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January 2, 2025

#### Gorham Night at the Portland | Mini-Maine necklace class offered **Expo is January 10!**



GORHAM, Gorham Food Pantry Friends hope you'll mark your calendars for Friday, January 10th for Gorham

Night at the Portland Expo! The Maine Celtics will be playing the Raptors 905 with gates opening at 6p and the game beginning at 7p.

We've added the link for tickets on our Facebook page - please feel free to share and we hope to see you there!

# through Gorham Adult Ed

GORHAM, ME

-- Looking for something fun to do to beat the winter blues in the new year? This mini Maine necklace (in sterling silver) workshop class is being offered through Gorham Adult Education on January 22nd and is sure to be an evening of crafty fun!

So bring a friend, learn a new skill while having a fun night out, and take home a beautiful piece of jewelry you create!

Register at Gorham Adult Education's website.



## Gorham conservation efforts add to area's beauty

**Executive Director Pre**sumpscot Regional Land

MAINE -- Looking back on my first year leading the Presumpscot Regional Land Trust, I'm struck by the collective power of this community to achieve big things. Together, we've strengthened connections to nature, preserved critical lands, and laid the groundwork for an even brighter future.

Here are just a few of the highlights from 2024:

East Windham Conservation Area Opening: This long-awaited project, made possible through partnerships with the Town of Windham, the Greater Portland chapter of the New England Mountain Bike Association, and Runaways Run Club, has



become a community favorite. With Gorham Savings Bank as a key sponsor, the trails will soon be even more accessible, with ADA-compliant paths coming in 2025.

Enhancements Rivermeadow: Located in downtown Westbrook, this preserve is nearing the completion of new boardwalks, with plans for story walks in 2025. These efforts will ensure that over 8,000 Westbrook residents

can easily access and enjoy the beauty of the Presumpscot River.

A New Treasure in Gorham: Thanks to a generous gift, Deer Woods-a pristine 30-acre property is now protected forever, adding to the tapestry of conserved lands in our re-

Water Quality Monitoring and Alewife Migration Support: Our Water Quality Monitoring program continues to safeguard the health of the Presumpscot River, a vital ecosystem for native species like the alewife. Each spring, thousands of alewives migrate upstream, a sign of the river's resilience and a testament to our conservation efforts. This natural phenomenon connects us to the rich biodiversity of our watershed and the traditions of this

Trail Challenge Success: Participation in this











year's Trail Challenge grew by 150%, encouraging even more families and individuals to explore the outdoors and deepen their connection to nature.

Looking ahead, we are planning exciting new conservation projects in Westbrook, Gorham, and Standish and finalizing a strategic plan that will guide the Land Trust's next chapter. None of this would be possible without your generosity.

We're so close to reaching our \$100,000 goal for 2024, and your tax-deductible gift can help us get there. Every dollar fuels projects like new ADA-accessible trails, habitat conservation, and water quality monitoring. Let's cross the finish line together!

Thank you for being a vital part of our success. Together, we are building a legacy of conservation for generations to come.

#### **Lakes Region Senior Center** invites Gorham seniors to activities

you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

GORHAM, ME -- If Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, President, at 839-3859 for more information

Membership fee is \$20 a year with many perks.

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

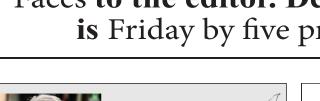
#### Clothes galore at Gorham's **Mission of Hope Clothes Closet**

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 wel-







#### What do you think?

We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

Email all submissions, including name, address and phone number, to the editor. Page 2 Thursday, January 2, 2025

# Newsmakers, Names & Faces

#### Additional donation received to support Riding to the Top

WINDHAM, ME
-- Bob Dunfey, the Volunteer Race Director for
The Maine Marathon,
Half Marathon and Relay,
announced last week that
Riding To The Top (RTT)
will be receiving an additional donation, \$9,500
on top of the \$10,500 announced previously this
year as a 2024 beneficiary.
The 2024 Maine Marathon
was held on Sunday, October 6.

"Christmas came early this year! We were so honored to be named a beneficiary of this year's Maine Marathon," says Sarah Bronson, Executive Director, "and then to receive news this month that the donation amount was increased has been an unexpected and overwhelming gift. We are so grateful to Gorham Savings Bank and to the many volunteers who work tirelessly to make the marathon possible. As an organization that operates with a small paid staff and a large volunteer corps, we are in awe of the all-volunteer effort of the Maine Marathon. Funds from the Maine Marathon will help the clients, horses and pro-



GSB President and CEO Steve deCastro with Andrea Connor of the Maine Marathon and Riding To The Top Development Director, Kelly Johnson

grams of RTT as we look forward to the start of the new year!"

Riding To The Top (RTT), www.ridingtothetop.org, is a non-profit organization dedicated to enhancing the health and well-being of children and adults with disabilities through equine-assisted services, including therapeutic riding, therapeutic carriage driving, equine-assisted learning, and hippotherapy. The RTT team includes certified instructors, specially trained volunteers, and a herd of exceptional horses.

Clients range in age from three to ninety plus and are referred by doctors, therapists, social workers, teachers, family members, and friends.

The Maine Marathon, www.MaineMarathon.com, organized by the Maine Track Club is a volunteer driven, nonprofit event with proceeds going to local Maine charities. Since 1997, have raised almost \$8 million to charity. Over 50 volunteer race coordinators plan the event during the year and about 900 volunteers deliver the event on race weekend.

# New Paid Family and Medical Leave portal launches

AUGUSTA, ME – The Maine Department of Labor announced today that the new Paid Family and Medical Leave (PFML) Portal, the online system for employers to register their business information, designate a payroll processor, file quarterly wage reports, and remit quarterly premium contributions, will be launching on January 6.

Starting January 1st, 2025, any employer with at least one Maine-based employee must begin payroll withholdings for their employees. Employers with 15 or more employees will contribute 1 percent of wages and may deduct up to half of the contribution from the employees' wages. Employers with less than 15 employees will contribute 0.5 percent of wages and may deduct the entire amount from the employ-

# MAINE DEPARTMENT OF LABOR

ees' wages.

All employers must register on the portal to begin wage reporting in April 2025. The portal will also allow self-employed individuals and tribal governments to elect coverage.

Employers will begin their first quarterly wage reporting and premium payments starting April 1, 2025, and they are due by April 30, 2025.

Stay up to date by signing up for the PFML Get Notified List and

learn more in our FAQ, employer resources, recorded demonstrations, and step by step guides on our website: www.maine. gov/paidleave/

The Department partnered with FAST Enterprises to build the Maine Paid Family and Medical Leave Program's online contributions portal. FAST Enterprises has previously worked with Maine Revenue Services to create the Maine Tax Portal, as well as the contribution collections system for the Massachusetts Department of Family and Medical Leave.

Benefits are scheduled to begin May 1, 2026.

# 4-H launching workshops on climate action, farm animal care



Photos courtesy University of Maine Cooperative Extension.

**MAINE** -- University of Maine Cooperative Extension 4-H Virtual Learning is kicking off 2025 with two opportunities in January, a series on climate civic action and a series introducing farm care and basic animal science. This Extension program leads virtual learning opportunities for young people on a variety of topics throughout the year. The zoom sessions feature activities that are hands-on, minds-on

learning for youth located anywhere in the state.

Farm Animal Care FUNdamentals will be held on Wednesdays, January 22, 29 and February 5 from 4 - 5:15 p.m. Participants ages 9-18 will learn the basics of farm animal care, exploring basic animal husbandry, care and nutrition. Registration deadline is January 7, 2025.

Climate Civic Action club will take place on Mondays, January 27, February 3 and 10 from 4:30 – 5:30 p.m. Participants ages 12-18 will learn about climate change from global and local perspectives and explore opportunities for individual action to make a difference. Registration deadline is January 13, 2025.

Participation is free though donations are accepted. Learn more or register by visiting the event webpage. For more information or to request a reasonable accommodation, contact 207.581.8206; sarah.sparks@maine.edu.



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# Newsmakers, Names & Faces

#### Local retired Scoutmaster starts uniform donation process

By Dick Chretien, Scout Pack and Troop 87 WESTBROOK,

**ME** -- Now that I'm officially retired as Scoutmaster, I am starting my next phase in scouting: making scouting affordable to all. The last few years the price of scouting has become unreal causing many not to join. A new complete uniform can cost close to \$100, and knowing how fast children can grow, in no time at all they



can outgrow them.

I am starting to organize a uniform exchange where a scout can get a uniform at little or no cost. Anyone who knows someone with a uniform to donate, please consider. Uni-

forms can be the tan shirt for boy scouts (not the old green ones,) or the blue ones for cubs. Pants and shorts are also welcome along with accessories. Items should be in good condition. I will also accept Girl Scout uniforms. I am at St. Hyacinth's Church in the lower hall

on Brown St. in Westbrook on most Thursday evening from 5:30 - 8 o'clock. Your help will be appreciated.

#### Tree donations needed for Saco **River Wildlife Center patients**



#### LIMINGTON, ME

-- Did you know your holiday tree can continue to bring joy even after the season ends? Saco River Wildlife Center is accepting tree donations to provide enrichment for our curious patients—they love to climb, chew, and explore them for enrichment!

**Donation Details:** 

238 River Rd, Limington

Hours: 9 AM - 6 PMGuide

Trees must be completely free of tinsel, garland, ornaments, or any decorations.

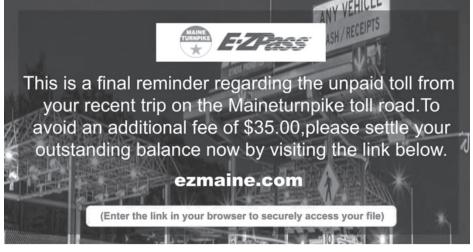
Natural trees only, please!

Please note, we are a

Drop-off Location: working rehabilitation center and cannot offer tours. Our patients' safety and well-being remain our top priority!

> Thank you for your kindness and support—our patients appreciate it!

## **Maine Turnpike Authority** warns of smishing scam



**MAINE** -- The Maine Turnpike Authority (MTA) has seen an increase in phone calls to its E-ZPass Customer Service Center regarding a recent smishing

The fraudulent text is pictured.

The Maine Turnpike Authority does not use text messages to collect toll

payments. Instead, any correspondence regarding violations is sent via U.S. Mail. Maine E-ZPASS customers can check their online accounts for their posted tolls.

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

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risks. Lynn enjoys using her skills to contribute to the team environment which carries over

# **Gorham**

(207) 558-8488 Info@GorhamWeekly.com

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All submissions, including photos, must be emailed to editor@GorhamWeekly.com.

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Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.



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#### Seniors Not Acting Their Age

# **Challenging Boundary Bald Mountain**



Hikers emerge onto snow packed ledges with stupendous views

My son, Adam, and I have been considering a climb of Boundary Bald Mountain for several years. The 3,638-foot peak is located in a rugged remote wilderness region northeast of Jackman near the Canadian border.

Access to the spectacular summit that offers 360-degree views is via Bald Mountain Road. The rough dirt road is usually unplowed in winter so a sense of urgency was needed if we were going to complete the climb this fall. We began watching the weather for a quality forecast and selected a sunny November day for our attempt.

My wife, Nancy, and I met Adam and his friend,

Liz, in Jackman on a cold almost cloudless morning. We drove about eight miles north on Route 201 to a right turn on Bald Mountain Road and motored another four miles to a right turn onto the trailhead access road. High clearance vehicles were an asset on the steep rutted climb to a small turn-off on the right that provided space for three vehicles. The road is gated immediately beyond the parking area.

An online trail description indicated the trek tended to be wet in many areas, so we opted to wear over-the-ankle hiking boots even though the region had suffered through several weeks of drought. Although the trail was es-



Heavy snow on spruce branches diminished visibility and slowed progress

sentially dry, tall boots were a good choice when we encountered several inches of snow at higher elevations.

While we were organizing our packs and changing into boots, another hiker arrived and claimed the third parking space. He was the only other person we met during the trek

We walked around the gate and began hiking steadily uphill on the eroded remnants of a former logging road enjoying periodic views of the snow covered summit ridge. The other hiker passed us moving at a fast pace. Following a long mile, we turned left onto a well-marked trail. Initially, we ascended on a moderate gradient in a predominantly conifer forest. However, the path soon steepened and a dusting of snow increased to a few inches.

As we proceeded higher, boulder-strewn terrain in a dense forest required some scrambling. Heavy snow had accumulated on spruce branches which diminished visibility and slowed progress.

While negotiating through a particularly precipitous, sometimes icy, section, we met the other hiker who was descending. He reported reaching the summit ridge, but had turned back due to difficulty finding the trail in thick mountain scrub with moderate snow accumulation.

Soon after, we emerged onto snow packed ledges with fabulous views. As the hiker advised, finding the trail in seemingly impenetrable alpine scrub caked with snow was challenging. We waded through dense vegetation towards a rocky prominence and after persistent effort arrived at the massive rounded boulder with its stupendous 360-degree

From that windy vantage point, we could see the remainder of the wintry ridge. A helipad and radio tower on the far northern end were enveloped in rime ice and had a surreal other worldly appearance. A large number of crows circling the helipad attracted our attention. We speculated they might be feeding on a dead animal.

A hiker arrives at Boundary Bald highpoint

The radio tower appeared to be situated on higher ground so we negotiated through a narrow corridor of stunted evergreens towards the presumed summit. The scavengers flew off when we arrived at the helipad. Replete with a multitude of bird tracks in the snow, the flat square steel structure offered the most extensive views of the day. No explanation for the odd behavior of the crows was detected. We completed our exploration of the ridge by scaling another huge boulder to the apparent highpoint adjacent to the radio tower.

During our trek back over the lengthy escarpment, we stopped for a lunch break on a precipice protected from the wind. The south facing cliff offered wondrous views of the mountains of northwestern Maine.

The treacherous snow and ice covered surface in the higher elevations required a careful time-consuming descent. In a few potentially hazardous areas, finding and using hand holds was necessary

to lower ourselves safely down.

Once the steepest sections were behind us, the remainder of our return was uneventful. When we arrived at the snow-free sunny parking area, the contrast was remarkable. Winter was a mere 1,800 feet above.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates nine more exciting mountain ascents around the state including a winter climb of Mount Katahdin.

Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.northcountrypress.com/maineal-fresco or in bookstores and through online retailers. His previous books "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.



# ROCALD Fourtney Courtney Michael Accepting New Clients ~ Booth Rental Available 214 Minot Avenue ~ Auburn ~ 689-3035

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#### Registration now open for the 2025 WinterKids Downhill 24

**CARRABASSETT** VALLEY, ME — The countdown is on! Registration is officially open for the 2025 WinterKids Downhill 24, Maine's only 24-hour ski and snowboard challenge. Mark your calendars for February 27-28, 2025, as Sugarloaf transforms into a high-energy, illuminated playground for skiers and snowboarders from across New England.

This year, Winter-Kids is excited to spotlight a growing movement in our community: philanthropy powered by kids, for kids. From the youngest skiers to seasoned snowboarders, more young people are stepping up, fundraising, and advocating for their peers. The Downhill 24 embodies this spirit of "kids helping kids," ensuring all children can access outdoor winter fun and activities that keep them healthy and thriving.



Here's what you need

What's New in 2025: Special prizes and challenges just for younger participants to inspire and reward their fundraising efforts, expanded course options, and eco-friendly event tees.

What's Returning: The iconic, lit-up Narrow Gauge trail (thanks to Herc Rentals and Pike Industries!), non-stop skiing and snowboarding, and the chance to ski Sugarloaf at night—the only time you can all year.

Join: Whether you're a seasoned athlete, a weekend warrior, or just looking for a fun way to give back, this event is for you. Winter-Kids is calling on families, friends, coworkers, and thrill-seekers to lace up their boots, hit the slopes, and make a difference. Proceeds from the event support WinterKids' programs, helping over 50,000 participants each year stay active and healthy outdoors during the winter.

This year's Downhill 24 is a unique opportunity to celebrate kids taking the Why You Should lead in giving back to their



communities. It's more than just an event; it's a chance to empower the next generation of changemakers to make a meaningful impact.

How to Register Visit D24.org to sign up. Spots are limited and filling fast, so don't wait!



# AARP News You Can Use – January 2025

Happy New Year! As we start on the path of this new year, so too will Maine's 132nd Legislature begin its new session. AARP Maine's Tuesday at the State House (TASH) volunteers will be there advocating for policies and legislation that support Mainers 50-plus. As you may know, AARP's advocacy work is strictly non-partisan. We support policies, not politicians, which allows AARP volunteers to create relationships with legislators on both sides of the political

This year, AARP Maine has identified a few key areas of interest to Maine citizens. The focus will be on policies related to family caregiving, financial resilience, livable communities, and consumer and individual rights and protections.

specifical-More ly, AARP will focus on working with legislators to address the high cost of utilities and to support family caregivers. According to research conducted by AARP, 67% of Mainers have seen their electricity bill go up in the last twelve



months. Continuing rate hikes are a concern for all Mainers especially retirees with a fixed income, and families trying to live within their budget. Caregiving is another important concern for Maine families. Many of us have been or are currently helping to care for family members. TASH volunteers and AARP staff will be working with our legislators to find solutions to support Maine's 166,000 family caregivers.

Affordable housing and livable communities continue to be important legislative issues around the country and in Maine. TASH volunteers will continue to follow these topics and attend legislative hearings as Maine's legislature begins its work in earnest. One of the benefits of

participating in the TASH meetings is the opportunity to see how our state legislature works. Maine is unique in that every bill proposed gets a hearing. All citizens are able to send written statements or deliver testimony about proposed bills to the appropriate committees or their legislators. We have found that Maine legislators are very interested in hearing from constituents, and in finding ways to address major issues of concern to AARP and all Maine citizens. Each and every voice has a chance to be heard and to make a difference in Maine.

To learn more about AARP's advocacy work, please check out aarp.org/ me. AARP's local Coffee Talks will be starting back up in January after the first of the year. We hope to see you there!

Please use the following QR Code or web address to find more information about AARP Maine and events near you.

Joyce Bucciantini

AARP Maine Community Outreach Volunteer

# Maine Right to Life names new executive director

**AUBURN**, **ME** – The Maine Right to Life Committee appoints the Hon. Michael McClellan as its executive director.

Mike is a husband, father, grandfather, and community member with a passion for life! Notably, he has an award-winning background

as an Executive Director for both the Maine Statewide Independent Living Council and the Greater Bridgton Lakes Region Chamber of Commerce. As a former state representative and as a brings with him a wealth of at their 50th Anniversary

legislative knowledge.

The Maine Right to policy director at the Chris- Life Committee will formaltian Civic League, Mike also ly welcome Mr. McClellan

commemoration, which is scheduled at St. Maximilian-Kolbe Church in Scarborough, Maine on Monday, December 30th at 9am.







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#### Pajamas All Day at Happy **Wheels Skate Center**



WESTBROOK, ME -- Start 2025 off with a cozy, fun-filled morning at Happy Wheels Skate Center's Pajama Skate Party! Bring your little ones in their favorite fuzzy pajamas and let them roll into the new year with their stuffed animal friends, delicious breakfast treats,

and tons of skating fun!

Here's what's waiting for you:

Date: Saturday, January 4th

PM

ages)

cakes, French Toast Bites,

Hashbrowns, Mini Donuts, and more breakfast goodness to fuel up for a morning of skating!

Location: 3 Chabot Time: 10 AM - 12 Street, Westbrook, ME

Call us at (207) 797-Admission: \$12 (all 8207 for more details!

Get ready to make Special Menu Pan- unforgettable memories in

# Maine CASA to hold training March 10-14

MAINE -- Interested in advocating for the best interests of a child? The Maine Court Appointed Special Advocates (CASA) program is holding its next training for volunteer advocates from March 10th through March 14th, 2025.

This free, five-day training is designed to prepare attendees for certification as volunteer guardians ad litem (GALs) in Maine child protection cases. Trainees may participate virtually or in person. For those who wish to participate in person, the training will be held in Augusta. Accommodations may be available.

The foundation of a CASA's work is learning about the case and then advising the court what the CASA believes is in the child's best interest. CASAs come from a wide variety of professional and personal backgrounds and are guided throughout the process by CASA program staff. CA-SAs bring their own unique perspectives to their work as volunteers.

If you are willing to advocate for a child's best interests, we encourage you to apply to become a CASA volunteer. Those interested in the training must complete an application and, if invited to participate, must also complete criminal and child protection services background checks.

For more information about becoming a volunteer, please contact Maine CASA at 213-2865 or by e-mail at casa@courts. maine.gov

#### **Gorham Food Pantry Friends in** need of toothbrushes, paste

GORHAM, ME -- toothbrushes and toothpaste Gorham Food Pantry Friends to our clients during the are getting ready to hand out month of January; any dental care items that we receive will be put to good use in the next few weeks. Thanks!



#### Girl Scouts of Maine hosting new member sign-up in Gorham



GORHAM,

-- Are you ready to make new friends and embark on exciting adventures? We invite girls in grades K-3 and their caregivers to our unique new member signup event, held at Narragansett Elementary School 284 Main Street, Gorham, ME 04038 on Tuesday January

21, from 5:30-6:30PM.

What to Expect:

Make New Friends! Connect with other girls and caregivers in a welcoming environment.

Creative Activities: Enjoy hands-on crafts like secret code bracelets and a magical unicorn-themed project!

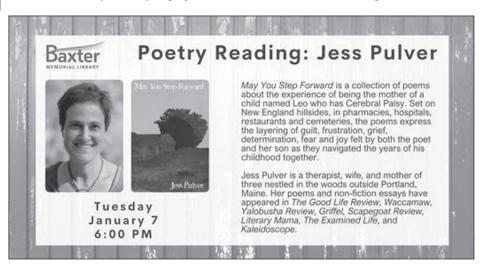
Discover Girl Scouts: Learn about our exciting programs and volunteer opportunities that empower girls to build confidence, courage, and character.

Don't miss this chance to explore the wonderful world of Girl Scouts and kick-start your journey of friendship and adventure!

#### Send all items for

Names & Faces to the editor. **Deadline** is

Friday by five pm.



#### Maine Youth Action, Youth for Climate Justice to merge

MAINE -- After months of thoughtful reflection and dialogue, effective December 31, 2024, Maine Youth Action (MYA) will merge with Maine Youth for Climate Justice (MYCJ). All legislative advocacy efforts MYA facilitated will continue under MYCJ. MYA will also maintain its

plaintiff status in the lawsuit against the Maine Department of Environmental Protection. Additional positions will be created at MYCJ, including a Clean Transportation Advocate and another to conduct outreach efforts for DivestMaine.

We are incredibly proud of the impact Maine

Youth Action has generated over the course of its 3+ years of advocacy. Whether that be advancing goals to reduce transportation emissions, championing constitutionally-protected environmental rights, or fighting for public power, we have strived to demonstrate the power of youth in politics. Young

Mainers are the backbone of our campaigns, legislative efforts and statewide conversations, so we are forever grateful to serve as a voice for such a crucial constituency. We hope MYA members will join us as we continue our advocacy under MYCJ.

The youth climate movement extends be-

yond Maine Youth Action. It is about the thousands of young Mainers who band together to shift the Overton window in our politics to make bold and lasting change. It will always, therefore, be the first and foremost priority to constantly improve the health and strength of our movement. As such, we

find it within the best interest of all to merge our organizations, consolidate resources, and champion key issues -- together. This move will reinvigorate and fundamentally shape the landscape, all for the better.

Onwards,
Cole Cochrane and

# Sen. King named "Legislator of The Year"



(L-R) – Chief Executive Officer, President and Founder of East Coast Wings + Grill Sam Ballas; President & CEO of the International Franchise Association (IFA) Matt Haller; Maine Great Clips franchisee Timothy Renyi; Sen. Angus King; Aroma Joe's President & COO Dave Tucci; Immediate Past Chair of IFA Board of Directors and CEO of Propelled Brands Catherine Monson; and Immediate Past Chair of IFA and Vice Chair of Ignite Fitness Holdings David Humphrey

WASHINGTON — U.S. Senator Angus King (I-ME) has been named a "Legislator of the Year" from the International Franchise Association (IFA), the world's oldest and largest organization representing franchising worldwide. The bipartisan honor is given to lawmakers on both sides of the aisle willing to cross party

lines to support a pro-franchising, pro-business agenda

"When the stakes were the highest, Senator King stood firmly with the franchise community and against expanded joint employer," said Michael Layman, IFA senior vice president of government relations and public affairs. "Senator King cares deep-



(L-R) – Timothy Renyi, Dave Tucci, Sen. Angus King

ly about the small business community, and he and his office have been steadfast champions throughout his time in office. The citizens of Maine and small businesses everywhere benefit from his thoughtful and principled leadership."

The award was presented by Dave Tucci, president and COO of Aroma Joe's, a Maine-based coffee franchise. Founded in 2000 and headquartered in Scarborough, Maine, Aroma Joe's has 117 locations across Maine, New Hampshire, Massachusetts, Pennsylvania, Florida, Rhode Island, Connecti-

cut, and New York. Aroma Joe's is a local destination for handcrafted coffee and espresso drinks, unique infused blends, signature AJs RUSH® Energy Drinks and all-day food offerings served in a friendly and upbeat environment.

"As a Maine-based company, we are grateful to legislators like Senator Angus King who put small and franchise businesses first, to ensure they have the opportunity to grow. After surpassing the 100-location milestone last year, with several more shops slated to open over the next few years, we rec-



(L-R) – Gary Robins, David Humphrey, Catherine Monson, Steve Hockett (IFA Chair and CEO of Great Clips, Inc.), Matt Haller, Timothy Renyi, Dave Tucci, Sen. Angus King

ognize that growth is able to continue in large part because of legislative support of the franchise industry at both the local and national level," said Tucci.

With more than 800,000 establishments, including more than 2,000 in Maine, franchising supports nearly 9 million jobs across the country. In April 2024, Senator King voted for the bipartisan H.J. Res. 98, a Congressional Review Act (CRA) resolution overturning the National Labor Relations Board's (NLRB) expanded joint

employer rule. The CRA was a response to the October 2023 joint employer standard issued by the NLRB that would deem franchisors and franchisees jointly liable for the same employees – undercutting the foundation of the entire model.

The attempted NLRB expansion went even further than a previous joint employer rule that destroyed 376,000 jobs, cost small businesses \$33.3 billion, and led to a 93% spike in lawsuits in the franchise sector alone.

# BBB advocates for awareness of holiday scams

MAINE -- Some consumers have been getting text messages stating that a major delivery carrier needs them to "update delivery preferences" on a package by clicking a link. The problem? The text is a scam and the link results in the theft of personal information.

Most consumers love the convenience of making purchases online and having them shipped straight to their doorstep. But with millions of packages delivered each year, con artists and thieves have developed many ways to steal from shoppers. Fortunately, there are also many ways to protect yourself from their shady tactics.

Popular delivery scams

Delivery scams and theft are particularly prevalent during the holidays when more packages are shipped, but they can happen year-round. Scammers are hoping shoppers are busy or distracted and will act without thinking.

The first scams to look out for are phishing

texts or emails that pose as official notices from delivery companies. These either contain a "tracking link," a message that the shipper is having difficulty delivering a package to you, or, most recently, a link to update delivery preferences. Clicking the link either takes you to a form that asks for personally identifying information or to a site that downloads malware onto your computer.

Another delivery scam involves fake "missed delivery" tags. Scammers place a note on your door that claims they are having challenges delivering a package to you. They ask you to call a phone number to reschedule your delivery, but it's a ruse to get your personal information.

Another issue shoppers face is package theft. Many consumers have had their packages stolen before they arrive home from work. Thieves snatch packages from doorsteps or lobbies of apartment or condo complexes. Criminals even

follow delivery and postal trucks. When the truck leaves, the crooks move in and grab the parcels.

How to avoid delivery scams:

1. Take precautions to ensure a safe delivery: If you have a valuable or fragile item delivered to your home, purchase shipping insurance. In addition, always get tracking numbers for your purchases and check the shipping progress periodically.

2. Watch out for texts, calls, or emails about a missed delivery. Legitimate delivery services usually leave a "missed delivery" notice on your door. If you receive a missed delivery notice, examine the form carefully to make sure it is authentic, and only then follow their instructions. Keep track of what you've ordered to better understand what is coming and when. Don't click on links; go to the delivery carrier's website directly or log in and use the retailer's tracking tools.

3. Request a signature: Chances are this fea-

ture may come with a price yo tag, but it may be worth the extra fee. Requesting a signature means that a delivery service won't be able to drop a package on your

4. Don't leave packages sitting on your doorstep. Packages left sitting outside are particularly vulnerable to theft. To ensure safe delivery, have your package delivered to

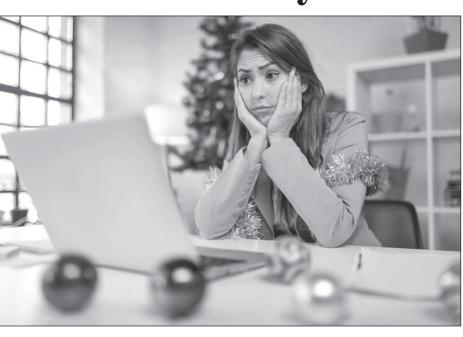
doorstep unless someone is

around to sign for it.

your workplace or a trusted friend or neighbor who will be home to accept delivery. Some delivery companies now have lockers where your packages can securely wait for you to pick them up using a one-time code to open the locker.

5. Open your delivery upon receipt to check for damage or signs of tampering. Contact the seller immediately if you believe something is wrong with the shipment or it's not what you ordered. Also, review the seller's return policy for damaged or unwanted items. For more information

Visit BBB.org/Avoid-Scams to learn more, and if you've been the victim of a delivery scam, please report it at BBB.org/Scam-Tracker. Your report can help others avoid falling victim to similar scams.



Page 8 Thursday, January 2, 2025

#### \$9.3M to Maine to improve roadway safety, protect wildlife



WASHINGTON

The U.S. Department of Transportation's Federal Highway Administration (FHWA) today announced a \$9.3 million grant award to the Maine Department of Transportation (Maine-DOT) to construct a wildlife crossing in the city of Caribou that will reduce collisions between vehicles and wildlife. Maine is one of 16 grant recipients selected to receive funding in the second round of \$125 million grants for 16 wildlife crossing projects nationwide, including one Native American Tribe.

The funding is available through the Wildlife Crossings Pilot Program, a new grant program in its second round of awards that was created by President Biden's Bipartisan Infrastructure Law.

The purpose of the Wildlife Crossings Pilot Program is to improve safety for motorists and wildlife by reducing vehicle collisions with wildlife while also improving habitat connectivity and supporting the survival of threatened or endangered

species. The funding supports studies and projects that construct wildlife crossings over and below busy roads, add fencing to direct animals to the crossings, and monitor performance of crossing systems. Overall, the Bipartisan Infrastructure Law makes a total of \$350 million available over five years through FY 2026 under the Wildlife Crossings Pilot Program.

Each year, more than one million wildlife vehicle collisions are estimated to impact motorists and wildlife in the U.S. Wildlife-vehicle collisions involving large animals result in approximately 200 human fatalities and 26,000 injuries to drivers and their passengers each year. These collisions also cost the public more than \$10 billion annually. This includes economic costs, such as loss of income, medical costs, property damage, and more. Highways can threaten wildlife populations by fragmenting habitats, creating barriers to safe movement, and causing wildlife vehicle

collisions.

"Too many Americans are injured or killed each year in crashes involving cars and wildlife, especially in rural areas which is why our Department created the first-ever program dedicated to crossings that make roads and highways safer for both humans and wildlife," said U.S. Transportation Secretary Pete Buttigieg. "With funding made possible by the Bipartisan Infrastructure Law, the projects moving forward in 16 states will reduce collisions between drivers and wildlife, create places for wildlife to safely move over and under highways, and help preserve American life and property."

"Safety is FHWA's top priority, and these roadway safety investments will ensure that motorists and wildlife get to their destinations safely while advancing a safe, efficient transportation system that benefits all road users as well as the environment," said Acting Federal Highway Deputy Administrator Gloria M. Shepherd.

The \$9.3 million grant awarded to Maine-DOT will use a pre-cast concrete arch culvert to provide passage for moose, deer, and other large wildlife. The Caribou Wildlife and Aquatic Habitat Crossing Project offers multiple benefits to improve safety by reducing wildlife-vehicle collisions in the area, removing two existing barriers for wildlife and fish passage, and improving habitat connectivity for terrestrial and aquatic species.

In its first round of grant awards last year, the Federal Highway Administration awarded \$110 million in grants for 19 wildlife crossing projects in 17 states. The agency released a second Notice of Funding Opportunity for the



Wildlife Crossings Pilot Program in June 2024 and received 61 applications requesting more than \$585 million from 28 states including 26 state Departments of Transportation, 15 local public agencies, two Federal Land Management agencies and one Native American Tribe. The number of applications and the requested funding amounts continue to indicate strong interest in the Wildlife Crossings grant program across the nation.

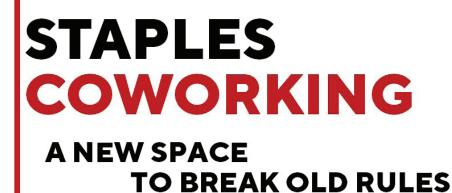
The Wildlife Crossings Pilot Program supports the Department of Transportation's National Roadway Safety Strategy (NRSS), which sets a goal of achieving zero roadway deaths and serious injuries through a Safe System Approach to prevent crashes from happening in the first place. Projects funded by this program reduce wildlife crashes, which will help lower the associated economic impact (such as loss of income, medical costs, property damage, and decline in productivity and quality of life) while simultaneously improving habitat connectivity to sustain the environment and improve the overall safety of the traveling public.

#### Send all items for

Names & Faces to the editor.

Deadline is

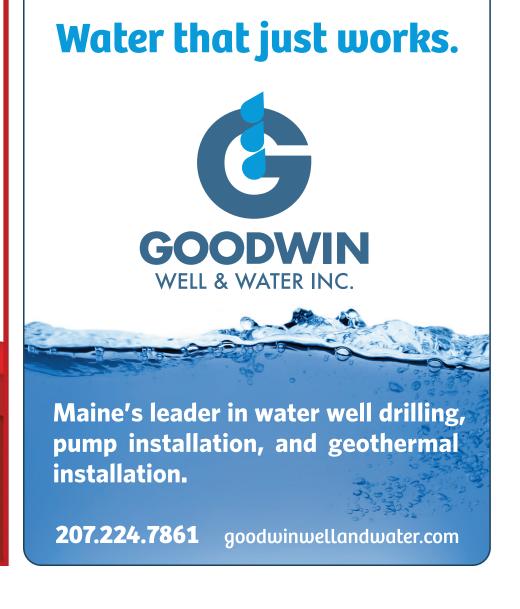
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#### Legislation to improve veterans' access to healthcare, benefits

WASHINGTON

**D.C.** – U.S. Senators Angus King (I-Maine) and Kevin Cramer (R-N.D.), members of the Senate Veterans Affairs Committee, are applauding the Congressional passage of bipartisan, bicameral legislation to improve veterans' access to healthcare and benefits. The Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act includes the King, Cramer bipartisan legislation reauthorizing the Veteran Employment Through Technology Education Courses (VET- TEC) program that helps veterans access high-technology jobs. The VET-TEC program provides tuition at eligible training institutions, housing stipends, and connections with potential employers.

Since its start in 2017, VET-TEC has helped thousands of veterans get jobs in the technology sector with an average starting salary of over \$65,000 – but current authorization for the program expired earlier this year.

"The VET-TEC program has been an exceptional resource for thou-

sands of veterans looking for good-paying jobs in the tech sector," said Senator King. "The reauthorization of the VET-TEC Authorization Act expands eligibility for both veterans and training institutions and is a commonsense step to give even more veterans access to opportunities in tech. While there is always areas where we disagree, I am glad both chambers and both parties came together to support our men and women who answered the call."

"The VET-TEC program has created effective pathways for veterans to

launch their careers in tech," said Senator Cra-"Building on its mer. successes, this reauthorization expands eligibility to allow more veterans to participate in the program. Supporting our veterans includes enhancing the employment resources and opportunities available to them. I appreciate Congress' support of this bill and I look forward to the President signing it into law."

Created in 2017's Forever G.I. Bill, the VET-TEC pilot program has 31 approved education providers that have trained over 8,000 veterans, and helped thousands start high-tech jobs with an average starting salary of \$65,061. The program is currently partnered with 14 employers including the VA's own Office of Information and Technology, which seeks VET-TEC graduates for filling internal vacancies.

Representing one of the states with the highest rates of veterans per capita, Senator King is America's servicemembers and veterans. As a member of the Senate Armed Services Committee and the Senate Veterans Affairs Committee, he has worked to ensure that veterans have access jobs and training after separating from military service. He recently cosponsored bipartisan legislation to provide veterans with job opportunities in the trucking industry.

a staunch advocate for

#### Social Security benefits restored for public service employees

WASHINGTON,

D.C. — U.S. Senator Angus King is applauding long-sought Senate passage of a bipartisan, bicameral bill that will repair social security benefits for more than 2 million Americans who have devoted their careers to public service. The Social Security Fairness Act will eliminate the Windfall Elimination Provision (WEP) and the Government Pension Offset (GPO), added to the Social Security Act in 1983, which unfairly reduce or

eliminate earned Social Security benefits for more than 2.5 million Americans including police officers, firefighters, teachers, and federal, state, and local government employees.

The bill, cosponsored by Senator King, passed the Senate in a 76-20 vote and previously passed the House last month in a 327-75 vote.

Currently, the WEP cuts into the earned Social Security benefits of an individual who also receives a public pension. For ex-

ample, public school educators who do not earn Social Security, but who work part-time, or during the summer, in jobs covered by Social Security have reduced benefits, effectively penalizing them for their public sector work. Likewise, the GPO affects the spousal benefits of people who work as federal, state, or local government employees — including police officers, firefighters, and teachers — if the job is not covered by Social Security. The GPO reduces by twothirds the benefit received by surviving spouses who also collect a government pension — often offsetting benefits entirely.

"Across Maine, fire-fighters, police officers, teachers and other public servants put the well-being of our communities first; it's past time they receive the benefits they so rightly have earned," said Senator King. "Today was an important step towards correcting this injustice— demonstrating how lawmakers can put people over politics to achieve real results. Thanks to my

colleagues on both sides of the aisle for supporting our public servants and voting for the Social Security Fairness Act. I look forward to keeping the momentum going so we can finally save social security for all Americans."

According to a new report from the nonpartisan Congressional Research Service, the WEP currently impacts more than 2.1 million Social Security beneficiaries, and the GPO impacts nearly 750,000 retirees. More than 300,000 American retirees are impacted by both the WEP

and the GPO, including more than 21,000 people in Maine.

Senator King has long championed reforms to social security to keep the federal government's promise to all working Americans. Most recently, he was part of a working group with Republican Senator Bill Cassidy to preserve and protect social security for generations to come as the program is set to go insolvent by 2033 without congressional action - resulting in acrossthe-board cuts to benefits for all recipients.





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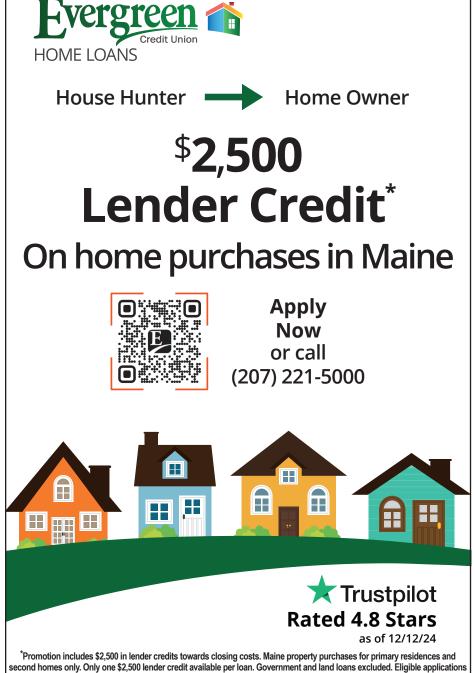
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Page 12 Thursday, January 2, 2025

#### Auburn Concert Band invites new members

AUBURN, ME -The Auburn Community Concert Band has announced that rehearsals will resume on Wednesday, January 8th, in preparation for the group's 2025 summer concert season. This is an ideal opportunity for former high school and college band members to again experience the enjoyment of making music and performing in front of large audiences.

Interested musicians have until January 22nd to join the band during this semi-annual "Open Membership" period. The band has a particular need for

flute, clarinet and trumpet players.

Membership is open to all wind instrument players and percussionists who can read music, but requires a commitment to the group's weekly schedule of Wednesday evening rehearsals and concerts. Band members must have their own instruments and music stands.

Weekly rehearsals take place every Wednesday evening, from 7:00 - 9:00 p.m. at the High Congregational Church, located between High and Pleasant Streets, in Auburn. Starting in late



June, the band will resume its annual weekly Wednesday evening concerts at Festival Plaza in downtown Auburn, weather permitting. A different program of music will be performed each week through mid-August, with

songs appealing to audiences both young and old.

According to Band Director Milt Simon, it is not unusual for prospective members to feel a bit reluctant about joining the group. "We understand that, for some, it may have

been 20 or more years since they last touched their instrument." Simon stated. "Most people regain their musical skills relatively quickly. It's like riding a bicycle. Once you have learned to play, you never forget. You just may have to do some extra practicing." Simon added that the opportunity to perform in front of large audiences, numbering 200 to 300 people on a weekly basis, is typically quite appealing to amateur and experienced musicians alike.

This summer will mark the organization's 44th anniversary season since being formed by Simon back in 1981.

Currently, the ACCB has 49 members, ranging in age from late-teens to early eighties. These members collectively represent some 15 central, southern and western Maine towns.

Additional information about the group is posted on the band's web site: www.auburncommunityband.com.

Interested musicians are asked to notify Director Simon at auburncommunityband@gmail.com prior to attending their first rehearsal.

#### Gorham kids: Don't miss Winter Wonderland Kids Night Out

SCARBOROUGH,

ME -- Get ready for a frosty fun-filled night as MePowered Pastries and The Salt Flat Dance Collaborative team up for a Winter Wonderland Kids Night Out!

Kids will start the evening by baking and decorating winter-themed treats at MePowered Pastries! Afterward, they'll head over to The Salt Flat Dance Collaborative to learn some cool winter dance moves and play fun games to stay active and entertained.

Parents, enjoy 2.5 hours of free time on a Saturday night while your

kids have a blast in a safe and creative environment. It's the perfect win/win for everyone!

Date: Saturday, January, 18th

Time: 5:30-8:00 PM Ages: This class is for ages 4 and up.

Location: 174 US-1, Scarborough Maine

Cost: \$60

Class price includes all ingredients and materials for one kid. We do our best to accommodate kid food allergies and sensitivities. Leave a note at checkout and we will work with you to make sure your kid is able to bake something that works for them.

Please indicate in the notes at checkout:

1. Chef's name and age

2. Any food allergies

Send all



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

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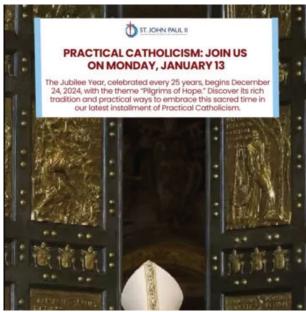
# Discover the Jubilee Year: An evening of reflection & renewal

SCARBOROUGH, ME - On Monday, January 13, 2025, at 7:00 PM, St. John Paul II Parish will host an enlightening evening titled Practical Catholicism: The Jubilee Year at St. Maximilian Kolbe Church in Scarborough, Maine. Join Fr. Jack Dickinson and Faith Formation Director Michelle Valcourt as they delve into the profound meaning of a Jubilee Year and share practical ways to celebrate this sacred time.

The Jubilee Year, observed every 25 years, is a special period in the Church dedicated to renewal, grace, and mercy. The upcoming Jubilee Year, themed "Pilgrims of Hope," began on December 24, 2024, and concludes on January 6, 2026. This presentation will offer attendees a chance to uncover the rich history of the Jubilee tradition and learn meaningful ways to engage in this extraordinary year of spiritual growth.

Ryan Bilodeau, Communications Associate for St. John Paul II Parish, shared, "The Jubilee Year is an invitation to rediscover hope, deepen our faith, and experience God's mercy in a powerful way. This event will inspire practical steps for Catholics to live out this sacred year with intention."

About Practical Catholicism





Practical Catholicism is an ongoing initiative featuring regular talks by Fr. Jack Dickinson and Michelle Valcourt. This series explores contemporary issues of faith, offering insights and practical guidance for living out Catholicism in everyday life.

Event Details:

Date: Monday, January 13, 2025

Time: 7:00 PM

Location: St. Maximilian Kolbe Church, 150 Black Point Rd, Scarborough, ME 04074

This event is free and open to the public. All are encouraged to attend and bring a friend!

In July of 2020, St. Bartholomew Parish in Cape Elizabeth, St. Maximilian Kolbe Parish in Scarborough, and St. John and Holy Cross Parish in South Portland joined to form the new St. John Paul II Parish. The three churches maintained their individual names under the common patronage and intercession of St. John Paul II. For more information, visit www.jp2me.org.



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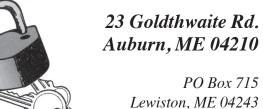
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#### Wednesdays

GORHAM - Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

#### **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.

#### Jan 3-5

MONMOUTH -- The Monmouth Community Players (MCP) are excited to present our 4th Annual MCP Shorts Play Festival, happening at the start of the new year at Cumston Hall, 796 Main St, Monmouth, ME 04259. January 3rd at 7pm, January 4th at 7pm, and January 5 at 2pm. Tickets will be \$10 general admission and are available online or at the

# Calendar

Send your submissions to the Editor. More online.

door. Advance tickets can be purchased by visiting our website's home page, www.monmouthcommunityplayers.org or contacting our box office at mcpboxoffice@gmail.com or calling at 207-370-9566.

#### Jan 10

LEWISTON -- On Friday, January 10th at 10am the Lewiston Public Library Children's Department will be offering the program My Little Snowflake Handprint Keepsake. Caregivers and their young children will be able to make a wintery snowflake themed handprint keepsake. This activity is recommended for caregivers with children between the ages of 0-6 years old. Siblings are also welcome to attend and participate. This program will take place in the Children's Department on the third floor of the library. The activity is free and there is no registration required.

#### 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 Mallet 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.

#### Jan 14

LEWISTON -- In partnership with the Lewiston CareerCenter, the Lewiston Public Library will host a resume workshop on Tuesday, January 14th in the Idea Lab on the second floor from 11:00 a.m. to 1:00 p.m.

The CareerCenter will provide professional resume writing and job connection assistance on a first-come, first-served basis. No registration is required.

#### Jan 16

AUBURN -- FILM SCREENING & DISCUS-SION --BEYOND ELEC-REDEFINING TIONS: DEMOCRACY IN THE AMERICAS. Thursday, January 16, 2025 -- 3:00-5:00 p.m., Androscoggin Community Room, Auburn Public Library.

#### Jan 18

LEWISTON -- The Midcoast Symphony Orchestra under the direction of Rohan Smith presents "Invigorating Water Music." The performance is on January 18 at 7:00 p.m. at the Franco Center, 46 Cedar St., Lewiston. For info and tickets visit https:// www.midcoastsymphony. org/tickets or call 207-481-0790. Tickets \$25 in advance or \$30 at the door. Age 25 and under are free. The Audience is also invited to our free "More with Midcoast" "Meet the Instruments" event that begins at 6:00pm.

#### Jan 27

AUBURN -- FILM SCREENING & DISCUS-SION --ELECTIONS,

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POPULISM, AND DEM-OCRATIC BACKSLID-ING IN THE AMERICAS with Dr. Clarisa Pérez-Armendáriz, Associate Professor of Politics and Chair of the Latin American and Latinx Studies Program, Bates College, Monday, January 27, 2025 -- 4:30-5:30 p.m., Androscoggin Community Room, Auburn Public Li-

#### Feb 13

AUBURN -- BOOK DISCUSSION --DEMOC-**RACY** AWAKENING: NOTES ON THE STATE OF AMERICA by Heather Cox Richardson. Thursday, February 13, 2025 - 4:00-5:00 p.m., Auburn Public Library

#### Mar 15

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/.

Women in Harmony - Sat, Mar 15, 2025 at 7:30 pm. Doors open 7:00 pm. Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children

Women in Harmony is a Portland-based chorus of 60 women's voices, which has been singing for social justice for over 20 years. It is a diverse group of gay and straight, musically sophisticated and musically untrained women who unite in song and a spirit of fairness. Women in Harmony is dedicated both to musical excellence and social justice.

Tickets: \$15 in advance, \$20 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at https://ticketstripe. com/womenharmony



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Commercial Office Cleaning. 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 stephen@1stcoice floorcare.com

CLASSIFIED ADS \$25 PER WEEK

#### **FOR SALE**

All-in-one Dell printer and fax machine. \$495. Call 783-8327.

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer.

#### **HOUSE KEEPING**

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

# LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer

Defendify is looking for a senior full stack engineer to join full-time. Small team/ big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: www.de-

fendify.com/careers.

#### **PAINTING**

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

#### **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.

MAY 29 - JUNE 4, 2025 - WASHINGTON, D.C. - NATION'S CAPITAL -Trip includes 7 days and 6 nights lodging, 6 breakfasts and 4 dinners. A guided tour of Washington, D.C. which includes the US Capitol, the White House, the National Archives, Embassy Row and Georgetown. We will also visit the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial. We will also have a

guided evening tour of all the Memorials. We will have a Guided Tram Tour of inspirational sights such as Arlington National Cemetery, Tomb of the Unknown Soldier, Kennedy Graves and the Iwo Jima Memorial.

We will visit the Smithsonian Museum and the Museum of the Bible which contains some of the oldest and most important biblical artifacts in human history. On our way home we will stop and enjoy the National Harbor which is a unique waterfront wonderland of shopping, dining and more. A \$75.00 deposit is due when signing up for this trip. The price is \$985.00 per person double occupancy. Add \$305.00 for single occupancy. Final payment is due 3/22/25.

SEPTEMBER 11-19, 2025 - BLUEGRASS COUNTRY & THE SMOKY MOUNTAINS -Price includes round trip air from Logan Interna-

tional Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals.

Highlights of this tour are

Highlights of this tour are Louisville and Lexington, Kentucky – Churchill Downs, Kentucky Derby Museum, Louisville Slugger Museum, Buffalo Trace Bourbon Distillery, Lexington Horse Farm.

Gatlinburg, Tennessee

– Dolly Parton's Smoky
Mountain Theme Park,
Guided tour of the Great
Smokey Mountain National Park (UNESCO),
Cherokee, Old Smoky
Moonshine Distillery.

Asheville, North Carolina – Blue Ridge Mountains, tour of the Biltmore Estates Mansion and manicured grounds.

Deposit for this trip is \$698.00 per person and due by March 11, 2025. Early bookings save \$100.00 per person. For more information on pricing call Claire.

OCTOBER 6 – 10, 2025 – ATLANTIC CITY, CAPE MAY, & PHILA-DELPHIA - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble.

Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.

#### NOVEMBER 16-26, 2025 – CLASSICAL GREECE

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners).

Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.

# Classified Ads

NUMBER OF WEEKS TO RUN:

\$25 WE	_
EACH ADDITIONAL WO	<sub>RD</sub> 25¢

Send payment with completed form to our bookkeeping office: 89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

,
☐ Visa ☐ Master Card
Card # 3 digits # on back
Exp. date/_ Signature
Name & Address
Phone:
CATEGORY:
HEADLINE:
AD INFO:

Page 16 Thursday, January 2, 2025

# Birth Roots Maine hosts queer parents group

PORTLAND, ME

-- There is a special kind of magic when LGBTQ+ folks come together to share our experiences. This group is designed for queer and/or trans-identified parents to gather and talk about the ins and outs of being LGBTQ+ in our community.

Please use the code communityforall at checkout to waive the \$5 fee if this is cost prohibitive to your family.

Who: We warmly welcome all LGBTQ+ parents and parents-to-be from preconception through preschool-aged kids. We know that the journey to and through parenthood, while joyful, may also be challenging... and that's often even before our kids even make it to our families! LGBTO+ families face particular challenges, but we don't have to face



them alone. We're here for all of it

How: The magic we make when we are together is worth it! This class will not espouse a single right way to parent or problem-solve. We believe that the wisest, most compassionate person in the room is all of us together. Come once, or come every month. We'll be here.

Birth Roots Maine 16 Vannah Ave, Portland, ME, United States, Maine 04101

Saturday, January 4

Send all items for

from 9-10:30 AM

What's Going On to the Editor. Deadline is Friday by five.

# Life Forms: Grow opening reception at USM Gorham

GORHAM, ME --Life Forms is a sculpture collective of twelve artists and an experiment in artistic community building. Through a series of exhibitions over four years (2023-2027), each in a different location and featuring a different subset of artists, the group aims to deepen relationships with each other, discover new connections through their creative work. and share in conversation with the public.

The University of Southern Maine Art Gallery in Gorham has the pleasure of hosting the third exhibition, Life Forms: Grow, featuring Jackie Brown, Leah Gauthier, Elaine K. Ng, and Ashley Page.

Running from Janu-

ary 16 - February 15, 2025, the works in this exhibition span a wide range of interpretations around the word "grow", from the growth of biological life as well as that of knowledge across cultures, to shape-shifting materials that blur the real and the imagined; forging resiliency amidst massive change; and the vulnerability, grace, and complexities of the Black experience.

This event is free and open to the public. Light refreshments will be avail-

University of Southern Maine Art Gallery

5 University Way, United Gorham, ME, States, Maine 04038

Thursday January 23. 6-8PM











# **Solar Panel Installation**

Harness the power of the sun with Solar Systems of Maine Your trusted provider of Maine residential and commercial solar system solutions.



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Stop paying CMP for power and create your own!

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