy, in coordination with Maine’s Department of Environmental Protection (DEP) and the U.S. Environmental Protection Agency, and

shared with the Maine CDC in spring of 2024. The Maine CDC reviewed the data and determined they showed elevated levels of per- and polyfluoroalkyl substances, known as PFAS, above the agency’s recommended levels for regular consumption.

While testing occurred before the August 19, 2024 accidental release of AFFF at the former naval air station, that incident is not expected to impact the guidance issued today. The waters likely impacted by the AFFF spill are on the east side of the runway at the air station. Today’s advisory recommends a no consumption advisory for those waters based on prior testing data.

Elevated levels of the specific PFAS called perfluorooctane sulfonic acid (PFOS) were detected in fish tissue samples collect-

ed from Mere Brook (also known as Mare Brook), Merriconeag Stream, Picnic Pond, and Site 8 Stream. The new fish consumption advisories listed below apply to all fish caught in these waterbodies:

Mere (Mare) Brook from the Eastern side of the runway to Liberty Crossing: Do Not Eat fish of any species.

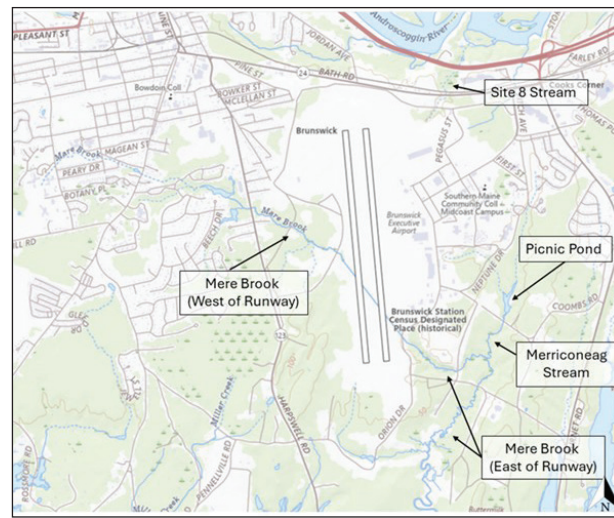
Mere (Mare) Brook from Coffin Ice Pond to the Western edge of the runway: Consume no more than 6 meals per year of any fish species.

All of Merriconeag Stream: Do Not Eat fish of any species.

All of Picnic Pond: Do Not Eat fish of any species.

All of Site 8 Stream: Do Not Eat fish of any species.

In response to the recent release of AFFF and



Map of waterbodies included in the fish consumption advisory on and around the former Naval Air Station in Brunswick.

the reported presence of visible foam on some of these waterbodies on the eastern side of the runway, the Maine CDC additionally recommends the public avoid any contact with foam on these water bodies. Out of an abundance

of caution, the Maine CDC also recommends the public refrain from any recreational activities (e.g., swimming, boating, wading) that could result in contact with the foam or waters until the potential impact of the AFFF release on these wa-

terbodies is fully assessed. PFAS are a group of man-made chemicals found in a variety of consumer products throughout the world. Based on a report from the National Academies of Sciences, Engineering, and Medicine, exposure to certain PFAS chemicals has been associated with increases in cholesterol levels, decreases in birth weight, lower antibody response to some vaccines, and kidney cancer.

For more information about the fish consumption advisories and PFAS, please go to:

Maine CDC PFAS Fish Consumption Advisory FAQ

Maine CDC Scientific Brief: PFOS Consumption Advisory for the Former Naval Air Station in Brunswick, Maine

Freshwater Fish Safe Eating Guidelines

Northeast Bank recognized as Top-20 Best Performing Bank

PORTLAND, ME -- Northeast Bank (the “Bank”) (NASDAQ: NBN), announced it has been named a Top-20 Best Performing Bank with assets between \$2 Billion and \$10 Billion by industry-publication American Banker. The Bank ranked 7th out of

the top 20 banks listed for 2024.

“We are honored to be named one of American Banker’s 20 top-performing banks in our asset class,” said Rick Wayne, President and CEO. “This milestone is a testament to Northeast Bank’s strong operating



performance and dedicated team of professionals, who consistently deliver exceptional results.”

Northeast Bank was the only bank in Maine, and throughout the Northeast, to make the list.

To learn more about Northeast Bank visit www.northeastbank.com.

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