

Charting a path for Gorham's future event for community

GORHAM, ME -- All are invited to attend a public Open House:

When: October 15th from 5:30 to 7:30pm on Tuesday, October 15th

Where: Gorham Municipal Center (Burlleigh H. Loveitt Council Chambers)

The Town of Gorham has hired Camoin Associates, a leading economic development consulting firm, to create an Economic Development

Strategic Plan. This plan will define an economic vision for the next 5-10 years with corresponding goals, strategies and actions through economic and market research, land use analysis and a comprehensive assessment of local assets. In addition, the consultants are engaging community and business leaders in one-on-one interviews and small group forums, and they are seek-

ing input from citizens to inform and guide their recommendations.

The Open House is an opportunity for citizens to contribute their opinions and feedback to the strategy. The format allows for participants to "drop in" at any time between 5:30pm - 7:30pm. Topics will include local business climate; commercial land use; development opportunities; and community

assets.

Unable to attend?

Citizens unable to attend can share input via a digital survey at the Town's website.

Questions

For assistance with questions leading up to the event, please contact Kevin Jensen - Economic Development Director via email at kjensen@gorham.me.us or by phone at 207-222-1628.

Town of Gorham election, referendum 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 Elec-

tion 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 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 voting will take place in the Council Chambers starting October 21st thru October 31st during regular business

hours (Monday - Thursday, 7:00am - 5:00pm)

Extra voting hours will be offered on Saturday, October 26th from 8:00am - noon and Wednesday, October 30th until 7:00pm.

Voter Registration Unenrolled voters can enroll in a party at any time, including Election Day, since the State of Maine offers Election Day voter registration.

Absentee Voting Absentee ballot requests are now available. You can request an absentee ballot by calling the Clerks office or by going to

the Town's website. Ballots will be mailed out in early October once the Town Clerk's Office receives them.

Absentee voting will be available in the Council Chambers at the Gorham Municipal Center (75 South Street, Suite 1). The last day to obtain an absentee ballot will be Thursday, October 31 at 5pm.

To be counted, absentee ballots must be returned to the Town Clerk's Office by 8pm on Election Day - November 5, 2024 by you or an immediate family member.

Sanderson Sisters' Spooktacular to support community

WINDHAM, ME -- The Giving Tree of Maine & Mystical & Whimsical Events is excited to announce the kickoff of our fundraising and toy/gift/family item collections on Saturday, October 13th, during our "The Sanderson Sisters' Spooktacular Halloween Family Event" at the Windham Town Hall Gymnasium. This family-friendly event will run from 10 AM to 3 PM and is free for all attendees.

Founded in 2019 by our daughter, Julia Swett, The Giving Tree of Maine has been dedicated to supporting families in need throughout the community. Julia, a recipient of the WCSH6 Teens Who Care Award at just 15 years

old, featured on 207Maine (<https://www.newscenter-maine.com/video/news/local/207/giving-tree-of-maine/97-927d2b80-ae55-4ca5-8009-9cd9e601f761>) is now a Trauma RN at Orlando Healthcare in Orlando, Florida. Her younger sister, Braedyn, continues to champion our fundraising efforts, ensuring that our mission lives on.

This year, we aim to surpass last year's success, where we provided gifts to over 20 families in Maine. Our upcoming event will feature a variety of activities, including:

- Music
- Craft Stations
- Halloween Market-place
- Wand Making

Potion Making Raffles and Giveaways We are proud to announce that we just concluded our Harry Potter Diagon Alley Market Family Event, where we collected socks for those in need. With your help, we hope to gather even more toys and gifts this holiday season.

Join us for a day of fun, creativity, and com-

munity spirit as we work together to make a difference in the lives of families across Maine.

For more information about our event or to learn how you can contribute, please contact us at giving-treofmaine@gmail.com or mysticalwhimsicalevents@gmail.com

Thank you for your support!



OPEN HOUSE

Charting a Path for Gorham's Future

- Provide your input on the Town's new Economic Development Strategic Plan
- Drop in between 5:30-7:30 to participate in this open-house style conversation
- Be part of the process to shape the future of Gorham
- Topics to include: Local business climate; commercial land use; development opportunities; and community assets

TUESDAY OCT 15 5:30 7:30 PM

Place: Burlleigh H. Loveitt Council Chambers, Municipal Center, 75 South Street

Hosted By:  



If you are unable to make the open house, scan the QR code above to share your input

Town of Gorham announces 2024 fall brush drop off

GORHAM, ME -- Public Works will be accepting brush Saturday, 10/12 and Saturday, 10/26 from 8AM-3PM at the Gorham Public Works Department located at 80 Huston Road.

This is for Gorham

residents ONLY, no commercial drop off or stumps will be accepted.

Please contact Public Works with any questions.

Call the office at 207-222-4950 or email us at dpw@gorham.me.us

Fiddle-icious coming to Gorham

GORHAM, ME -- On Saturday, October 26, 2024, 7:00 PM at McCormack Performing Arts Center — Gorham High School, 41 Morrill Avenue, Gorham, Maine's largest fiddle orchestra will perform.

Tickets available online or at the door \$20 adults, \$15 students.



Ages 12 and under free.

Summary of concert information and tickets available at fiddleicious.com/performances/



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Newsmakers, Names & Faces

Lecture-recital explores composers & politics

AUGUSTA, ME – Through a unique blend of lecture and piano performance, Dr. Christine Letcher, assistant professor of music at the University of Maine at Augusta (UMA), will explore how the political climate affects the work of classical composers. The event will take place on Thursday, Oct. 24, 2024, at 7 p.m. on the UMA campus at the Farber Forum Auditorium in Jewett Hall.

While popular musicians like Taylor Swift and Beyoncé have used their music as political state-

ments, how do classical composers view their role in society as responders to the social and political environment? Letcher interviewed American classical composers to explore their perspectives on how the social, cultural, and political environments influence the music they compose. She then compared these findings to those of the New Deal and early Cold War eras.

In this lecture-recital, Letcher will discuss the social and political influences on select composers



Dr. Christine Letcher, assistant professor of music at UMA

from both the 1930s and the early 2000s, and will demonstrate how these influences showed up in

the music as she performs solo piano works by Ruth Crawford-Seeger, Aaron Copland, Florence Price,



Martin Bresnick, Reena Esmail, Jerome Kitzke, and more. Special guests for two of the pieces are Dr. Anita Jerosch, trombone, and Eliza Meyer, cello.

The lecture-recital “Promoting Community Connection” is free and open to the public on the UMA campus, at the Farber Forum Auditorium, Jewett Hall, 46 University Drive, Augusta. Thursday, Oct. 24, 2024, at 7 p.m.,

and will be livestreamed on UMA Augusta - YouTube. This lecture-recital will be repeated on Oct. 29, at 7 p.m., at Minsky Hall, University of Maine, in Orono.

UMA transforms the lives of students of every age and background across the state of Maine and beyond through access to high-quality distance and on-site education, excellence in student support, civic engagement, and professional and liberal arts programs. For more information, please visit <https://www.uma.edu/>.

2025 WinterKids Winter Games application opens

MAINE -- The application window for the 2025 WinterKids Winter Games is now open! As Maine’s only nonprofit dedicated to increasing outdoor physical activity for children during winter, WinterKids invites schools across the state to participate in this fun, educational, and active challenge.

The Winter Games will run from January 13 to February 7, 2025, and we’ll be selecting 16 schools to join in on the action! This is a unique opportunity for your school community to encourage students in grades Pre-K through 8 to embrace the outdoors, build teamwork, and celebrate being outside during Maine’s BEST season.

Highlights:
4-week competition with exciting, school-wide outdoor challenges

This year’s theme: “Weather”—inspiring creative outdoor learning!

A free Winter Games toolkit for participating schools, including PLAY-Books and incentives

Over \$20,000 in cash and prizes, with the top school receiving \$5,000!

We hear every year from teachers how much their students love the Winter Games, and how it transforms the winter season into a vibrant time of activity and learning.

The application deadline is October 20, 2024. Schools can apply now by visiting WinterKids.org.

Maine-ly Harmony looking for women who love to sing

MAINE -- Maine-ly Harmony women’s barbershop chorus, directed by Kathy Greason, had the great pleasure of performing for the residents of the Inn at City Hall in Augusta on September 11th. Audience members greeted the singers as they left the stage to show their appreciation.

Soon, the holidays will be upon us and it’s time to begin rehearsing music for the season. Maine-ly Harmony invites women of all ages who love to sing to come to rehearsals beginning Wednesday, October 16, to December 4, at the Highland Avenue United Methodist Church, 31 Highland Ave, Gardiner ME starting



Photo by Bob Staples

at 6:30 PM. Our members will support you and answer any questions you may have. Then, join us in our holiday performance on Sunday, December 8.

Treat yourself to singing with our friendly, supportive group of women who will share their love of a capella music in the barbershop style! Contact

Barb at becombs@comcast.net or 207-844-3516 for more details. Learn more about us at <http://www.maine-lyharmony.org/>

MaineCF scholarships available to adult learners

PORTLAND & ELLSWORTH, ME — Adult learners returning to school may be eligible

for scholarships from the Maine Community Foundation (MaineCF). Eligible scholarship

recipients will receive a one or two-year certificate or four-year degree at the end of the program and

meet one of the following requirements: be over the age of 25, work full time while enrolled in school, have dependents, be financially independent, have not received a standard high school diploma or delayed college enrollment.

In 2022, MaineCF awarded 358 adult learner scholarships totaling \$675,084.

The application deadline is Friday, Nov. 15. For complete guidelines and to apply, visit www.maine.cf.org/scholarships.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.maine.cf.org.

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Newsmakers, Names & Faces

Gorham's Maddie Hatch makes a save for Wheaton

NORTON, MA -- Junior forward Caroline DiGiovanni (Harwich, Mass.) scored a pair of goals to lead the No. 6 Babson College field hockey team over host Wheaton College (Mass.), 7-0, this evening in New England Women's & Men's Athletic Conference play at Nordin Field on the Wheaton campus in Norton, Mass.

The Beavers, who are ranked in the most recent National Field Hockey Coaches Association poll, improve to 6-3 on the season, including a perfect 2-0 in league play to extend their incredible conference regular-season win streak to 61 straight with their last NEWMAC loss dating back to October 17, 2015. The Lyons fall to 6-3 and 0-2 in league action.

Babson dominated from start to finish, own-

ing a 29-1 shot advantage, including identical 8-0 margins in the second and fourth quarters of play. The Beavers held a 10-1 advantage in penalty corners as well.

Wheaton's defense was resilient for most of the first quarter and did not break until Babson broke through on a penalty corner inside the final two minutes of the period. Senior back Berit Sharrow (Denver, Colo.) took a short cross from senior defender Ellie Powers (Bethlehem, Pa.) and fired a shot from just inside the circle on the left side for the first marker of the night and her third goal of the season with just 83 seconds left in the quarter.

The Beavers added to their total with a successful strike early in the second quarter to double

their lead at 2-0. Junior midfielder Alex Michelotti (Englewood, Colo.) carried the ball down to the endline on the right side, before sending a centering cross to classmate Caroline DiGiovanni (Harwich, Mass.), who ripped a shot from the front of the cage for her first marker of the match just 2:54 into the period.

Graduate student forward Andrea Marguerite (Hopkinton, Mass.) increased the visitors' cushion to 3-0 with a goal coming with 6:58 remaining before the intermission. Marguerite collected a loose ball just outside the circle, before pulling it inside the arc, where she unleashed a bouncing shot that found the far left corner of the cage for her third tally of the year.

The Lyons' defense

did a commendable job to hold nationally-ranked Babson to just three goals in the opening half, but the Beavers erupted for three goals in a span of just over six minutes of play in the third quarter to effectively put the game out of reach.

DiGiovanni's second score came when she collected a long rebound, turned and fired a shot into the back of the cage from just outside the goal box for her seventh goal of the year with 10:27 to go in the quarter. Babson scored just 2:07 later to bump its cushion to 5-0. Junior back Sanne van der Goes (Glenview, Ill.) dribbled the ball along the endline before sending a cross to the front of the cage, where sophomore forward Helen DiGiovanni (Harwich, Mass.) converted for her third marker of the season.

The Beavers' final goal of the quarter came with 4:02 showing on the clock to give them a 6-0 advantage. Graduate student midfielder Katie Guden (Belmont, Mass.) carried the ball along the endline, before flipping it to the front of the cage for senior forward Jessica Evans (Southbury, Conn.), who was able to push the ball over the goal line for her fourth tally of the year.

Wheaton stemmed Babson's momentum in the fourth quarter, holding it to just one goal for the quarter. Senior midfielder Camille Marsh (Englewood, Colo.) ripped a shot from five yards in front of the cage, but Lyon defender Abby Miller (Andover, Mass.) stopped the attempt with a defensive save. Junior forward Ally Antonacci (Skillman, N.J.) picked

up the rebound and lifted it into the back of the cage in a scrum for her first goal of the season with 8:22 remaining in the contest.

The Lyons only shot of the match came with 7:56 left in the third quarter when senior midfielder Lydia Gaudreau (Gorham, Maine) smacked a shot from the edge of the arc on a penalty corner, but it proved to be harmless.

Senior keeper Bayla Furmanek (State College, Pa.) was untested in the match and posted her fifth shutout of the season for the Beavers and the 26th blank sheet of her career, while Sophomore goalie Grace Ferguson (Williston, Vt.) made nine saves for Wheaton. Junior defender Maddie Hatch (Gorham, Maine) joined Miller with a defensive save for the home team.

Sen. Collins joins New Gloucester's Anniversary Parade



NEW GLOUCESTER, ME – U.S. Senator Susan Collins marched in the Town of New Gloucester's 250th Anniversary Parade. New Gloucester's semiquincentennial celebration comes as the Town also celebrates its annual community fair.

"It was heartening to see neighbors, families, and friends come together to honor the Town of New

Gloucester's shared past, while strengthening the bonds that will make for a brighter future," said Senator Collins. "I so enjoy celebrating Maine's rich history, and today's parade was a wonderful example of what unifies communities across our state."

The "Happy Birthday New Gloucester" parade featured floats that showcased the town's history

and community spirit. Local businesses, schools, and community organizations took part in the parade as well.

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

Westbrook City Band playing free concert

WESTBROOK, ME -- Join us as we play toe-tapping fun and familiar music for all ages – show tunes, marches, and

patriotic tunes! Tuesday, October 15, 2024 7PM – 8PM Westbrook Community Center

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Seniors Not Acting Their Age

Rollicking Canada Falls



Kayaker Mark Nelson plunges down The Slide on Canada Falls



Paddlers navigate through complex Cabin Rapid



A raft team enters Cabin Rapid

Canada Falls is the most difficult and exciting whitewater that my outdoor club, the Penobscot Paddle & Chowder Society (PPCS), regularly paddles. Although not located in Canada, it's not far away. The 3.8-mile section of the South Branch of the Penobscot River is situated northeast of Jackman in a remote area a few miles east of the Canadian border.

Generally considered the authority on all things whitewater, the American Whitewater Association (AWA) rates Canada Falls Class III-V. Whitewater difficulty levels are subjective and some may disagree with that rating, but

it's certainly a challenging stretch of rapids.

Canada Falls Dam at the outlet of Canada Falls Lake controls the flow of water. As a result of licensing negotiations with paddling representatives, the dam operator, Brookfield Renewable Energy, is required to provide releases on most Saturdays during the summer, pool levels on the lake permitting. Releases vary from 500 to 750 cubic feet per second (CFS). A personal friend, Tom Christopher, was a major player in those negotiations. Tom was also instrumental in brokering whitewater releases on several additional rivers around the country.

Absent his assertive style, I doubt Maine paddlers would have the substantial river access they currently enjoy.

This year, my son Adam was PPCS Trip Coordinator for the Labor Day Weekend Canada Falls release. The scheduled level was 600 CFS and Brookfield confirmed that would be the flow.

Trips on Canada Falls are quite popular and turnout tends to be high. That is particularly true on Labor Day Weekend. So, it was no surprise when nine kayakers, four shredder teams, a small raft, and a canoeist signed on to the trip, a total of 22 paddlers.

Getting to Canada

Falls is an ambitious undertaking. A four hour drive from central Maine, the last portion is on rough logging roads to the take-out near Pittston Farm, a historic logging community. From there, one must travel on North Maine Woods controlled lands to a launch site below Canada Falls Dam. Gaining access through the gated entrance requires paperwork and fees. Good news for us seniors (70 and over), we get in free!

We had cool sunny weather for our day on the river. I had a connection with the Trip Coordinator and we were one of the shredder teams. Adam and I usually share a shredder a couple of times a year but this was the first time since Kingsbury Stream in April. We needed to be on our game.

The first few rapids are a good warmup but just a taste of what's to follow. Progressing right around a small island, we approached a horizon line. AWA names this falls Surprise but everyone I know calls it The Slide. The steep slide ends with an explosive wave and an undulating boil followed by more powerful waves. Most people consider the best route to be down the middle angled left but the

outcome varies. For some the plunge is like a magic carpet ride while others end with a trashy upside down experience.

Kayaker Mark Nelson broke the ice with a picture perfect run. Paddlers followed one after another. Some had easy descents while others capsized. Kayaker Gary Cole was ejected high into the air but rolled. Another paddler swam but was quickly reunited with his boat. Adam and I thought we had the ideal line but were almost flipped by the menacing wave. Fortunately, a low brace saved the day.

Cabin Rapid is the next difficult falls on the agenda. The complex rapid requires negotiating through a steep wave train that flows directly into a very unpleasant almost river-wide hole. For most, the strategy is to catch a problematic eddy above the hole and then navigate left. Our crew successfully executed the challenging maneuvers.

The ensuing sector is a continuum of steep, technical falls with few opportunities to regroup. Adam announced "follow us and go left, left, left." Fifteen vessels successfully plumbed through Upper and Lower Split Decision and

made the obligatory hard left turn at Megahole. The final Class III rapid was easy in comparison.

At the takeout, high fives were exchanged all around. Success on Canada Falls is very satisfying and not guaranteed.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates eight more exciting whitewater escapades including a descent of the Class V Gulf Hags waterfalls.

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

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

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Guild Fine Craft Show returns for its 8th season

BRUNSWICK, ME
 -- Proudly presenting a juried collection of handcrafted items by the Guild level members of the Maine Crafts Association, browse the work of 35+ of the states' finest craft artists in a beautiful setting, with opportunities to meet the artists and purchase unique handcrafted items.

The Guild shows are a well-established artist marketplace welcoming the public to see, collect and learn about the highest quality craft objects made by a membership of dedi-



cated, talented and skilled craft artists. Join us for a celebration of exceptional craftsmanship, artistry and innovation, featuring a diverse array of fine crafts including basketry, ceramics, fiber (decorative + wearable), glass, jewelry, light-



ing, metal, mixed media, paper and wood.

Show director, Lizz Brown of Shop Maine Craft said, "Join us in celebrating the artistry and passion that thrive in our community at this year's Brunswick Guild fine craft



show. We invite everyone to discover the unique stories and backgrounds behind each artists' work."

\$5 Saturday + Sunday admission, and those under 18 may attend free of charge. SAT 10/26 +

SUN 10/27, 10am - 4pm. Fort Andross Mill, 14 Maine Street, Brunswick, ME. For more information, please email: Lizz Brown, Show Director at lizz@shopmainecraft.com or visit shopmainecraft.com



Augusta Symphony Orchestra to perform fall concert

AUGUSTA, ME -- It's concert season again! The Augusta Symphony Orchestra with Conductor and Music Director Jinwook Park, will present this season's opening concert on Sunday, October 27 at 3 pm at Cony High School, 60 Pierce Dr. in Augusta. We'll begin with the rousing Overture to the Russian opera Ruslan and Lyudmila by Mikhael Glinka. Piano Concerto No. 23 by Mozart is up next, featuring Morgan Lee as soloist. Following intermission, the ASO will perform Alexander Borodin's Symphony No 2.

Piano soloist Morgan Lee has built a dynamic musical career as

a soloist, collaborator, and teacher. In 2022 she received her Doctor of Musical Arts in piano performance from the University of Connecticut, where she studied with Dr. Angelina Gadeliya. Dr. Lee also holds a Master of Music from Mannes School of Music and a Bachelor of Arts from Brown University. She has participated and competed in numerous music festivals in the US and abroad and has performed recitals in New York City, Italy, Spain, France, and the Kennedy Center in Washington, D.C.

An experienced collaborator, Dr. Lee is the pianist for the Maine Music Society Chorale

and the August Unitarian Universalist Community Church Choir and frequently performs as keyboardist with the Portland Symphony Orchestra. She has previously served as staff collaborative pianist for the University of Southern Maine Osher School of Music and the University of Connecticut Music Department.

Dr. Lee has over ten years of private teaching experience and has served as an adjunct faculty member at Eastern Connecticut State University, piano faculty at the Bronx Conservatory of Music, and a teaching fellow at Mannes School of Music. She is currently a piano instructor at Col-

by College, as well as Bay Chamber Music School and Stone Coast Music.

Dr. Lee is passionate about finding new, unconventional ways to engage with classical repertoire and wrote her dissertation on interdisciplinary collaboration as creative practice for classical musicians. She is committed to continuing this work to inspire her students and connect with new audiences here in Maine. You can learn more about her work at morganleepianist.com.

Admission is free with donations gratefully accepted. Please join the Augusta Symphony Orchestra for an afternoon of great music!

Protect your home for Fire Prevention Week

PORTLAND, ME
 — During Fire Prevention Week (October 6-12), the American Red Cross of Northern New England reminds everyone home fires claim more lives in a typical year than all natural disasters combined. To help protect your household, test your smoke alarms each month and practice your escape plan until everyone can get out in less

than two minutes. "Fire now travels faster through homes, largely due to popular open-concept layouts and synthetic materials," said John Montes, Red Cross regional disaster officer. "The sooner an alarm alerts you to a fire, the sooner you can get out. This is critical because fire experts say you may have less than two minutes to

escape a burning home before it's too late."

Tips for creating your home fire escape plan and practicing your 2-minute drill:

Everyone in your household should know two ways to escape from each room in your home.

Smoke is dangerous. Get low and go!

Decide where to meet once you get outside. Se-

lect a meeting spot at a safe distance away from your home, such as a neighbor's home or landmark like a specific tree in your front yard, where everyone knows to meet.

Get out and stay out. Never go back inside for people, pets or things.

If a fire starts, you may have less than two minutes to get to safety. Time your fire drill and

find out: what's your escape time?

While practicing your escape plan, teach children what a smoke alarm sounds like. Talk about fire safety and what to do in an emergency.

Smoke alarm safety:

Place smoke alarms on each level of your home, including inside and outside bedrooms and sleeping areas.

In addition to testing your alarms once a month, change the batteries at least once a year, if your model requires it.

Also check the manufacturer's date of your smoke alarms. If they're 10 years or older, they need to be replaced because the sensor becomes less sensitive over time. Follow the manufacturer's instructions.

Arts & Entertainment

American Idol's Julia Gagnon free Halloween mini concert

SOUTH PORTLAND, ME -- American Idol star Julia Gagnon will have a free Halloween performance at the Maine Mall-area Goodwill store 4:30-6 p.m. Friday, Oct. 18. Gagnon, a former Goodwill NNE employee, learned interpersonal skills working at the Falmouth, ME Goodwill that she now uses in her singing career. Now, Gagnon is giving back to the local nonprofit by helping to promote sustainable Halloween shopping.

"In the three years I worked at Goodwill, I learned how to talk with people and the fact that everyone has a different story that is unique and beautiful in their own way,"

Julia said. "I also learned how important shopping secondhand can be when it comes to the environment." As advocates for sustainable fashion, Julia and Goodwill NNE are partnering up to bring a special DIY costume shopping experience that celebrates secondhand.

About 83% of costumes end up in landfills. Shopping secondhand, especially for Halloween, has never been more important. A leader in reuse, Goodwill NNE diverts 50+ million pounds of donated goods from landfills annually and makes shopping secondhand accessible and affordable. That's important because according to Goodwill Industries Inter-



national's 2024 Halloween Survey, inflation is impacting what families are able to spend on Halloween costumes this year.

The survey shows that more people are plan-

ning DIY costumes this year with pop-culture and character-based costumes leading in popularity. Julia and Goodwill NNE will be serving thrifted costume inspiration like "how to

make an idol" on their social media platforms and in-person at the event. "The average consumer can no longer afford to spend \$50 dollars on something they'll only

wear once," said Goodwill NNE's Vice President of Retail, Dave Robison. "We're here to provide affordable, sustainable costumes that offer room for creativity, and discourage throw-away culture." Revenue from Goodwill NNE stores goes towards funding their mission of helping people achieve personal stability in Maine, New Hampshire and Vermont. We at Goodwill like to call it value shopping, with values. Julia and her fiancé Nate will be performing a mini-concert followed by a meet-and-greet at the event on Oct. 18 at the Goodwill store at 555 Maine Mall Road in South Portland. With your support, we'll make a difference to people in our northern New England community, and the planet.



ning DIY costumes this year with pop-culture and character-based costumes leading in popularity. Julia and Goodwill NNE will be serving thrifted costume inspiration like "how to

make an idol" on their social media platforms and in-person at the event. "The average consumer can no longer afford to spend \$50 dollars on something they'll only

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

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1776

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Music by Sherman Edwards
Lyrics by Sherman Edwards
Based on a conception of Sherman Edwards

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Assistant Director Mark Hazard
Music Director Linda Vaillancourt

Asst. Dir./Choreographer Eileen Messina
Stage Manager Brandon Chaloux
Producer Jane Mitchell

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Sun, Oct 27, 2024 at 2:00 p.m.
Thu-Sat, Oct 31, Nov 1-2, 2024 at 7:30 p.m.
Sun, Nov 3, 2024 at 2:00 p.m.

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UUCB Concerts for a Cause: Sally Rogers & Claudia Schmidt

BRUNSWICK, ME — Sally and Claudia, both Michigan natives, have each shared their talents as solo artists and as a duo. For over 4 decades, they have been performing together, demonstrating a deep musical connection onstage. They have played at prestigious folk venues around the world and were regulars on Garrison Keillor's Prairie Home Companion. Their beautiful harmonies, fascinating double dulcimer work, and the mix of 6 and 12 string guitars make up their wide repertoire of originals and traditional songs.

Sally Rogers is a remarkably accomplished musician, songwriter,



UUCB Concerts for a Cause presents an evening with the renowned folk singers, Sally Rogers and Claudia Schmidt at the Brunswick UU Church, 1 Middle Street, on October 19th at 7:30 pm. All proceeds from the concert will be given to this season's charities, Brunswick Area Teen Center and Maine Family Planning.

storyteller, and educator. Over her career, she has recorded more than a dozen albums and has established herself as a preeminent voice in folk music. She began her career as a full-time touring musician in 1979, after encouragement from Stan Rogers, the legendary Canadian singer-songwriter. Rogers has toured extensively, performing as well as teaching workshops with adults and children. She has also appeared many times on A Prairie Home Companion and Mountain Stage and is a favorite at folk and storytelling festivals.

Claudia Schmidt is a powerful vocalist who describes herself as a "cre-

ative noisemaker," engaging audiences with folk classics, jazz, blues, bawdy verses and humorous parodies. She has recorded 16 of her own albums, and four with Sally Rogers. Her widely acclaimed folk and jazz-based compositions have found their way into radio, TV, film and theater productions. Her musical theater performances include "Gales of November," a 2005 retelling of the tragic 1975 sinking of the ship Edmund Fitzgerald. Like Sally Rogers, Claudia has appeared numerous times on A Prairie Home Companion, solo and as a duo with Sally. Garrison Keillor once said. "When Claudia sings a song, it

stays sung." Sally and Claudia's 1987 album "Closing the Distance" was voted by public radio stations throughout the country as one of the 10 most popular albums of the year. They recently released their fourth collaborative album "We are Welcomed," which celebrates love, friendship and social justice, themes that have been the cornerstone of their intertwined careers for decades.

Tickets are \$20 in advance, \$25 at the door, \$10 students/children. Tickets are available at the church office, Gulf of Maine Books, or at <https://ticket-stripe.com/sallyrogers>.

"Light the World in Teal" for Alzheimer's awareness

NEW YORK — The Alzheimer's Foundation of America (AFA) announced plans to "Light the World in Teal" for Alzheimer's awareness on Friday November 1 to kick off National Alzheimer's Awareness Month. Sites around the world — from skyscrapers and stadiums to small

businesses, town halls, and homes — are invited to sign up to illuminate in teal by contacting AFA at 866-232-8484 or visiting www.lighttheworldinteal.com. Teal is AFA's Alzheimer's awareness color.

"Light the World in Teal aims to literally shine a spotlight on Alzheimer's

disease and show support for the millions of people living with it," said Charles J. Fuschillo, Jr., AFA's President and CEO. "Every site that signs up, whether it's a multi-story building or a single-family home, helps to highlight the issue of Alzheimer's disease. Sign up to shine

up in teal for Alzheimer's awareness on November 1."

AFA's Light the World in Teal initiative is designed to shine a spotlight on this growing, international health issue, which impacts more than 6.7 million Americans and more than 55 million peo-

ple worldwide. The annual program, one of AFA's signature Alzheimer's awareness initiatives, takes place in November as part of Alzheimer's Awareness Month. Last year, more than 1,000 sites around the world participated in the initiative, including sites in all 50 states in the U.S. and

13 foreign countries. Sites interested in participating in the 2024 Light the World in Teal Alzheimer's Awareness program on November 1 can sign up by visiting www.lighttheworldinteal.com or contacting the Alzheimer's Foundation of America at 866-232-8484.

Maine-based insurer chairman named Professional of the Year

BANGOR, ME — Royce Cross, who has overseen the growth of his family's Bangor-based company into one of New England's largest insurance providers, has been honored as The Insurance Library Association of Boston's 2024 Insurance Professional of the Year. The award recognizes Mr. Cross's leadership within and dedication to the industry.

Cross Insurance, with some 1,100 employees in more than 50 offices in eight states, offers personal and commercial policies, as well as employee benefit and student health plans. Cross's Maine offices are in Bangor, Portland, Augusta, Lewiston, Auburn, Brewer, New Gloucester, Union, Windham, and Trenton.

Company CEO Jon-



athan Cross, Royce's son, said his father "is at his best when he's doing a deal. For several years now I have challenged others in the industry to find me someone else that loves

this business more than my father, and so far, nobody has yet to find one."

Cross Insurance is the naming rights sponsor of Portland's Cross Insurance Arena and the official

insurance broker of the Portland Sea Dogs, Boston Bruins, Boston Red Sox, New England Patriots, New England Revolution, and Gillette Stadium. In May, the company acquired the naming rights to Gillette Stadium's premier

event day hospitality club. The Insurance Library Association of Boston, a nonprofit founded in 1887, is the country's first, and only remaining, independent library dedicated solely to the industry. The library has a unique collec-

tion of print and digital insurance-related resources, including treatises, periodicals, hard-to-find policy forms, a rare collection of A.M. Best Reports going back to 1900, and many insurance artifacts and memorabilia.

Skelton Taintor & Abbott welcomes Alexandra W. Winter

LEWISTON, ME — Skelton Taintor & Abbott is pleased to welcome litigation attorney Alexandra W. Winter to the firm. Alexandra is joining the firm's litigation group as an Associate Attorney. After graduating from Brandeis University and earning a Juris Doctor degree from the City University of New York School of Law, Alexandra began her career at the Law Offices of Thaddeus Day before joining the District Attorney's Office in Maine's District III. Alex-

andra served in the District Attorney's Office for more than 9 years, with more than 8 years as the Assistant District Attorney and an 8-month period as the Interim District Attorney.

Alexandra's practice at Skelton Taintor & Abbott will focus on commercial and business litigation, general civil litigation, probate litigation, creditor representation and collections, and foreclosures and repossessions.

Firm President, Sarah Mitchell, stated, "We are

excited to welcome Alex to the Skelton Taintor & Abbott team. She is a successful and well-respected attorney and will be a key addition to our litigation practice."

Skelton Taintor & Abbott is a full-service trial and general practice law firm representing clients throughout Maine. With the addition of Attorney Winter, the firm consists of 13 attorneys practicing in virtually all fields of law and in both federal and state courts.

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Riding To The Top hosts Triple B ~ Boots, Band, and BBQ

WINDHAM, ME -- Saturday October 19th from 5:30-11 pm at 14 Lilac Drive in Windham, Riding To The Top Therapeutic (RTT) Riding Center will host its 16th Annual Triple B ~ Boots, Band and BBQ.

This year's event will celebrate "Team RTT," and all the different ways that this manifests at the farm – from riding teams to volunteers to staff to client families to paddock mates. RTT pays tribute to the people, horses, businesses and organizations that have helped sustain Riding The Top since its beginning in 1993. Organizers for the October 19th event have a goal of raising \$200,000 to support Financial Aid for RTT's clients and Horse Care.

The evening will feature Schilly's mouthwatering barbecue, a Mission Based Auction, dancing

to the live music of local favorite "Under The Covers," a fantastic raffle, photo booth, boot contests and door prizes. Michelle Taylor of 99.9 THE WOLF will return to emcee and auctioneer Elizabeth Ross Holmstrom will call the unique mission based auction.

This annual "Party with a Purpose" plays a vital role in RTT's ability to provide equine-assisted services for local children and adults with disabilities. Sarah Bronson, RTT's Executive Director, shared that "this event has become a community favorite. While raising critical funds to support RTT's programs and most notably our Rider and Horse Funds, it's also an incredibly fun evening for our guests, including some time meeting our horses, enjoying delicious food, music and dancing!"



RTT Client and volunteer riding team work with herd member, Dream

This year's Triple B is supported by many local business partners led by our Grand Champion Sponsor, Portland Volvo, and Reserve Champion Sponsor,

Norway Savings Bank.

If you're interested in more information or reserving your tickets today, please visit: <https://www.ridingtothetop.org/tripleb>



RTT Client and volunteer riding team walk with herd member, Paxton

Maine songwriters release "Leave the Maine Flag Alone"

TURNER, ME - Leave the Maine State Flag alone. It ain't broke. Don't fix it. That is the core message in a new song/music video released Monday, Sept. 30th, by Maine songwriters Jason C. Carey and Scott K Fish. Their target audience, say

Carey and Fish, are Maine voters who are asked this Election Day, November 5th, to choose between keeping Maine's current flag, or replacing it with an old design, replaced by the Maine State Flag 115 years ago.

Carey said the song

idea came about during a conversation he and Fish were having about non-essential matters on which Maine government wastes time and taxpayer money, while essential, tougher issues are left undone.

"Car-killer roads, homelessness, underper-

forming public schools, drug addiction, high electric costs. These are just a few of Maine's essential matters Maine lawmakers ignore," said Carey. "Let's solve those problems. Then if there's time and money left over we can talk about the wisdom of

changing the Maine State Flag," he said.

"Maine's a wonderful place to live, to work, and to visit. But it's not without serious issues. We hope our song at least prompts Maine voters to think about urging Maine legislators to focus on the


important stuff," added Fish.

"Leave the Maine Flag Alone" is available on the web (<https://pineconerecords.com/>) and on popular social media outlets: https://youtu.be/JW4iGluee_4?si=T_qck-0WuPGpzK2T4

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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!

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

CALL FOR VENDORS

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If you have questions, or to register, please contact Florrie Mileikis
cell: 207-577-9734 email: mileikisf@gmail.com

Wheelchairs 4 Kids provides ramp to local child

PORTLAND, ME – Have you ever imagined how difficult it would be to enter your home if it had steps and you are wheelchair bound? Well, for 13-year-old Damien, who is diagnosed with Hunter's Syndrome, a rare genetic disorder that causes large sugar molecules to build up in his body's tissues, it had become increasingly challenging. Damien's joints have stiffened to the point where he can no longer walk on his own, and requires the use of a manual wheelchair. He relies on his parents and grandparents to help lift him out of his chair and then, in and out of his house.

ly reached out to the non-profit organization, Wheelchairs 4 Kids, for help in having a ramp built on their property to make access into their home easier. Wheelchairs 4 Kids partnered with Harmar, a company specializing in ramps and lifts, and a local installer in Damien's area, 101 Mobility, they were able to safely and efficiently install a ramp to make his entryway more accessible! Thanks to help of generous donors, Damien now has an amazing aluminum ramp that provides him safe access into his home, where he can now roll with ease without the burden of his caregivers constantly lifting him out of his chair



or having to bump down the steps.

Damien's mom, Britta, shared: "It (the ramp) makes going out for family walks easier in the after-



noons, being able to roll Damien in his wheelchair, instead of struggling to help him bump his bottom down the steps. Especially in the winter months, it will be safer, when there is ice and snow on the ground."

Wheelchairs 4 Kids is a non-profit dedicated to improving the lives of children with physical

disabilities by providing wheelchairs, home and vehicle modifications as well as other assistive equipment.

Based in Sarasota, FL, USA, Harmar Mobility is the leading manufacturer of mobility solutions, specializing in wheelchair lifts for automobiles, stair lifts for homes, and res-



idential and commercial vertical platform lifts. The company was founded in 1998 with the mission to use meaningful innovation to increase independence and improve quality of life for the millions of people with accessibility difficulties. Inspired by a driving purpose, the company's mission is: We lift lives.

YCCC celebrates 30 years of excellence in education

WELLS, ME -- York County Community College (YCCC) is proud to announce the celebration of its 30th anniversary, commemorating three decades of providing affordable, high-quality education and workforce development in York County.

King for a community college to provide education and skills training to support the county's growth. Over the past 30 years, the college has grown from a small, rented space at the Village by the Sea to serving thousands of students at locations in Wells and Sanford. Despite this growth, the College has never lost its focus or passion to support our residents and businesses in their pursuit of success.



"We are thrilled to celebrate this milestone," said Michael Fischer, President of YCCC. "The success of the College is a testament to the faculty,

staff, community partners and students who have worked hard to make the college successful. We continue to evolve to meet the changing needs of the workforce and will continue to do so for years to come."

As YCCC looks ahead to the next 30 years, the college remains dedicated to its mission to develop an educated, skilled, and adaptable workforce, at an unapologetically af-

fordable price. As YCCC plans for the expansion of academic programs, state-of-the-art facilities, and community partnerships, it is well-positioned to support the future workforce of York County.

YCCC will be hosting a series of events throughout the year to commemorate this anniversary. We hope to bring together our alumni, community partners, employees, and current students

throughout the year to celebrate. Information for events will be made available on the website and social media, all events will be open to community members.

President Michael Fischer remarked, "We're incredibly grateful for the support of our community over the past 30 years and look forward to continuing to serve as an educational leader in the community for decades to come."

Evergreen CU grows in Scarborough

SCARBOROUGH, ME – Evergreen Credit Union's newest location in Scarborough is now open to the public at 617 U.S. Route 1.



The Scarborough branch team can discuss Evergreen's various savings, checking and loan options with members, and process Shared Branching transactions with members from other credit unions. "Being able to serve the Scarborough area means a lot to us," said Jason Lindstrom,

Evergreen Credit Union's President/CEO. "Scarborough has welcomed us with open arms, and we're excited to show our appreciation to the community."

With Evergreen's community-driven mission, their staff is more than ready to start connecting with Scarbor-

ough. "Our commitment to the community extends beyond financial services," said Jeanna Coates, Community Engagement Manager at Evergreen Credit Union. "We're proud of the many partnerships we've established in Southern Maine. We're eager to share more about our branch with the wider Scarborough population.

Several Evergreen Credit Union team members, Community Partners, and vendors

celebrated the branch's grand opening alongside many Scarborough town officials this spring. "We're grateful that we had a small crowd there to

cheer us on as we opened the doors," said Lindstrom.

Evergreen CU is Maine's 5th largest credit union with over \$550 mil-

lion in assets. Their Scarborough location is open 6 days a week at 617 U.S. Route 1. Visit <https://www.egcu.org/news> to learn more.



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Auburn native directs female-led documentary, “Axe Women”

AUBURN-LEWISTON, ME — *Axe Women: The Modern Lumberjill*, a high-octane documentary that explores the intersection of feminism and athleticism through the lens of female timber sports athletes, is actively seeking charitable, tax-deductible donations and corporate sponsors to fund its production.

In October 2023, documentarian Breanna Wing and producer Indeana Underhill embarked on filming the initial proof of concept shoots, establishing the foundation for their feature documentary. Driven by a passion to illuminate the untold stories of remarkable women—both past and present—who defy societal norms with their strength and resilience, they are committed to bringing these powerful narratives to light.

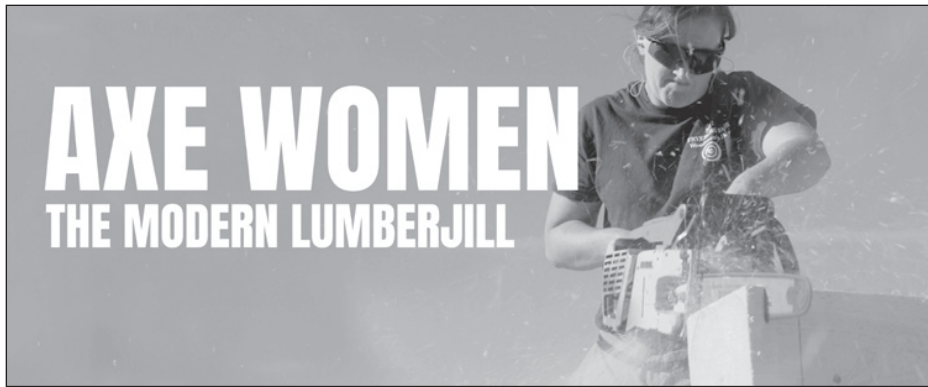
Overview of the Documentary:

Title: *Axe Women: The Modern Lumberjill*

Director: Breanna Wing (Auburn, Maine native) www.breannawing.com

Producer: Indeana Underhill www.indeanaunderhill.com

Status: Proof of concept completed; currently raising funds for feature production



Trailer: Watch Now (www.axewomenfilm.com)

From woodchips flying to sawdust spraying, *Axe Women: The Modern Lumberjill* captures the full force of the lumberjill experience. Since 1917, these women have made significant contributions to the timber industry, yet their story remains largely untold. This documentary delves into their history, from vital wartime roles in the Women’s Timber Corps to modern athletes challenging gender stereotypes.

Through intimate interviews and behind-the-scenes footage, *Axe Women* explores the balance between home life and competition, examining how these women navigate societal perceptions, family responsibilities, and their identities. The film also highlights the evolution of timber sports—from logrolling’s origins



Lumberjill Alissa Wetherbee of Axe Women Loggers of Maine Logrolling

in the logging industry to its modern push for Olympic inclusion—showcasing the sport’s diversity across gender, race, age, and body type.

After capturing key footage in Wales, Ellsworth, Lewiston, Auburn, Turner, Peru, and the Fryeburg Fair, the team spent the past year immersed in meetings, interviews, research, and writing to develop the feature treatment. Their goal is to secure full funding by Spring 2025, allowing them to commence

filming in early summer.

To bring this empowering, informative, and historically significant story to life—including the essential crew for filming competition events, post-production efforts, and distribution plans—they need to raise just under one million dollars. The continuation of filming is contingent upon raising these funds, and they invite those interested in supporting the project to make a tax-deductible donation at www.axewomenfilm.com.



Director Breanna Wing interviews Lumberjill Brenda Stevens



Lumberjill Alissa Wetherbee and Mike Wetherbee with Breanna Wing and Indeana Underhill

The film will explore timber sports through a community engagement lens—highlighting local fairs, competitions, entertainment, and educational opportunities—while also examining the elite competitive landscape worldwide. From YMCAs teaching log rolling to world champions earning international acclaim, we aim to raise awareness of this

sport at every level.

Help bring this important story to life. Your donation will help us continue filming and share this documentary’s educational message with the world. Join us in making this film a reality—every size contribution makes a difference.

Please donate or share at www.axewomenfilm.com.

\$191M army contract for General Dynamics’ Saco defense facility

BANGOR, ME— U.S. Senator Susan Collins, the Vice Chair of the Senate Appropriations Committee and Ranking Member of the Subcommittee on Defense, announced that the General Dynamics facility in Saco has been awarded a \$191 million Army contract

to produce more than 160 “Iron Fist” Active Protection Systems. These systems, used in Army Bradley Infantry Fighting Vehicles, will support 20 new jobs in Saco, a nearly ten percent increase in the facility’s current workforce of more than 200.

“The contract awarded to General Dynamics’ Saco Facility is especially good news for the skilled workers who will be responsible for the assembly of these critical weapons protection systems,” said Senator Collins. “The ‘Iron-Fist’ systems are designed to defeat

rocket-propelled grenades and anti-tank guided missiles, improving the safety of our soldiers’ in combat zones. I am pleased that the Army has chosen the dedicated and talented workers at the General Dynamics’ Saco facility to carry out this important work that

contributes directly to our nation’s security.”

This contract award is supported by funding appropriated in the FY24 National Security Supplemental that Senator Collins negotiated, and it builds on the \$40 million she secured for an additional systems last year.

The contracted work is expected to be completed by 2027.

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

Funds to raise awareness of reproductive health services

AUGUSTA, ME — The Maine Department of Health and Human Services’ (DHHS) today announced that it has received a nearly \$600,000 grant to expand outreach about reproductive, childbirth, and post-pregnancy coverage options available through state health coverage. The grant will be implemented in partnership with Maine’s Medicaid program, MaineCare.

The two-year, \$595,297 grant was awarded by the U.S. Centers for

Medicare & Medicaid Services (CMS) to Maine’s Bureau of Insurance, which is providing the funding to the Office of the Health Insurance Marketplace (OHIM) in DHHS. The grant will ensure that individuals with health coverage through Maine’s insurance marketplace, CoverME.gov, and MaineCare are aware of the reproductive and maternal health benefits offered and how the coverage options differ.

“This federal grant al-

lows OHIM to partner with MaineCare on outreach and education efforts for the next two years as we work to ensure consumers have the tools they need to make informed choices when selecting health coverage,” said OHIM Director Hilary Schneider. “We will work with community partners, providers, and other trusted messengers to raise awareness among people of childbearing age about the coverage options available through CoverME.gov.”

“Maine’s Office of MaineCare Services welcomes the opportunity to partner with OHIM as we bring greater education and awareness about the pregnancy, childbirth and post-pregnancy benefits available through MaineCare,” said MaineCare Director, Michelle Probert. “Helping individuals and families better under-

stand the range of services available to them through MaineCare and CoverME.gov means pregnant people, parents and children across Maine, will have more opportunities for improved health.”

“Expanding outreach and education to better inform people about affordable options for coverage of women’s health services will benefit thousands of women,” said Bob Carey, Superintendent of Insurance for Maine’s Department of Professional and Financial Regulation. “A broad range of women’s health services – such as contraceptives and preventive screenings – are covered with no cost sharing, but many people are not aware of this. We’re hopeful this grant will help better inform women of these benefits, and we’re pleased to collaborate with Maine’s Department of Health and

Human Services on this important initiative.”

OHIM is Maine’s official health insurance marketplace and is designed to help individuals and families find affordable health insurance coverage. Through CoverME.gov, Maine residents can compare qualified health insurance plans that include a comprehensive set of benefits and apply for savings to lower the cost of coverage.

CoverME.gov begins its annual Open Enrollment Period on November 1 and it runs through January 15. Any Maine resident can apply for coverage through CoverME.gov. To apply for coverage outside of the Open Enrollment Period, consumers must experience a Qualifying Life Event to be eligible to enroll, such as having a baby or losing employer-based coverage. More

information about qualifying outside of the Open Enrollment Period is available on the Special Enrollment Periods page.

Visit CoverME.gov for more information about plan options and financial savings available to make coverage affordable.

For a prescreening tool and to learn more about applying for benefits provided by MaineCare, visit MyMaineConnection.

This grant is supported by the Centers for Medicare and Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$595,297 and is 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CMS/HHS, or the U.S. Government.

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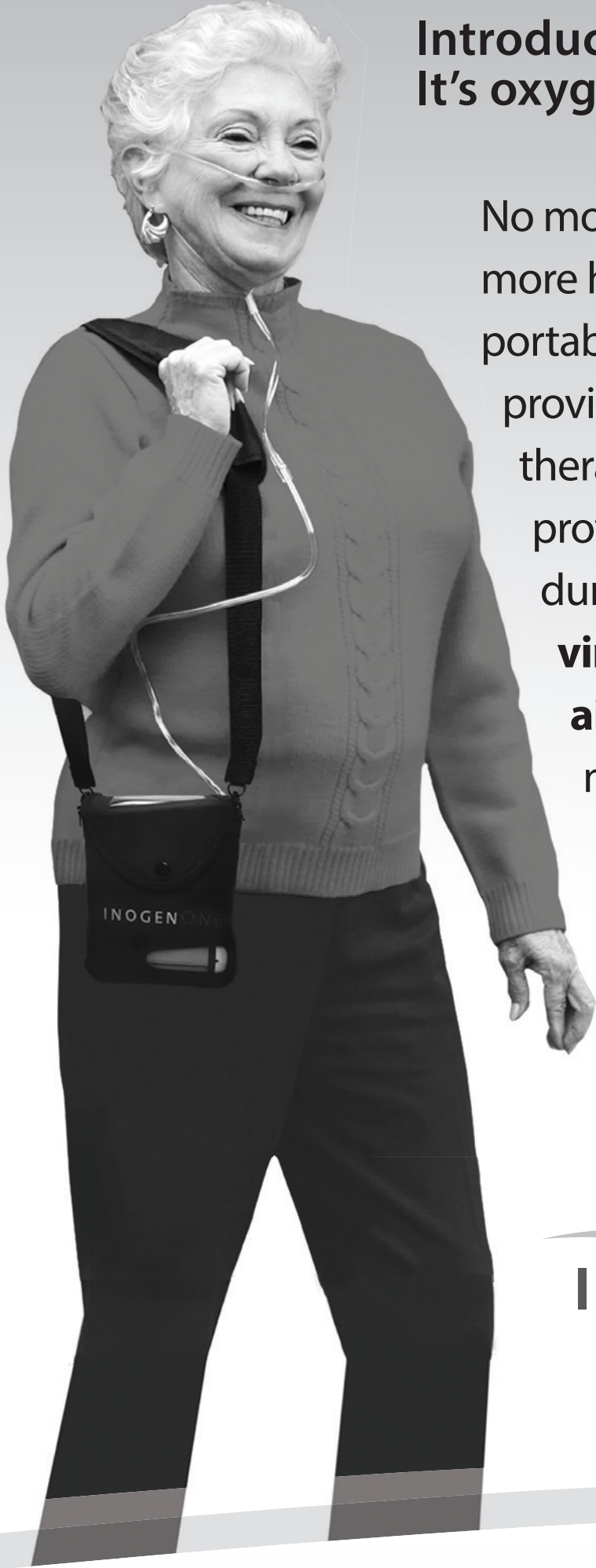


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Five tips to help reduce health care costs

By Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of New England

As the annual open enrollment season approaches, a concerning finding sheds light on a health issue that affects millions of people. A staggering 88% of U.S. adults lack sufficient health literacy to effectively navigate the health care system.¹

If that's the case for you, this lack of understanding may not just affect your health – it could also impact your bank account. The Center for Health Policy Research at George Washington University found that not quite getting health-related information can cost up to \$238 billion annually in higher health care costs.²

Empowering yourself with knowledge about your health care options during open enrollment is crucial to optimizing your benefits and managing

costs. Better understanding your available plans and their benefits can help you make informed decisions that support your physical, mental, and financial health.

Here are some tips to help bridge the knowledge gap and help you save money on health care.

Make the most of your yearly checkup

Regular preventive visits are generally covered by your health insurance plan and can play a crucial role in early disease detection. That can be a win-win for your health and your pocketbook. That's because identifying issues as early as possible may lead to more effective treatments and can also help avoid more costly services in the future. But here's part of where that "understanding" piece is critical. Come to your doctor visit with a list of questions and let him or her know if

you have any health concerns. Take notes to make sure you're getting all the information you need and review them once you return home.

Make sure you understand your plan and health care costs

It's also important to understand your deductible, your out-of-pocket expenses, and other specifics of your health insurance plan. This glossary defines thousands of health care terms to help you make informed decisions. New health plan models are now available to help drive a more affordable and simplified experience. Some eliminate deductibles and provide clear, upfront cost and coverage information before treatment begins. Such clarity in pricing helps make health care more affordable for people of all ages and with various common conditions and comorbidities.

Shop around for pharmacies

First make sure your pharmacy is in your insurance plan's network, otherwise you might have to pay more for your prescriptions. Then, do some comparison shopping. You may be surprised at how much variance you'll find from one pharmacy to another in terms of prices of the medications you may need. Also, investigate generic options for those prescriptions, which are usually less expensive than brand-name versions. And look into online pharmacies, which ship nationally and, because they have less overhead than brick-and-mortar stores, may offer better prices.

Take advantage of your Employee Assistance Program (EAP)

Health literacy and financial literacy are closely linked, as they both play a critical role in our ability to make well-informed

decisions about our health and financial well-being. Many employee assistance programs offer financial resources and tools to help narrow financial literacy gaps, such as tax planning, debt management, and savings guidance. EAPs can also help address behavioral health issues, which can affect cognitive functions and the ability to understand health information.

Use telehealth

Virtual visits have emerged as a go-to option to remotely access medical services, including primary, urgent and specialist care. Not only are these visits typically more convenient than in-person options, but they may also be available through your health plan. Virtual visits can help with the treatment of allergies, urinary tract infections, flu, rashes and more, from the comfort of your home without the hassle of sitting in an

urgent care waiting room. Of course, there are times when an in-person visit is necessary, especially for chronic or complex conditions, emergencies or issues requiring hands-on exams, lab tests or X-rays. Check your health plan to determine what kinds of virtual care resources may be available to you.

It all boils down to gaining a greater awareness of your options and understanding your own health. Using that knowledge may help improve health outcomes and enable you to save on health care costs, creating a true win-win.

¹ Milken Institute, 2022, https://milkeninstitute.org/sites/default/files/2022-05/Health_Literacy_United_States_Final_Report.pdf

² BMC Health Services Research, 2022, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9465902>

Evergreen Credit Union welcomes new hire

PORTLAND, ME - Evergreen Credit Union is excited to announce the addition of Chelsea Watson as the Community Engagement Specialist.

Watson is serving as a contact for over 140 dealerships that Evergreen Credit Union works with as a part of the Local Lending Partners program. She will also be developing programming for young

professionals in southern Maine.

With eight years of experience in leadership roles in the banking industry, Watson brings a wealth of banking knowledge and a passion for delivering excellent customer service.

Joining Evergreen Credit Union marks the transition from a large bank environment to a locally-run credit union,



where she can align her career with a company that shares her values of prioritizing both members and business clients. "I am excited to take my experience in banking operations and apply it to a community and member focus," said Watson.

The team is looking forward to bringing Evergreen's community-focused mission and values to a larger audience. "We

are confident that her presence will help Evergreen expand its reach, allowing us to better serve our members and make an even bigger impact in the communities we are proud to serve," said Brenda Pollock, Evergreen's VP of Community Engagement.

Evergreen Credit Union's Community Engagement team focuses on building and maintaining relationships with dealers, community leaders, and more where they serve. Evergreen Credit Union is Maine's 5th largest credit union serving over 30,000 members across 6 counties.



Chelsea Watson, Community Engagement Specialist at Evergreen Credit Union

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Thursdays

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

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.

Oct 11, 12, 17, 18, 19

BAR MILLS -- The Original's present Molly Sweeney, a play by Brian Friel at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Oct 11, 12, 17, 18, 19 @ 7:30 PM

and Oct 13 & 20 at 2:30pm. Tickets: \$15 General Admission at www.sacorivetheatre.org.

Oct 19

BRUNSWICK -- The 2024-25 UUCB Con-

Calendar

Send your submissions to the Editor. More online.

certs for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Sally Rogers & Claudia Schmidt - Sat, Oct 19, 2024 at 7:30 pm. Doors open 7:00 pm.

For decades, Sally and Claudia have been playing at prestigious folk venues around the world and were regulars on Garrison Keillor's Prairie Home Companion. They are well-known for beautiful harmonies, dulcimer & guitar duets, and a wide repertoire of originals and traditional songs.

Tickets are \$20 in advance, \$25 at the door, \$10 students/children. Tickets are available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/sallyrogers>.

Oct 25, 26, 27, 31; Nov 1, 2, 3

AUBURN - Opening night of the Community Little Theatre production of the musical '1776.' The

curtain rises at 7:30 p.m. as the Founding Fathers come alive in this classic American musical. Performances will also be held at 7:30 p.m. on October 26, 31, and November 1, 2. Matinees will be held at 2:00 p.m. on October 27 and November 3. Tickets are \$25 for adults, \$22 for seniors/students, and \$17 for children aged 13 and under. Tickets and more information are available online at <https://www.laolt.com/>.

Oct 26, 27

LEWISTON, TOPSHAM -- "Majestic Earth Movements"

Saturday, Oct. 26, 2024, 7:00 p.m. - Franco Center, Lewiston

Sunday, Oct. 27, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Courtney Bryan - Bridges

Wolfgang Amadeus Mozart - Sinfonia Concertante in E Flat Major, K. 364 (Robert Lehmann, violinist, and Kimberly Lehmann, violist)

Jean Sibelius - Symphony No. 5 in E Flat Major, Op. 82

Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for anyone 25 and un-

der. For more information visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoast-symphony.org

Nov 23

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Novel Jazz Septet - Sat, Nov 23, 2024 at 7:30 pm. Doors open 7:00 pm.

Novel Jazz Septet, one of Maine's premiere jazz groups, is now in their 20th year of keeping the musical legacy of Duke Ellington and Billy Strayhorn alive and swinging. The band embarked on a project to go through the massive archives at the Smithsonian Museum of American History as well as the Strayhorn Collection at the Library of Congress. finding compositions by Ellington and Strayhorn, transcribing some lesser-known gems for the band and reinterpreting them with a 21st century sound.

Tickets are \$20 in advance, \$25 at the door, and \$10 for students/children and will be available

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at the church office, Gulf of Maine Books, or online at ticketstripe.com/novel-jazz7.

Jan 11

BRUNSWICK -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

David Mallett - Sat, January 11, 2025 at 7:30 pm. Doors open 7:00 pm.

Maine's own singer-songwriter David Mallett is one of America's true troubadours. In a career that spans four decades, David Mallett has recorded 17 albums and has performed in clubs, concert halls and festivals across the US, Canada and

Europe. He has appeared on numerous broadcasts, including National Public Radio's A Prairie Home Companion. Known for his carefully written, poetic offerings, his body of work has provided material for more than 150 artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and even the Muppets, and his "Garden Song" has become an American folk classic.

Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.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
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SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

OCTOBER 6 – 14, 2024 - NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK – Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including

Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

NOVEMBER 18-20, 2024 - CHRISTMAS IN NEW YORK CITY – Trip includes 2 nights lodging with 3 days in New York City. Breakfasts each morning and 1 dinner in a Manhattan Restaurant is included. We will have a backstage tour of Radio City Music Hall and a guided tour of Lower Manhattan, Times Square, Greenwich Village, Little Italy, Ground Zero and the Financial District. You will also visit the 9/11 Memorial Museum and Rockefeller Center. On Wednesday afternoon it's off to Radio City Music Hall to see the Christmas Spectacular featuring the World-Famous Rockettes. A \$200 deposit per person is due upon registration. Trip price is \$749.00 per person double occupancy which includes guided tours, Radio City Spectacular, included meals and bus driver tip. Make checks payable to White Star Tours.

to reserve your spot is \$300.00 with trip protection available for \$449.00.

DECEMBER 13-15, 2024 - WHITE MOUNTAIN HOTEL & RESORT – Trip includes 2 nights lodging with 5 meals. We will visit the Rocks Estate in Bethlehem, NH with a Moose and Bear educational program. We will stop at the Bethlehem post office where you will be able to stamp your Christmas cards with the Star of Bethlehem seal and have them mailed from Bethlehem. Trip also includes 1 afternoon comedy show and 2 evening shows. All room and meal taxes and gratuities are included. Price for a double is \$629.00 per person. Deposit is \$100.00 per person at time of registration. Make checks payable to White Mountain Hotel and Resort.

APRIL 12-20, 2025 - A WEEK IN SPAIN: BARCELONA, MADRID & SEVILLE – Trip includes 7 nights lodging, 7 breakfasts and 3 dinners, 5 sightseeing tours and two train rides. Highlights are Sagrada Familia, Royal Palace, Prado Museum, Cordoba, Olive Oil Tasting, Food Tasting and Royal Alcazar. Deposit

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