

Gorham invited to Four Seasons Fall Walk



WINDHAM, ME -- Join Presumpscot Regional Land Trust and Wild Seed Project on Thursday, October 24th, 2024 to see the fall colors!

Wild Seed Project is partnering with the Presumpscot Regional Land Trust to offer a series of Four Seasons Walks at Black Brook Preserve in Windham. These walks showcase native plants and how they change throughout the year. Join Nell Houde, Wild Seed Project's education lead, as we explore the preserve. Participants will learn how to identify and form relationships with many of the native plants that grow in the places we live, work and play. The walk will move at a more leisurely



pace, covering a little over one mile of the trail during the walk. This is the second walk of a four-part series.

Register at the PRLT website.

To attend the event, everyone 18+ must provide full sign-in information. Rest assured, as a community-based nonprofit, we will never sell your information. We'll send an email the week of the event with details on location, parking, and more. Thank

you, and we look forward to seeing you there!

PLEASE NOTE: All participants except family members need to register separately. Please ask anyone else who plans to join you to register themselves.

Thursday, October 24, 2024

3:00 PM 4:30 PM

Black Brook Preserve Windham Center Road Windham, ME

(*Rain date, Monday, October 28th, 2024)

Symphony performs "Tales from the Crypt" in Gorham

GORHAM, ME – Casco Bay Wind Symphony Fall Concert, led by Dr. William Kinne will be held Sunday, October 27, 2024 from 2:00 PM to 4:00 PM at McCormack Performing Arts Center, Gorham High School, 41 Morrill Ave., Gorham, Me 04038.

Bring the whole family to this menagerie of spooky Halloween music performed by Maine's premiere wind band, the Casco Bay Wind Symphony. This spine-tingling concert includes a world-premiere by CBWS musician, Heather Hastings, new works from Erika Svane and John Mackey, and includes music from the motion pictures "Harry Potter," "Star Wars," "Beetlejuice," "The Nightmare Before Christmas," "Edward Scissorhands," and

much more.

Tickets: Adults - \$13 in Advance, \$15 at the door; Seniors (65+) - Pay what you can; Students / Kids - Free; Tickets can be purchased at the door, or on our website [https://www.cascobaywindsym-](https://www.cascobaywindsymphony.org/event-details/tunes-from-the-crypt)

[phony.org/event-details/tunes-from-the-crypt](https://www.cascobaywindsymphony.org/event-details/tunes-from-the-crypt)

Costumes are Welcome!!!!!!!

Upcoming concerts:
Saturday, December 7, 2024, 2 PM

Sunday May 4, 2025, 2 PM

Domestic Violence Awareness Month pages 8-9

UMaine Extension offers maple grading school in October



FALMOUTH, ME — University of Maine Cooperative Extension and University of Vermont Extension will offer an in-person International Maple Grading School on Friday, October 25 and Saturday, October 26 starting at 8:30 a.m. both days. The 2-day workshop will be held at the UMaine Extension Cumberland County office, 75 Clearwater Drive in Falmouth.

The course includes both research-based discussion and intensive hands-on exercises covering the four attributes of grading maple syrup. This approach enables participants to learn how to grade or judge maple products with confidence.

A previous participant stated that the course had a "great balance of

lecture and hands-on opportunities. I really liked the different exercise stations throughout the course. The off-flavored syrup samples provided during the workshop were very beneficial." Another shared that they "learned how to use my existing equipment in more accurate ways. Moving forward I will be more diligent at all times. We sometimes get lax when in a hurry or doing repetitive tasks and this course was a great reminder of the importance of paying attention to the details."

Registration is required; space is limited to 25. Fee for the 2-day course is \$145 per person and includes lunch and refreshments on both days. Participants will also receive a tested hydrometer,

a current temporary color grading kit, a thermometer, off-flavored syrup kits and an assortment of print materials relevant to syrup quality and grading. For more information and to register, visit the program webpage. The International Maple Grading School is sponsored by the International Maple Grading Institute and the North American Maple Syrup Council.

To request a reasonable accommodation, contact Jenni Cappellogio-Ruggiero, jennifer.cappellogio@maine.edu, 207-781-6099. Receiving requests for accommodation at least seven days before the program provides a reasonable amount of time to meet the request, however all requests will be considered.

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

Newsmakers, Names & Faces

King urges review of suicide prevention efforts

WASHINGTON, D.C. — U.S. Senator Angus King (I-Maine), a member of the Senate Armed Services Committee (SASC), has written a letter to Comptroller General Gene Dodaro urging the U.S. Government Accountability Office (GAO) to begin work on a report that reviews suicide prevention matters of the reserve component of the Department of Defense (DOD). The Fiscal Year 2025 National Defense Authorization Act (NDAA) requires the GAO to conduct a review of suicide prevention and response policies for reserve personnel, and the extent to which the DOD

and military services have coordinated these policies at the federal, state and local levels. Senator King's letter comes just weeks ahead of the first anniversary of the Lewiston shooting that was carried out by an Army reservist, who failed to receive adequate mental health care. Over one-third of U.S. military service members serve in the reserve component, which provides trained units and qualified personnel in times of war or national emergency, or to fill the needs of the Armed Forces whenever more units and personnel are needed. In 2023, the DOD reported that the suicide rate



among reserve component personnel was generally similar to that of the U.S. population. However, reserve component personnel offices often have limited access to military suicide prevention resources. "It has been nearly a year since Sergeant First Class (SFC) Robert Card II committed the deadliest mass shooting in Maine's history, killing 18 and wounding 13 on October 25, 2023, in Lewiston, Maine. Since the tragedy, multiple press

reports, investigations by the Army, and the Governor of Maine's special commission have revealed troubling matters. I urge you to consider these investigations and to meet with all stakeholders as you conduct your review," wrote Senator King. "Service members in reserve status are critical to our Armed Forces and represent nearly one-third of the total force. I am concerned that they experience limited access to military-supported suicide prevention resources.

Authorities can be confusing and blurred for service members including commanders at all echelons. Effective coordination between unit commanders and local authorities is misunderstood, yet it is critical to ensuring public safety and that service members receive the care that is needed," continued Senator King. Representing one of the states with the highest rates of veterans per capita, Senator King is a staunch advocate for America's servicemembers and veterans. He has been among the Senate's most prominent voices on the need to address veterans suicide, and has

repeatedly pressed for action from top Department of Defense officials on this issue. Most recently, at the request of Senator King, the Department of Defense (DoD) released a new report breaking down suicide rates in the Armed Service by job function. Additionally, he recently wrote a letter urging further investments in traumatic brain injury research, the signature wound of the Iraq and Afghanistan wars that has unfortunately led to a high number of veteran suicides. This past August, he introduced legislation to provide safe firearm storage for veterans in an effort to reduce suicides.

Donors vital in response to Hurricane Helene impact

PORTLAND, ME — The American Red Cross continues to work to restock critically needed blood products uncollected due to the ongoing impact of Hurricane Helene's devastation in the Southeast. Donors outside of affected areas are encouraged to make an appointment to give now and help keep the blood supply stable in the weeks to come. Since making landfall, the storm and its aftermath have led to the cancellation of more than 100 blood drives, causing thousands of blood and platelet donations to go uncollected. For so many people living with urgent medical

care needs, blood transfusions are essential, and donations in the Southeast are key to keeping our nationwide network stocked. The Red Cross operates through a national inventory with the ability to move blood wherever and whenever it is needed most. The time to give blood or platelets is now. Bring hope to those in need by visiting RedCrossBlood.org, calling 1-800-RED CROSS or by using the Red Cross Blood Donor App. As the Red Cross continues to urge people to give blood or platelets now, our teams are also on the ground providing vital relief — like food, water,

shelter and support — in communities devastated by Hurricane Helene. If you're able to help those impacted by disasters big and small across the country, like Helene, please consider making a gift of any amount. All who come to give blood, platelets or plasma Oct. 1-31 will receive a \$10 Amazon.com Gift Card by email, plus be automatically entered for a chance to win one of three \$5,000 gift cards. For full details, visit RedCrossBlood.org/Treat.



American Red Cross

Upcoming blood donation opportunities through Oct. 31:

- Androscoggin**
Auburn
10/31/2024: 9 a.m. - 1:30 p.m., Central Maine Community College, 1250 Turner St
- Cumberland**
Brunswick
10/25/2024: 9 a.m. - 1:30 p.m., American Legion Post 20, 1 Columbus Drive
10/30/2024: 12 p.m. - 5 p.m., Bowdoin Col-

lege, 8 Polar Loop, Morrell Lounge BLDG.
Gorham
10/24/2024: 1 p.m. - 6 p.m., Cressey Road Christian Church, 81 Cressey Road
North Yarmouth
10/25/2024: 10 a.m. - 2:30 p.m., Wescustogo Hall and Community Center, 120 Memorial Hwy
Portland
10/25/2024: 9 a.m. - 3 p.m., Partners for World Health, 40 Walch Dr
10/29/2024: 9 a.m. - 2 p.m., Cambria Hotel, 25 Hancock St
Scarborough
10/24/2024: 9 a.m. - 2 p.m., Scarborough Community Services, 418

Payne Rd
10/29/2024: 12 p.m. - 5 p.m., Saint Maximilian Church, 150 Black Point Rd
South Portland
10/29/2024: 9 a.m. - 1:30 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy
Standish
10/30/2024: 11 a.m. - 4 p.m., Saint Josephs College - Alford Center, 278 Whites Bridge Rd
10/31/2024: 8 a.m. - 1 p.m., Bonny Eagle High School, 700 Saco Road
Westbrook
10/25/2024: 12 p.m. - 4:30 p.m., Westbrook Community Center, 426 Bridge Street

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Free classes with New Ventures Maine

AUGUSTA, ME -- New Ventures Maine is offering free workshops and classes statewide in October in three program areas: career building, starting businesses, and financial education. NVME's redesigned website provides

information about classes, instructors, and locations as well as individual coaching and matched savings programs. Upcoming classes include (partial list):
Build Your Career
My Next Career

Move (self-paced)
Building Confidence (one-hour online workshop)
Start Your Business
Tax Readiness for the Self-Employed (one-hour workshop)
Build Your Business

Website (six sessions)
Bookkeeping Solutions (one-hour workshop)
Manage Your Money
Matched Savings Information Session (one-hour workshop)
My Money Works (five sessions)

Let's Talk About Credit (one-hour workshop)
A schedule of free workshops and classes is regularly updated and accessible online. To learn more and choose a class that's right for you, visit newventuresmaine.org or call 207-621-3440.

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

Newsmakers, Names & Faces

USM Gorham broadcasts Wizard of Oz radio play, listening party

GORHAM, ME -- The University of Southern Maine Department of Theatre's 2024-2025 season is off! To see the Wizard, that is, in a wonderful radio theatre adaptation of this beloved tale. Written by Linus Speary and directed by Joshua N Hsu, the show is performed by USM Theatre students. To celebrate its inaugural broadcast, we're hosting a Wizard of Oz listening party on October 26th at 7pm on the USM Gorham Campus.

In a world where everything seems too green, witches are in every direction, and roads unexpectedly end and begin, discover a land where dreams can come true. Join Dorothy and her fearless dog, Toto, as she's whisked away from Kansas to the wonderful land of Oz. Together with a Scarecrow, a Tin



Mike Lawrence as the Wizard, Jared Lennon as the Tin Man; photo by Michael Kmack

Man, and a Lion, they learn to depend on each other, and discover their power within. Gather friends and family and join us at our listening party. The event will feature an Oz-inspired costume contest, food and non-alcoholic beverages, raffles, fun, and, of course, a listen to the final piece.

For director Joshua N Hsu, this project has been a chance to dive deeply

into an American classic in a new way, "...Oz" is a book deeply embedded in the American consciousness: it's omnipresent in our music, our films, our art, and our everyday lives. Its thoughts on friendship, self-determination, and our love for "home" continue to endure in our cultural vocabulary. We revisit the story from generation to generation, not just be-



Director Joshua N Hsu; photo by Michael Kmack

cause of nostalgia but because we still cherish the ideals Baum espouses. We've tried to capture and convey how much "Oz" is an influential Americana piece."

This is the second radio play produced in the Bill Duftris Memorial Studio on the Gorham Campus by the USM Department of Theatre. Last year, USM Theatre produced The War of the Worlds in the new studio and offered courses in audio engineering and podcasting.

Audiences can enjoy the Wizard of Oz radio play three ways:



Hailey Gagnon as Dorothy; photo by Hannah Gravelle

Join us for a Listening Party on October 26th at 7-9 PM in Lower Brooks Student Center on at the University of Southern Maine, Gorham Campus.

This event is free and open to all. Best for ages 7 and up. Everyone is encouraged to dress in their best Oz-inspired costume!

RSVP here: <https://usm.maine.edu/departments-theatre/box-office-tickets/>

Also streaming on WMPG 90.9, Portland and Gorham Maine, on October 26th at 7pm.

Audiences can purchase access when the finished piece is ready at: <https://usm.maine.edu/departments-theatre/box-office-tickets/>

Appropriate for ages 7 and up.

For more information, visit USM Theatre online at usm.maine.edu/theatre, or call the USM Theatre Box Office at (207) 780-5151. For more information on USM's Department of Theatre events and programs, click here.

Those needing special accommodations to participate fully in this program should contact Janice Gardner at (207)780-5289 or janice.gardner@maine.edu. Hearing impaired: call USM's telex / TDD number (207)780-5646

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 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 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 Coun-

cil 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.

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 nonessential matters on which Maine government wastes time and taxpayer money, while essential, tougher issues are left undone.

"Car-killer roads, homelessness, underperforming 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/JW4iGluue_4?si=T_qck-0WuPGpzK2T4

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Jonathan Knowlton
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Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for MetLife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto, home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing, ATVing, hiking, growing hot peppers and volunteering with the Boy Scouts. Champoux Insurance Group welcomes Jonathan to our Team.



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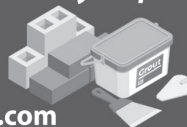
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7 tips for choosing your health benefits for 2025

By Suzi Swoop, CEO, Medicare & Retirement, UnitedHealthcare of New England

As millions of Americans now evaluate their health plan options during this fall's open enrollment season, a new survey finds that 3 in 5 Americans incorrectly defined key health care terms. This knowledge gap may result in less-than-ideal selections, which could cause you to miss out on plans that might better suit your needs and offer potential cost savings.

Enrollment timing: For people with coverage from their employer, open enrollment typically happens during a two- or three-week period between September and December. For those eligible for Medicare, the Medicare Annual Enrollment Period runs from Oct. 15- Dec. 7 each year. Coverage selections made during the fall will take effect on Jan. 1, 2025. For people shopping for individual plans on the Health Insurance Marketplace, open enrollment begins Nov. 1, 2024, and ends Jan. 15, 2025, in most states. Enroll by Dec. 15,

for active coverage on Jan. 1, 2025.

This is a crucial time to select optimal health coverage. Here are a few tips to consider when choosing a plan that may help lead you to better health and cost savings:

Plan ahead. Take time to understand and compare the benefits, services and costs of plans available to you – including anything that might have changed with your current coverage. Pay attention to more than just the monthly premium, also understanding what out-of-pocket costs, including the deductible, copays and coinsurance, you may be responsible for.

Medicare members and caregivers: As you weigh your options, assess the differences between Original Medicare and Medicare Advantage.¹ If you need a review, visit MedicareEducation.com — an online resource with answers to questions about eligibility, plan choices, prescription coverage and more.

Get to know the terms. If you're overwhelmed by health care language, there

are resources to help. As a start, check out this Just Plain Clear Glossary (in English, Spanish and Portuguese) to help you make informed decisions.

Medicare members and caregivers: There's a lot to learn about Medicare and Medicare Made Clear can help you understand the basics, the complexities and everything in between.

Help prevent unexpected costs. Before choosing a plan, check if your doctor is in your plan's provider network, since visiting in-network providers can help reduce out-of-pocket costs. Make sure your medications will be covered next year by the plan you choose – even if you don't expect to change plans. And consider filling your prescriptions at a participating network pharmacy or with home delivery – both of which are more cost-efficient options. You can also look for plans specifically designed to help you better manage health care costs.²

Medicare members and caregivers: You may be surprised to learn Original Medicare doesn't generally cover prescription

drugs. Consider enrolling in a Medicare Advantage plan with prescription drug coverage to help keep your medication costs in check.

Explore mental health coverage. In addition to in-person mental health care, you may have access to a large virtual network of therapists and psychiatrists. Some health insurers also have specially trained advocates available to help members find the right type of behavioral health care or resources.³

Medicare members and caregivers: Look for plans that offer virtual mental health care with a \$0 copay.

Look into specialty benefits. Additional benefits, such as dental, vision, hearing, financial protection or critical illness insurance, are often available and may contribute to overall well-being.

Medicare members and caregivers: You may be surprised that Original Medicare doesn't cover most dental, vision and hearing services, but many Medicare Advantage plans do.

Consider wellness programs. Many health

plans offer incentives for taking healthier actions, such as completing a health survey, exercising or avoiding nicotine. Others provide real-time insights and personalized support to those living with common chronic conditions like Type 2 diabetes.⁴

Medicare members and caregivers: Many Medicare Advantage plans also offer gym memberships and wellness programs for members at no additional cost.

Embrace digital capabilities. If you're busy or prefer connecting with a doctor from the convenience of your home, consider a plan that includes 24/7 virtual care.⁵ Digital enhancements have also helped ease in-network provider search and cost comparison. Digital health solutions for everything from wellness visits to weight loss and maternal health care are often available in one place⁶ – so be sure your plan offers these capabilities.

Medicare members and caregivers: Older adults are more digitally savvy than ever, and health plan apps can enable ev-

erything from reviewing claims to accessing rewards to refilling prescriptions.

¹ UnitedHealthcare, Original Medicare vs. Medicare Advantage, 2024, <https://www.uhc.com/news-articles/medicare-articles/medicare-advantage-compare>

² UnitedHealthcare, Surest, 2023, <https://www.uhc.com/news-articles/benefits-and-coverage/surest-pregnancy-support>

³ UnitedHealthcare, Member support and advocacy resources, <https://www.uhc.com/member-resources/health-care-programs/member-support-and-advocacy-resources>

⁴ UnitedHealthcare, Level2 Assured Value, 2024, <https://www.uhc.com/news-articles/benefits-and-coverage/level2-assured-value>

⁵ UnitedHealthcare, Virtual Visits, <https://www.uhc.com/member-resources/health-care-tools/telehealth-virtual-care>

⁶ UnitedHealthcare, UHC Hub, 2024, <https://www.uhc.com/news-articles/benefits-and-coverage/uhc-hub>

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

HART announces new shelter manager

CUMBERLAND, ME - - The Homeless Animal Rescue Team (HART) of Maine, an adoption center & shelter for cats in Cumberland, is pleased to announce that Claudia Meyer-Maaseidvaag has joined HART as their new Shelter Manager, where she will focus on volunteer coordination and shelter operations. Claudia joins HART from the Pennsylvania Society for the Prevention of Cruelty to Animals, where she excelled as the Manager of Lifesaving. Her impressive background includes work with

Thoroughbred Aftercare Retirement and volunteer experience with the non-profits Forgotten Cats and Stray Cat Blues. Claudia Meyer-Maaseidvaag has joined HART as their new Shelter Manager, where she will focus on volunteer coordination and shelter operations. Claudia joins HART from the Pennsylvania Society for the Prevention of Cruelty to Animals, where she excelled as the Manager of Lifesaving. Her impressive background includes work with

for HART in our future and look forward to meeting more members of our community."

Lisa Gamage, long-time volunteer and President of the HART Board of Directors adds, "HART is excited to have Claudia join our organization. She brings compassion and knowledge of animal welfare to help us achieve our mission. We look forward to her fresh perspective on shelter management and collaboration with our Medical Manager and volunteers to help as many cats as possible."

Claudia notes, "I am excited to be working with the incredible volunteers, staff, and Board of Directors to continue expanding our programs and services, growing our volunteer base, and providing the highest-quality care to the cats and kittens of Maine. I see unlimited opportunities

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Seniors Not Acting Their Age

A Challenging Day on the Petawawa River



Ken Gordon enters Upper Rollway Rapid on the Petawawa River

Six of us awoke to another beautiful day on the Petawawa River in Ontario. This was the third day of our trip and based on the river description it would be the most challenging one we would face.

We were located at a campsite just above the beginning of Grillade Rapid, expected to be an easy descent. Shortly after, three difficult stretches of whitewater were to follow in quick succession. Each would require careful scouting and possible portages.

As anticipated, Grillade Rapid was easily navigated and we soon arrived at the start of the mile-long portage trail for Crooked Chute Rapids. Park officials and the shuttle service had warned us that some or all of Crooked Chute would need to be carried. There are three potential take outs before the actual chute, a mandatory portage. The third takeout is the last stop before entering the perilous chute.

We decided to boat scout to the second takeout. Pat Hamlin, who sat higher in his solo canoe than the rest of the group, probed as we carefully negotiated downriver in easy whitewater. Encountering no difficulties, we progressed around a bend past the sec-

ond takeout. Boat scouting continued to go smoothly to the final takeout. As a result of our cautious efforts, we managed to avoid about three-quarters of the portage.

A long tedious inspection of the chute and the remainder of the portage trail ensued. Most of us were able to line our empty boats down the right shore for about 100 yards to the top of the chute. From there, we hauled them over ledges to a pool above the next rapid called Lower Chute.

Returning, we carried our gear to the bottom of Lower Chute. Although the portage trail is in good condition, a steep hill must be climbed.

Starting at the end of the portage trail, we hiked upstream along the shore to scout Lower Chute. From above, it appeared to be quite difficult. However, closer inspection indicated a narrow technical route that was navigable. We returned to our boats and one-by-one successfully maneuvered through the tricky rapid.

After reloading our boats, we progressed in flatwater to Rollway Rapid. Again, we had been advised that most paddlers carry the upper portion before launching below a



Paddlers scout dangerous Crooked Chute

ledge drop about midway. Our crew followed the portage trail on the right and spent a lengthy time investigating the rapid from various locations. What constituted the ledge drop was unclear, but we identified a route through the upper half that seemed feasible with full boats. The lower portion appeared to be easy rock dodging.

The sector we had carefully scouted went well. However, the lower end turned out to be more complex than anticipated. Most of us struggled to maneuver our heavy boats through narrow twisting channels in an extensive boulder garden. Despite the obstacles, our capable band made it through with just one momentary pin.

One major impediment remained, The Natch Rapids. Shortly beyond Rollway, the river narrows where a canyon begins. A horizon line just beyond the portage trail on the left marks the start of two steep ledge drops that constitute upper Natch. While scouting from the portage trail, we decided to take advantage of a campsite next to the trail.

The preferable route for upper Natch is to plunge between two boulders angled left to miss an unpleasant appearing pour

over at the bottom of the first ledge. Exposed rocks must be avoided immediately downstream on the second ledge. After carefully scouting the complex falls, four of us decided to line our boats down the left shore, while the other two left their boats at the top. They would make their decision on whether or not to run it in the morning.

Settling into the campsite for the evening, we assessed the day. We had only paddled about four miles the entire day and probably hiked and portaged gear another two miles. Despite the short distance, we had earned a good night's sleep.

A surprising thing happened that evening, it rained for a few minutes. That was the only precipitation we received during our five-day journey.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine describes the five best river trips in Maine. One expedition down Webster Stream and the East Branch of the Penobscot includes several difficult rapids and six portages.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at

Ron Chase maneuvers through tricky Lower Chute

countrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and

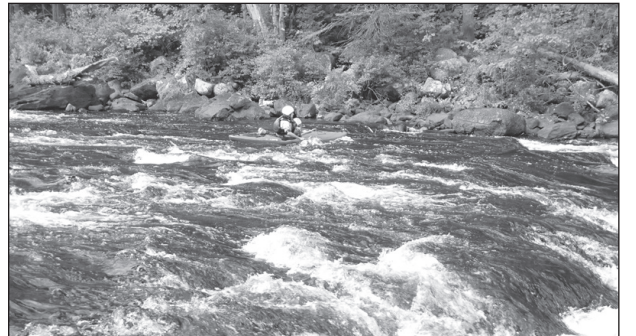
"Mountains for Mortals – New England." Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net



Bill Blauvelt holds a throw bag as Eggman DeCoster begins Lower Rollway Rapid



Paddlers line a kayak around Upper Natch Falls



Ron Chase kayaks Lower Rollway Rapid

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Arts & Entertainment

Don't miss Blues on Sunday at Saco River Theatre

BAR MILLS, ME -- The Blues on Sunday Quartet will be playing at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Friday, November 8 at 7:30 PM. Tickets: \$15 General Admission at www.sacorivertheatre.org

"Blues on Sunday" was launched in 2022 as a monthly Sunday afternoon residency at Cadenza in Freeport, ME, with the goal of presenting classic blues covers and original material in a traditional vein that features special

guests each month. The core Blues on Sunday Quartet features all-star players from the Seacoast region.

Drummer Per Hanson, original drummer with Ronnie Earl and the Broadcasters has laid down the beat, on stage and on record, with a Who's Who of national blues acts including James Cotton, Pinetop Perkins, Charlie Musselwhite, Debbie Davies, Tab Benoit, David Maxwell, Little Milton, and more. Per also plays harmonica and sings



with Blues on Sunday. Jon Ross, multi-instrumentalist on bass, guitar, steel, and mandolin, has toured or recorded with blues luminaries Duke Robillard, Kim Wilson, Joe Louis Walker, Monster Mike Welch, and other internationally renowned acts. Jon most recently completed a fall 2022 East Coast tour on bass with harmonica player Mark Hummel and the Blues Survivors. Nelson Chcekoway, keyboardist and guitarist has played pedal steel with the Command-

er Cody Band, guitar and keyboards with members of the Greg Allman Band and Dickie Betts' Great Southern, and his combo Nelson and the New Breed Thing represented Massachusetts in the 2015 International Blues Challenge in Memphis. Rounding out the quartet is Kris Day, bassist and guitarist who is equally at ease on the electric and stand-up bass. Kris has toured with legendary rock and roll and rockabilly artists Link Wray, Dale Hawkins and Ronnie Dawson.

Town of Gorham posts online dog licensing info

GORHAM, ME -- New for 2025: Please note that the State of Maine will be issuing Dog Tags

for online registrations for 2025. Please visit the Town's website for more information including on-

line costs for new licenses or renewals, and/or to register online through the State of Maine's Dog

Licensing site. An online license fee of \$1 will be included in online registrations, and an additional shipping/handling fee of \$1.75 will be added to a registrant's total when you register online.

Dog Licensing Information/ FAQs

All dogs age 6 months and older are required by State Law to be

licensed by December 31st of each year. A \$25.00 late fee will be due for any dog licensed after January 31st, per state law.

A current rabies vaccination certificate and proof of spaying or neutering, if applicable, is required to license a dog.

Dogs may be licensed at the Town Clerk's office or licenses may be

done online as long as they are not late.

The Animal Control Officer will be notified of all unlicensed dogs and owners could be fined for keeping an unlicensed dog.

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Waterville Opera House announces 2025 theatrical season

WATERVILLE, ME—The Waterville Opera House (WOH) is excited to announce its full 2025 theatrical season. Beginning in January of next year, WOH will present four community theatre productions, including two musicals and two straight plays: new romantic comedy *The Cottage* by Sandy Rustin in January and February; Roald Dahl's *Matilda the Musical*, adapting the beloved children's book, in April and May; dark comedy mystery-thriller *Deathtrap* by Ira Levin in August and September; and finally the beloved holiday musical Irving Berlin's *White Christmas* in November.

"I'm excited to bring this amazing selection of theatrical productions to life for our community," said Michelle Sweet, WOH's executive director. "From laugh-a-minute comedy, to suspense-filled mystery, to full-on musical spectacle, there truly is something for everyone to enjoy!"

Now in its 122nd year, the Opera House

prides itself on its ability to routinely stage professional-caliber productions showcasing the very best of the local theatre community, from the actors on stage captivating audiences to the creative teams that design and assemble eye-catching costumes and sets. The 2025 season promises to push WOH's creative achievements to new heights.

January 31–February 9: *The Cottage* by Sandy Rustin

This brand-new, side-splitting romp is an outrageous tale of sex, betrayal, and desire as one woman decides to expose her latest affair to both her husband—and to her lover's wife. The true meaning of fate and faith, identity and infidelity, love and marriage are all called into question as a surprising and hilarious web of secrets unravels in this ridiculously funny romantic comedy.

April 25–May 4: Roald Dahl's *Matilda the Musical*

Matilda is a little girl with astonishing wit, intel-



ligence, and psychokinetic powers. She's unloved by her cruel parents but impresses her schoolteacher Miss Honey. During her first term at school, the two forge a bond as Miss Honey begins to recognize and appreciate *Matilda's* extraordinary personality. *Matilda's* school life isn't completely smooth sailing, however—the school's mean headmistress, Miss Trunchbull, hates children and just loves to punish those who don't abide by

her rules. But *Matilda* has courage and cleverness in equal measure, and could be her classmates' saving grace! Inspired by the twisted genius of Roald Dahl, the Tony Award-winning Roald Dahl's *Matilda the Musical* is a captivating masterpiece for both children and adults alike.

August 29–September 7: *Deathtrap* by Ira Levin

Comfortably ensconced in his charming Connecticut home, Sidney

Bruhl, a successful writer of Broadway thrillers, is struggling to overcome a dry spell that has resulted in a string of failures and a shortage of funds. A possible break in his fortunes occurs when he receives a script from a student in the seminar he has been conducting at a nearby college—a thriller that Sidney recognizes immediately as a potential Broadway smash. Sidney's plan, devised with his wife's help, is to offer collaboration to the student for co-credit. Or is it? *Deathtrap* provides twists and turns of devilish cleverness, and offers hilariously sudden shocks in such abundance that audiences will be spellbound until the very last moment.

November 14–30: Irving Berlin's *White Christmas*

Based on the timeless and beloved film, *White Christmas* follows veterans Bob Wallace and Phil Davis, who launch a successful song-and-dance act after World War II. With romance in mind, the two follow a duo of beautiful

singing sisters en route to their Christmas show at a Vermont lodge, which just happens to be owned by Bob and Phil's former army commander. *White Christmas* is an uplifting, wholesome musical that will delight audiences of all ages.

"Our reputation for top-notch storytelling has created a robust audience base for our outstanding community theatre performers to dazzle with their talents and 2025's theatrical offerings include an array of excellent roles for a variety of ages," Sweet said. "*Matilda* will provide many opportunities for our younger performers and *White Christmas* will grace our stage with an extended run of nine performances, as I have no doubt our community will come out in droves for this holiday themed family favorite."

Season Passes are now on sale at operahouse.org. Theatregoers can enjoy a 20% discount on their purchase when they reserve tickets to all four productions in one transaction.

Maine author publishes story of first White House menorah

MAINE -- BEAM OF LIGHT: THE STORY OF THE FIRST WHITE HOUSE MENORAH by Emmy-winning journalist and local Maine author Elisa Boxer, illustrated by Jewish Ukrainian-American artist Sofia Moore went on sale last week. This nonfiction picture book tells the history and

importance of the first official White House menorah, and how it has become a symbol of strength and perseverance against seemingly insurmountable odds.

Publishers Weekly just ran an insightful interview with Elisa Boxer and Kirkus praised the book as "poignant," "moving," and "an inspired and stirring

tale to share at Hanukkah—or any time of year."

BEAM OF LIGHT provides the backstory of the first Jewish artifact in the White House permanent collection, fashioned from a wooden beam stored during Truman-era renovations. That beam of White House wood sat in storage for seventy years,

through thirteen different presidents, and recounts history it witnessed.

Sofia Moore's striking illustrations heighten the emotional content of this book beautifully. With earnest prose and meticulous care with her research,

Boxer and Moore cast that beam as the narrating protagonist, imbuing it with a perspective that connects its own arc of resilience and renewal ("I was supposed to be destroyed," it repeats) with the history of Jewish people during

WWII. "I am the centerpiece of the story of the oil that lasted longer than anyone expected," the beam-turned-menorah says, "a beam of light, a reminder of the miracle, a symbol of strength."

See *Menorah*, page 10

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Domestic Violence Awareness Month

Support groups with Through These Doors

“Anything is possible when you have the right people there to support you.” – Misty Copland.

You are not alone. Through These Doors offers educational support groups throughout Cumberland County. These groups are for anyone who

has or is currently experiencing abuse in their relationship.

Our groups provide a safe place to talk, get encouragement, and connect with others who have shared similar experiences. Groups are facilitated by trained domestic violence

advocates who listen, offer emotional support, and provide information and referrals to other resources.

We provide a variety of groups. All groups are FREE and CONFIDENTIAL. Child care and transportation assistance are often available. To learn more about the support group, please call our 24-hour helpline at 800-537-6066.

Our helpline is answered by an answering service. An operator will ask for your name and a safe phone number. An advocate will call you back from a blocked or restricted phone number within 15 minutes. If you would feel more comfortable speaking to an advocate in a language other than English, please tell the operator which language you prefer. The advocate will return your call with an interpreter.

Through These DOORS
Domestic Violence Resources & Advocacy

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We can help. Please call our free, confidential 24-Hour Helpline at 1-800-537-6066.

A trained TTD advocate is available 24 hours a day by phone for support, information, and safety planning. You do not have to be in crisis or needing shelter to call the helpline. Call with questions or talk with someone who will listen to you without judgment or telling you what to do.

Our helpline is for everyone. Friends, family,

coworkers, supervisors, police, counselors, clergy, and healthcare providers are welcome to contact us for information and support. TTD has access to interpreters, ASL, and Language Line.

Our helpline is answered by an answering service. An operator will ask for your name and a safe phone number. An advocate will call you back from a blocked or restricted phone number within 15 minutes. If you would feel more comfortable

speaking to an advocate in a language other than English, please tell the operator which language you prefer. The advocate will return your call with an interpreter.

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

Through These DOORS

Domestic Violence Resources & Advocacy

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Domestic Violence Awareness Month

Through These Doors: Serving Cumberland County since 1977

Our history began in 1977. Through These Doors (TTD) is the domestic violence resource center serving victims and survivors of domestic abuse, dating violence, and stalking in Cumberland County, Maine. When we opened the doors to our first shelter in 1977, there were already women waiting on the doorstep.

Our original name was Family Crisis Shelter. Emergency shelters

were our most critical service in those days as there were few other options for people who were not safe in their homes. We later changed our name to Family Crisis Services to encompass the wide array of services and programs we provided. In March 2018, we changed our name again. This time to Through These Doors.

This name demonstrates our history and the many ways we are avail-

able to survivors, including our helpline, outreach offices, shelter, and other locations and methods. The name indicates a sense of hope and promise for a life free of abuse. Most of the people who use our services go on to better lives with greater safety and autonomy. We want those reaching out for help to feel that sense of future possibility.

TTD provides safe, accessible services to all

people affected by domestic violence regardless of race, ethnicity, disability, sexual orientation, gender, age, primary language spoken, or immigration status. Our core service is our free, confidential, anonymous 24-hour helpline to people living in or leaving abusive relationships, struggling with a former partner, and concerned friends, family members, neighbors, etc.

We operate an emer-

gency shelter for people fleeing abuse and violence, transitional services, support and education groups, safety planning, advocacy, support, and legal matters, including Protection from Abuse Orders. We offer specialized support services on issues as elder abuse and human trafficking. We work in the systems of child protective services and local jails and prisons. We engage in consultation and case

assessment with all law enforcement agencies in Cumberland County.

We provide extensive community education, consultation, training, and systems change advocacy to the general public and youth through our Young Adult Abuse Prevention Program to prevent future violence. TTD operates the batterer's intervention program in Cumberland County, Maine, called "A Different Choice."

Gov. Mills recognizes Domestic Violence Awareness Month

Release by Governor Janet Mills

You know, some years ago, there was a young woman who dated a man who was handsome and charming and smart, and she was in love with him. That man was also an alcoholic, as it turned out. And one night, in a drunken rage, that man held a gun to her head. The gun did not go off. She packed her bags and left that place and never turned back.

The rest of the story is that that young woman went to law school. She became a prosecutor, later the Attorney General of her state. And now she is the Governor of the state of Maine.

Yes, I was one of the lucky ones. But many others who experienced domestic abuse are not so lucky, as headlines from Bangor this week cogently remind us.

I want to make sure that Maine people who

have experienced or who are experiencing domestic abuse know that they are not alone and know that escape from violence is possible, so I've declared October to be Domestic Violence Awareness Month in Maine.

Here are some of the things you ought to know about domestic abuse and domestic violence:

Domestic abuse affects people in families of all races, ages, genders and income levels. Rural

and urban.

Nationwide, one in four women and one in seven men has experienced abuse or violence by an intimate partner in their lifetime.

In Maine, nearly half of all homicides are related to domestic abuse every year.

We can prevent domestic abuse and domestic violence in Maine by spreading awareness, by improving public policies to better support people

affected by abuse, and by holding perpetrators accountable.

Prevention is important too, every day, but especially during Domestic Violence Awareness Month.

May we all do our part to spread awareness, to talk about it, and to challenge the behavior of abusive people, and to stand up for survivors of domestic abuse, whoever they may be. Together, it is our individual actions

that will put an end to domestic abuse in the State of Maine.

So, if you or someone you know is experiencing domestic abuse, please call the statewide domestic abuse helpline at 1-866-834-HELP.

If you or someone you know is deaf or hard of hearing, please have them call 1-800-437-1220.

Look, you are not alone, and escape from violence is possible.

Sen. Collins speaks at March Against Domestic Violence

ORONO, ME – U.S. Senator Susan Collins spoke at the 11th annual March Against Domestic Violence, which began at the steps of Fogler Library at the University of Maine and continued on to the University Field House. The theme for this year's March, which comes during National Domestic Violence Awareness Month, was "ending domestic violence in our communities."

"The annual March Against Domestic Violence serves as an important reminder of the work we need to do to protect vulnerable individuals, as domestic violence con-

tinues to affect too many families in our state," said Senator Collins. "I will continue to support and author legislation to strengthen protections for survivors, and I thank everyone involved in organizing this event for their dedication to this critical issue."

The march is hosted by the Maine Business School (MBS) and organized by MBS Professor Nory Jones. In addition to Senator Collins, speakers at the event included UMaine Dean Robert Dana, Adjutant General of the Maine National Guard Diane Dunn, Executive Director at Partners for Peace Amanda Cost,

Deputy UMaine Title IX Coordinator Heather Hogan, and Director of Development and Engagement at Partners for Peace Casey Faulkingham, who read the names of the 15 people who died in Maine as a result of domestic violence this year.


Senator Collins was a co-sponsor of the Violence Against Women Act (VAWA) Reauthorization Act of 2022, which expanded protections and services for domestic violence survivors and their children. She was also a co-author of the Bipartisan Safer Communities Act, which helps ensure that abusers do not have access to firearms.

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Political Portal launched to empower young Maine leaders

MAINE -- Maine Youth Action has just launched the Maine Youth Political Portal (MYPP) as of October 11th, 2024. The MYPP is an online resource and inspiration made by and for young Mainers interested in civic engagement, especially those looking to run for publicly elected political office. It consists of a library of informational and training resources, a list of contacts for endorsements and networking with politically savvy mentors, and an intuitive candidate builder page that will enable users to walk through the process

of planning their campaigns. Maine has the oldest population of any state in the country, which is reflected in our decision-making bodies' demographics. Yet a 2021 poll determined that 44.3% of the population is under 35. Youth are an important bloc of voters, workers, taxpayers, and visionaries. Politicians often craft legislation and policy with the next election cycle in mind. This is known as democratic myopia and can be combated by electing young politicians who consider the long-term. This leads to better decision-making,



climate-focused policy, and nuanced solutions to complex problems.

"I believe that youth are not only society's future but its present. The Maine Youth Political Portal will help young Mainers become civic leaders and take charge of their futures in a time of unstable democracy, distrust in governments, and

a decline of civic education in schools," says Anna Siegel, the former Advocacy Director of Maine Youth Action and an MYPP project lead.

The launch of the Maine Youth Political Portal was intentionally timed with the upcoming U.S. presidential election in November. Comprehensive and ex-

periential civics education improves voter turnout. Providing young people with the tools to run for office makes them more likely to understand the importance of elections, research and evaluate the candidates on their ballot, and volunteer at election booths.

This project also won the national Call For Kindness competition sponsored by Riley's Way Foundation. Additional funding was awarded by the Youth Grant-Making Council of the Maine Youth Action Network. The project was also highlighted in a recent

episode of the top-rated podcast Simple Acts, Big Impact.

"The Maine Youth Political Portal is such an important project and valuable resource for my generation. Youth want our voices to be heard, but getting involved in public policy as a young person can be very daunting," said a high school-aged volunteer who helped develop website content alongside over a dozen other youth volunteers, Maine Youth Action staff, and a hired intern who created the Maine Youth Political Portal.

Funding to provide clean water to Maine schools, homes

BOSTON, MA – The Biden-Harris Administration issued a final rule requiring drinking water systems across the country to identify and replace lead pipes within 10 years. The Lead and Copper Rule Improvements (LCRI) also require more rigorous testing of drinking water and a lower threshold for communities to take action on lead in drinking water to protect people from lead exposure. In addition, the final rule improves communication within communities so that families are better informed about the risk of lead in drinking water, the location of lead pipes, and plans for replacing them. This final rule is part of the President's commitment to replace every lead pipe in the country

within a decade, making sure that all communities can turn on the tap and drink clean water.

Alongside the Lead and Copper Rule Improvements, EPA is announcing \$24,898,000 in newly available drinking water infrastructure funding for Maine through the Bipartisan Infrastructure Law. This funding will flow through the drinking water state revolving funds (DWSRFs) and is available to support lead pipe replacement and inventory projects. Additionally, 49% of the funding must be provided to disadvantaged communities as grant funding or principal forgiveness that does not have to be repaid. EPA is also announcing the availability of \$35 million in com-

petitive grant funding for reducing lead in drinking water. Communities are invited to apply directly for grant funding through this program. Additional federal funding is available to support lead pipe replacement projects and EPA has developed a website identifying available funding sources.

EPA estimates that up to 9 million homes are served through legacy lead pipes across the country, many of which are located in lower-income communities and communities of color, creating disproportionate lead exposure burden for these families. Eliminating lead exposure from the air people breathe, the water people drink, and the homes people live in is a crucial component of the Biden-Harris Administration's historic commitment to advancing environmental justice.

The Lead and Copper Rule Improvements establish achievable, common-sense practices which have been implemented by several states and cities. The public health and economic benefits of the final rule are estimated to be up to 13 times greater than the costs, and together with new funding announced today under Biden-Harris Administration's Bipartisan Infrastructure Law, water systems will be able to accelerate removal of lead pipes and create good-pay-

ing local jobs in the process.

"We've known for decades that lead exposure has serious long-term impacts for children's health. And yet, millions of lead service lines are still delivering drinking water to homes," said EPA Administrator Michael S. Regan. "President Biden is putting an end to this generational public health problem. With the Lead and Copper Rule Improvements and historic investments in lead pipe replacement, the Biden-Harris Administration is fulfilling its commitment that no community, regardless of race, geography, or wealth, should have to worry about lead-contaminated water in their homes."

"Everyone deserves safe, clean water in their homes, no matter where they live or how much they earn. Today, we're announcing improvements to the Lead and Copper Rule that require better testing and quicker action, while also providing critical funding to Maine," said EPA Regional Administrator David W. Cash. "These important changes, alongside funding from the Biden-Harris Administration, are helping to ensure that families and communities across New England are getting the support they need to create a safer, lead-free future for our children."

The science is clear: Lead is a potent neurotoxin and there is no safe level of lead exposure, particularly for children. In children, lead can severely harm mental and physical development, slow down learning, and irreversibly damage the brain. In adults, lead can cause increased blood pressure, heart disease, decreased kidney function, and cancer. If someone is impacted by lead exposure, there is no known antidote, according to the Centers for Disease Control. The Lead and Copper Rule Improvements strengthen nationwide requirements to protect children and adults from these significant and irreversible health effects from lead in drinking water.

Communities across the country have already begun to tackle lead pipes.

Milwaukee Water Works is on track to replace all remaining lead pipes within the EPA's ten-year timeframe. In 2024 alone, Milwaukee received approximately \$30 million in Bipartisan Infrastructure Law funding to replace 3,400 lead service lines.

The Detroit Water and Sewerage Department has received \$90 million from the Administration and will replace more than 8,000 lead service lines this year, putting the city on track to replace all lead pipes in 10 years.

The Erie, Pennsyl-

vania Water Works has received \$49 million from EPA to enable the city to replace all lead pipes within 5 years instead of 25 years.

Denver Water has accelerated its efforts through \$76 million from the Bipartisan Infrastructure Law, allowing the city to be on track to replace all lead pipes within a decade.

The Lead and Copper Rule Improvements will help protect millions of Americans from exposure to lead in drinking water. EPA estimates that on average, every year after the LCRI is issued it will:

protect up to 900,000 infants from having low birthweight;

prevent Attention-Deficit Hyperactivity Disorder (ADHD) in up to 2,600 children;

reduce up to 1,500 cases of premature death from heart disease;

and prevent up to 200,000 IQ points lost in children.

Investments in identifying lead pipes, planning for their removal, and replacing them will create jobs in local communities while strengthening the foundation of safe drinking water that supports economic opportunity.

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Menorah

Continued from page 7

In 2022, it was transformed into a menorah that will shine its beams of light every year, celebrating the resilience and survival of the Jewish people. An author's note and bibliography are included. With its historical focus, this holiday tale will be welcomed by 3rd and 4th grade teachers wanting to represent Hanukkah in a way that has relevance to all students.

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DFD Russell Medical Center to expand services

BRIDGTON, ME - DFD Russell Medical Center is pleased to announce the expansion of its behavioral health and medication-assisted treatment services in Bridgton, Maine. This expansion is made possible by federal grant funding from

the Health Resources and Services Administration (HRSA). The funding and subsequent expansion are intended to enhance access to crucial behavioral health and substance use disorder treatment services for individuals in Central and Western Maine.

As part of HRSA's nationwide initiative, grants were awarded to more than 400 community health centers across the country that care for more than 10 million people. Funding aims to integrate mental health and substance use disorder treat-

ment into primary care. DFD Russell Medical Center remains steadfast in its commitment to providing stigma-free, culturally competent, and accessible behavioral health and substance use services to individuals in need. The expansion will help ad-

dress the mental health and opioid crisis impacting Maine communities. In line with the expansion efforts, DFD is now seeking to hire a Licensed Clinical Social Worker (LCSW) at its Bridgton location. The LCSW will play a crucial

role in providing comprehensive psychotherapy, counseling, and support services to patients in need. Interested candidates are encouraged to learn more on DFD's website at www.dfdrussell.org/career-opportunities/employment-openings/.

\$2M to train next generation of fishermen, women

WASHINGTON, D.C. - U.S. Senators Susan Collins and Angus King and U.S. Representatives Chellie Pingree and Jared Golden announced that two commercial fishing associations have been awarded a combined \$2,067,434 in grant funding to support training and workforce development for the next generation of Maine fishermen and women. The grants were awarded through the National Oceanic and Atmospheric Administration's (NOAA) Young Fishermen's Development Program.

thanks to the generations of hardworking men and women who have sustained it," said Collins, King, Pingree, and Golden. "These investments in youth workforce development will help ensure that young Mainers entering the commercial fishing sector have the skills and support they need to succeed, preserving the strength of this vital industry now and into the future."

"MCFA's mission of advocating for sustainable fisheries and vibrant fishing communities is focused on doing this work with the goal of building a brighter future for the next generation of fishermen and fish-

ing businesses in Maine. The Young Fishermen's Development Act, which was identified as a priority by the Fishing Communities Coalition, provides much needed resources to invest in our next generation and we are pleased to be able to deploy funds to create educational tools to advance fishermen wellness," said Ben Martens, Executive Director of the Maine Coast Fishermen's Association. "Thank you Senator Collins, Senator King, Representative Pingree, and Representative Golden who co-sponsored this important legislation and who have continued to lead in ensuring it is annu-

ally funded." "Thanks to YFDA support, MCCF's Eastern Maine Skippers Program will be able to continue to meet our next generation where they are, and provide them with very authentic maritime and marine science learning to support future maritime careers, including fishing and science - skills that directly translate into the workforce here in Maine, and elsewhere," said Alexa M. Dayton, Ph.D., Executive Director of Maine Center for Coastal Fisheries. "The future of lobstering and maritime careers in Maine is bright, and this program is helping to keep kids in

school to complete their education, and providing mentorship to help them put it all together for the long run. The great news is, we have demand for the program from teachers, students, families and that's a signal that we're still going strong with a vibrant fisheries economy in Maine."

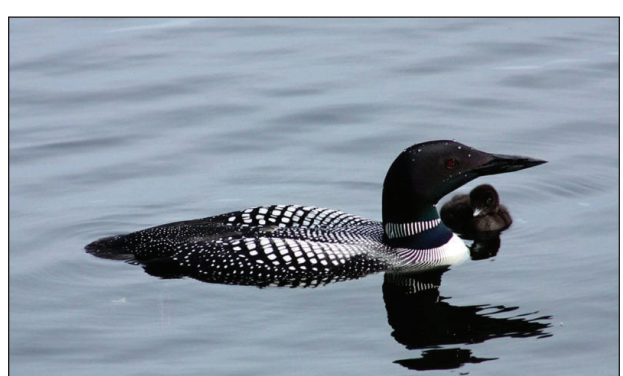
The funding is allocated as follows: Maine Coast Fishermen's Association - \$1,771,092 to establish an online knowledge hub targeted toward young fishermen and women that will include educational training content focused on career development and caring for your physical and

mental wellbeing as part of the commercial fishing industry. Eastern Maine Skippers Program - \$296,342 to provide targeted career development opportunities for young fishers. The program will serve eight rural Maine coastal schools and train 80 high school students and 16 post-graduates annually through workshops, vessel-based activities and mentorship. NOAA's Young Fishermen's Development Program was established by the Young Fishermen's Development Act, legislation that the entire Maine Delegation helped lead to final passage in 2020.

Stanton Bird Club November monthly meeting

AUBURN, ME -- On November 4th, the Stanton Bird Club will be hosting the first in its 2024-25 lecture series with featured speaker, Nick Lund, Maine Audubon's Advocacy and Outreach Manager. Entitled "State of the Birds: Decades of Change", he will be discussing the changing population of

Maine birds over the last few decades focusing on which species are disappearing, which are increasing, and what the future of Maine birds might be. A Falmouth native and a graduate of the University of Maine School of Law in 2010, Lund is the author of several books, including the Ameri-



Common Loon (photo supplied by speaker)

can Birding Association Field Guide to the Birds of Maine, and The Ultimate Biography of Earth. An avid birder and nature writer, his articles have appeared in Down East magazine, Slate.com, The Washington Post, National Geographic, and other outlets.

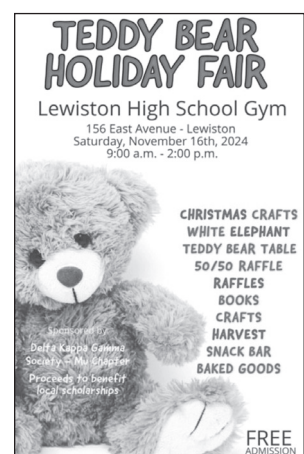
The talk will be held

on Monday, November 4th from 4-6pm at the Auburn Public Library. The public is welcome. The lecture series is free of charge. The Stanton Bird Club, a leader in environmental awareness, owns and manages the Thorncrag Nature Sanctuary in Lewiston as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. More information about other activities of the Club can be found at www.StantonBirdClub.org and on its Facebook page.

DKG Teddy Bear Fair back in Lewiston

LEWISTON, ME -- The Ladies of Mu Chapter of Delta Kappa Gamma International is bringing back their annual Teddy Bear Fair on November 16 from 9:00 to 2:00 at the Lewiston High School gym. The Ladies of Mu are all Educators, active and retired, from the Lewiston/Auburn area. Money generated by our Fair goes to scholarships, one for a graduating senior from one of the high schools in the Twin Cities and surrounding communities, who plans to go into education; the other goes to a DKG Member who is working on an advanced degree.

The Ladies of Mu will sell Baked Goods such as cookies, cakes, pies, bread and an assortment of candies and pastries; Used Books & DVDs; White Elephant items; Harvest items such as jellies, jams, salsas, pickles; gently loved



stuffed animals; crafts including knitted scarves, hats & mittens, baby layettes, as well as kitchen towels and dishcloths; and holiday crafts: Christmas and Thanksgiving decorations. They will also have a raffle table with hand-made items, gift certificates for lobster and gas, a children's craft basket, and many other treasures. We hope many will come out to see us and support our efforts to raise scholarship money.

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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.

R e c o m m e n d e d for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

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

Calendar

Send your submissions to the Editor. More online.

online at <https://www.lact.com/>.

Oct 26

GRAY -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, October 26, 2024 at 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped Accessible. Meals are Single-sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans & Red Kidney, Red Hot Dogs, Breads, & Assortment of Desserts & Beverages.

Oct 26

AUBURN -- There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, October 26th from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

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 under. For more information visit MidcoastSymphony.org, call 207-315-1712, or e-mail info@midcoastsymphony.org

Nov 1

TURNER -- We are having a Bean Supper on Friday, Nov. 1st at the Turner Center Universalist Church on Route #17 across from the Gazebo from 4:30 to 7:00. We're having two kinds of Beans, Hotdogs, Coleslaw, Rolls, Beverages, and Desserts. The cost is \$10 and \$5 for children 10 and under

Nov 2

AUGUSTA -- Join us for HOME for the Holidays Craft Fair on November 2,

2024 from 9am to 4pm at the American Legion, 396 Eastern Ave., Augusta! Enjoy browsing many different vendors as you get into the holiday season!

Nov 16

SABATTUS -- Our Lady of the Rosary Christmas Craft Fair at 131 High st. in Sabattus is running 9-3 on Saturday, November 16th. 28 vendors, raffles, and a bake sale, come enjoy this small town Christmas Fair charm!

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.

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

Nov 23

LEWISTON -- Visit with Daniel Tiger at the Lewiston Public Library on Saturday, November 23rd at 11am in Callahan Hall! This event is in partnership with Maine Public Radio and PBS Kids.

Daniel is so excited to visit the Lewiston Public Library for an hour of creativity, book giveaways and literacy. Join us for storytime fun with children's author Chris Van Dusen and playtime making masks. Daniel is certain he

is going to have a Griffig time and can't wait to meet and take a photo with you! Don't forget your FREE ticket to the event at the link below.

This event is free and open to the public. Registration required on Eventbrite: <https://tinyurl.com/2w47jfpw>

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