

## Gorham BackPack Program needs your help restocking Food Closet

**GORHAM, ME** -- A huge THANK YOU to Coach Tanguay, Coach Stone and the members of the indoor track teams for their generous donation to the BackPack Program as part of the GHS Athletic's Winter Sports Food Drive!

For the month of January, we will focus our efforts on restocking the Food Closet at GHS. Items can be dropped off directly at the high school or mailed to GMS and we will deliver.

The BackPack Program will also receive a \$1 donation for every \$2.50 reusable Fight Hunger Bag sold during all of January at the Gorham location. We appreciate the continued support of Hannaford!

It takes a village and the Gorham village is amazing!







# JANUARY

## Food & Supply Drive Items of the Month

**Chapstick • Fruit Cups • Popcorn**  
**Hot Chocolate • Cup of Noodles**  
**CheezIt • Goldfish • CapriSun**

Items for this month can be shipped to or dropped off at:

**Gorham High School**  
 41 Morrill Ave, Gorham, ME 04038  
 c/o Claudine Emerson & The Backpack Program

**MONETARY DONATIONS**

**DONATION CHECKS** can be made out to:  
**Gorham School Department**  
 Add: "The Backpack Program of Gorham" to the MEMO line.

**Please mail checks to:**  
 Hollis Cobb, Finance Officer  
 Gorham School Department  
 75 South Street  
 Gorham, Maine 04038

A receipt will be mailed for tax purposes.  
 99% of donations go towards food purchases; the 1% helps pay for operational cost.

[www.GrowGiveGorham.org](http://www.GrowGiveGorham.org)

**\$10** provides 1 weekend bag

**\$150** sponsors a student for the 2024-2025 school year

## Volunteers needed for Town of Gorham boards & committees

**GORHAM, ME** -- The Town Council Appointments Committee is seeking citizen volunteers for various boards and committees to serve a 3 year term. The board and committee vacancies available are as follows:

**NOMIC DEVELOPMENT CORPORATION - 3**  
**CONSERVATION COMMISSION - 3**  
**BOARD OF APPEALS - 3**  
**BOARD OF TRUSTEES - BAXTER MEMORIAL LIBRARY - 3**  
**HISTORIC PRESERVATION COMMISSION - 2**



**FAIR HEARING BOARD - 1**  
**BOARD OF ASSESSMENT REVIEW - 1**  
**BOARD OF VOTER REGISTRATION APPEALS - 3**

**REVOLVING LOAN FUND COMMITTEE - 2**  
**BOARD OF HEALTH - 1**  
 If you are interest-

ed in applying to serve on any of Town board and/or committee, or for more information, please visit the Town Clerk's Office. To apply, please complete and submit a Committee Volunteer Application available online. You may also contact the Town Clerk's Office at 222-1670 or e-mail the Town Clerk Lau-

rie Nordfors at [lnordfors@gorham.me.us](mailto:lnordfors@gorham.me.us).

Applications will be accepted through January 23, 2025. The Appointments Committee will schedule short informal interviews with applicants starting in February and the Town Council will appoint applicants at their March meeting.

## Lakes Region Senior Center invites Gorham seniors to activities

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

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.

## Gorham Fire Department sees 30% increase in calls

**GORHAM, ME** -- Your Gorham Fire Department responded to a record 3,594 emergency calls during calendar year 2024, a roughly 6% increase over 2023's response total.

The 2024 call volume reflects a 30% increase in calls for service from just 5 years ago. The members of the Gorham Fire Department

now respond on average to roughly 10 emergencies per day.

Interestingly, about 45% of the emergencies during 2024 occurred when there was at least one other emergency call in progress. This trend has continued to challenge the Gorham Fire Department- as simultaneous calls occurred only

28% of the time in 2019.

We are thankful for the opportunity to serve the Gorham community, and welcome anyone interested in joining our team to visit the Town of Gorham website for an application.

Please forward the completed application, cover letter and resume to [bgarcia@gorham.me.us](mailto:bgarcia@gorham.me.us)

## 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 help-

ing folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!



### Clean Books

OLIVIA OUELLETTE  
Bookkeeper / Owner

Give us a call today for a free quote!

WWW.CLEANBOOKSMAINE.COM  
 CLEANBOOKSMAINE@GMAIL.COM  
 207-370-9292  
 PO BOX 615, GARDINER, ME 04345

## Professional & Reliable Cleaning Services

# REAL CLEAN LLC

Over 20 Years Experience  
 Commercial • Residential  
 Serving Maine • New Hampshire

(207) 712-2765 - Stacy Mahonen - [www.RealCleanLLC.com](http://www.RealCleanLLC.com)

## GHS ATHLETIC'S WINTER SPORTS FOOD DRIVE

Items Needed:

- ❄️ Chef Boyardee
- ❄️ Canned Tuna Fish
- ❄️ 16 oz Pasta
- ❄️ 16 oz Creamy Peanut Butter
- ❄️ Canned Chicken Noodle Soup

Individual servings/snack packs:

- ❄️ Goldfish
- ❄️ Cheez It
- ❄️ Popcorn
- ❄️ Fruit Cups
- ❄️ Pudding Cups
- ❄️ Nutra-Grain Bars

Benefitting:



[www.growgivegorham.org](http://www.growgivegorham.org)

# Newsmakers, Names & Faces

## BBB: What to know if using NFCs (and you probably are)

By the Better Business Bureau

If you have a smartphone purchased in the last few years, it almost certainly came with NFC capability.

The technology allows users to effortlessly transfer money, share files and knock out a growing list of other tasks. But that data transfer can create vulnerabilities.

BBB has tips on what NFCs can do and how to stay safe when using them.

What exactly is NFC?

NFC stands for Near Field Communication. It's a data transfer that only works within a very short physical range. We're talking inches, not feet. Some forms of this technology require you to tap one device against another or wave them back and forth in close proximity.

NFC also stands for National Football Conference and the National Finance Center, a branch of the USDA, but we're not going to talk about those here. Near Field Communication capabilities have been around for years, but their use is becoming much more widespread.

NFCs are based on RFID (radio frequency identification) technology, a process that uses radio frequencies to identify objects. Near Field Communication is high-frequency RFID that makes it easy for one device to communicate with another.

What does it do?

Near Field Communication uses a series of protocols to make trans-

actions easier and faster. People use them to make contactless payments, share digital content, connect one device with another, and a list of other tasks that gets longer every day.

How do they work?

An NFC relies on proximity, so when users get close to a device they want to interact with, typically, they receive a prompt asking for permission. They follow on-screen prompts from there. It's convenient because it doesn't involve downloading an app or signing up to get started.

When you activate some NFC technologies, they enable Bluetooth and use that to make your data transfer. That means you don't have to fumble around with your phone to find Bluetooth settings, choose the device you want to pair, enter the key or code, and so on.

Other NFC technologies enable Wi-Fi between two devices so they can "talk" back and forth. The big benefit here is that Wi-Fi direct has much greater bandwidth, so big files transfer faster.

What smartphones come with NFC?

New handheld devices become available all the time, so the compatible device list is constantly changing. NFCWorld maintains an exhaustive list of phones and tablets both available now and coming soon. But for most people, their mobile is already capable.

Android devices running 4.0 or later come with the ability to use NFCs for financial transactions. Phones with An-

droid 4.4 or later allow users to exchange files and messages via NFC.

iPhone was a little later to jump on the bandwagon. However, if you have an iPhone 6 or later, it supports Near Field Communications.

Are they just for financial transactions?

The possibilities and uses for near-field communications are, for the most part, just limited by the imagination. Here are just a few things people can do with them already:

Open car doors

Share contact information

Share any link you program it to have

Make wireless payments using smartphones and tablets

Create an automatic Wi-Fi/Bluetooth pairing between phone and vehicle for hands-free driving

Pay for and receive access to public parking and transportation

Send photos or video between digital cameras, cell phones and media players

Allow shoppers to receive and redeem coupons

Prevent hard sleepers from turning off their alarm until they're actually awake

Enable healthcare workers to monitor medications and track physical symptoms

Create interactive toys and games

Simplified connectivity is great, and being able to exchange funds without having to dig into our wallets was becoming

popular even before social distancing was a thing. Now it's even more helpful because it means we don't have to touch cash or transaction terminals. But every time a technology is widely adopted, hackers start focusing on how they can exploit it for unfair gain.

Near Field Communications and cybersecurity

Convenience is great, but if you're like most people, you might recognize when data is just floating around, there's a security risk, especially when technology is linked to your credit card or bank account. So how risky is NFC technology?

The good thing is if you're bumping your phone with a friend's to share music or checking out with a trusted vendor, the security risk is fairly low because of the proximity requirement. Devices must be four centimeters or less apart, and during the split seconds the data transfer actually takes to occur, it would be hard for a hacker to get in there without you noticing.

It takes more than just a bump for a transaction to occur; both sending and receiving devices must be ready to accept the data transfer. It would be difficult for a hacker to brush against you in a crowd and wirelessly withdraw from your bank account. You're not likely to collide with a stranger in the grocery store and accidentally send their

phone all your personal information. But that doesn't mean NFCs are without risk.

One problem happens when people lose their phones or have their devices stolen. If a thief can unlock your device, or if you don't secure it with a strong password, there's nothing to stop him or her from waving it over a payment terminal or ATM to get your money.

NFC tags are also vulnerable to tampering. For example, users have tapped smart tags thinking they were about to access movie trailers or visit a vendor website but instead had their personal information sent to a bad actor.

General NFC security tips

Turn NFC off when not in use: Disable NFC on your device when you're not using it to reduce the risk of unauthorized access or accidental connections.

Be mindful of proximity: NFC only works within a short range (typically 4 cm or less), but attackers could use specialized tools to attempt to intercept data. Be cautious when using NFC in crowded or untrusted areas.

Use secure apps and devices: Only use trusted apps for NFC payments or file sharing. Ensure your device has updated security features and firmware.

Enable device authentication: Use a PIN, pattern, or biometric lock on your device to prevent

unauthorized use of NFC.

Monitor permissions: Regularly check the permissions granted to apps that use NFC to ensure they only have access to necessary features.

Avoid connecting to unknown devices: Do not pair with or transfer files to unknown NFC-enabled devices or tags without verifying their source.

Encrypt sensitive data: If you're using NFC for payments or sharing sensitive information, ensure the data is encrypted and transmitted over a secure channel.

NFC payment tips

Verify payment apps: Use payment apps from trusted providers and download them only from official app stores.

Check the terminal: Inspect payment terminals for tampering or unusual devices before tapping your phone or card.

Enable notifications: Set up notifications for NFC transactions so you're immediately aware of any unauthorized charges.

Use one-time tokens: Where possible, opt for payment methods that generate one-time-use tokens for added security.

NFC tags tips

Inspect before scanning: Avoid scanning unknown or suspicious NFC tags in public areas, as they may contain malicious code or links.

Use a trusted NFC reader app: Use apps from reputable sources to read NFC tags, and review the permissions these apps require.

Program tags securely: If programming NFC tags yourself, ensure they are configured with strong security measures to prevent tampering.

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

**allworx**



**Save \$\$  
on your  
business  
phone!**  
**Call today for  
a demonstration!**

**PROFESSIONAL  
COMPUTER SERVICES INC.**

**207.784.6295**  
buck@pro-pc.us



**Buck Buchanan**  
A+, MCP Certified Technician

**Best  
Source  
for Arts,  
Music and  
Theater!**

**Your  
Hometown  
Paper.**

**Injured  
on the job?**

**We should talk.**

**(207) 333-5103**

Help@BilodeauLaw.me

BILODEAULAW.ME

**BILODEAU  
LAW**

# Newsmakers, Names & Faces

## MaineHealth Behavioral Health names new VP of Medical Affairs

**WESTBROOK, ME** – MaineHealth Behavioral Health (MHBH) announced today it has selected Dr. Melissa Bowker-Kinley for the role of Vice President of Medical Affairs (VPMA), Child and Adolescent Services. In this role, Dr. Bowker-Kinley will assist in developing and coordinating the behavioral healthcare of children and adolescents across MaineHealth in all levels of care.

Dr. Bowker-Kinley has more than 20 years of experience as a psychiatrist and in leadership roles, including a tenure

as a child and adolescent psychiatrist and Medical Director of Child and Adolescent Services at MHBH at Spring Harbor from 2009 to 2014. Most recently, she served as a child and adolescent psychiatrist at InterMed, P.A. in Portland and Medical Director of Health Affiliates Maine in Auburn.

As a respected educator, Dr. Bowker-Kinley has provided clinical supervision at the MaineHealth Maine Medical Center-Portland department of psychiatry since 2009. She brings valuable operational skills to the



VPMA role with experience in electronic health record deployment, physician recruitment, compliance, and quality improvement.

“Melissa’s vast experience makes her uniquely qualified to lead behavioral services for the vulnerable youth in our communities,” said MHBH President Kelly Barton, MPH, FACHE. “She is a passionate advocate for children and their families and will be a vital asset

to our clinical leadership team.”

A graduate of Indiana University School of Medicine, Dr. Bowker-Kinley earned a Ph.D. in Biochemistry and Molecular Biology at Indiana University and completed two fellowships with MaineHealth, one in child and adolescent psychiatry and another in physician leadership development. She is Board-certified in psychiatry and child and adolescent psychiatry.

## 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



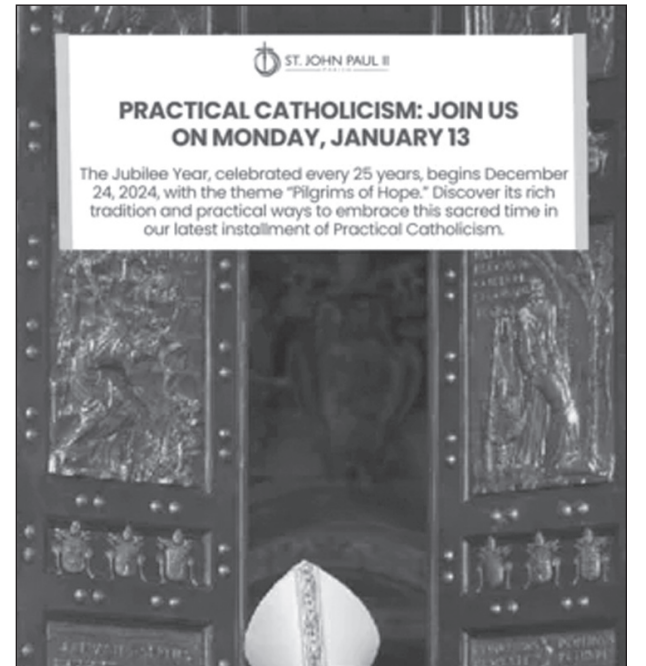
series explores contemporary issues of faith, offering insights and practical guidance for living out Catholicism in everyday life.

**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](http://www.jp2me.org).*



## Mini-Maine necklace class offered 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.

## WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



**STEPHEN NAGY**  
Personal Lines Agent

“I take the time to find the most comprehensive personal insurance package for each client. That’s how I deliver on the promise.”



**CHAMPOUX INSURANCE**  
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue ~ Lewiston, ME 04240  
(207) 783-2246  
[www.MaineInsuranceOnline.com](http://www.MaineInsuranceOnline.com)



## Jason Hodsdon Masonry

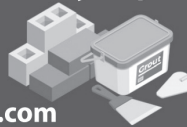
Chimneys • Chimney Cleanings • Masonry Demo  
Repointing & Repairs • Culture Stones  
Restorations • Stainless Steel Liners

*We install professional chimney caps!*

215-3557

North Monmouth

[Jasonhodsdonmasonry@gmail.com](mailto:Jasonhodsdonmasonry@gmail.com)



## Gorham WEEKLY

(207) 558-8488

[Info@GorhamWeekly.com](mailto:Info@GorhamWeekly.com)

28 State Street, Gorham, ME 04038  
Mail: 89 Union Street, Suite 1014, Auburn, ME 04210

©TWIN CITY PUBLISHING, INC 2022® FOUNDED IN 1998

All materials found in GORHAM WEEKLY, INC. are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.

FREE e-subscriptions at [www.GorhamWeekly.com](http://www.GorhamWeekly.com)

### Advertising

For advertising information email [Laurie@twincitytimes.com](mailto:Laurie@twincitytimes.com) or call 795-5017.

### Deadline

Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday’s publication.

### Press Releases

All submissions, including photos, must be emailed to [editor@GorhamWeekly.com](mailto:editor@GorhamWeekly.com).

### Proofs

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

# Extension maple expert to present at workshops for beginners

MAINE -- University of Maine Cooperative Extension is collaborating with several local organizations in York and Androscoggin counties to present a series of maple sugaring workshops for beginners and small-scale producers in January and February. There is also an online option hosted by the Maine Organic Farmers and Growers Association.

All of the programs are designed for backyard and homestead-scale sys-

tems that require a limited initial investment in equipment. Discussions will include identifying and tapping trees, collecting and boiling sap, as well as filtering, grading and canning syrup.

On February 1, the Southern Maine Maple Sugarmakers Association (SMMSA) will host Backyard Maple Sugaring from 9 a.m. to 2:30 p.m. at the York County Extension Office, 45 Kennebunk Road in Alfred, ME. This day-long workshop



Photo courtesy University of Maine Cooperative Extension.

is developed to give participants a more in-depth overview of the sugaring

process. The morning session will include demonstrations and discussions

by UMaine Extension Maple Industry Educator Jason Lilley and several established maple syrup producers. The afternoon will include a tour of a local sugarhouse to highlight how they got started and demonstrate the sap processing equipment that they use. The cost of this workshop will be \$18 and includes a how-to guide. Visit the event webpage to register.

The remaining workshops, which do not include a sugarhouse tour,

are scheduled to last approximately 2 hours and will be held at the Julia Adams Morse Memorial Library in Greene on January 9, Massabesic Adult Education in Waterboro on January 30 and Lewiston Adult Education in Lewiston on February 4. Look for registration information about these events coming in January.

For more information or to request a reasonable accommodation, contact [jason.lilley@maine.edu](mailto:jason.lilley@maine.edu)

# New Year's resolution: Prioritize lung health in 2025

AUGUSTA, ME – With the New Year right around the corner, it's a great time to set some lung health-focused goals. With each of the 23,000 breaths your lungs take daily, they perform essential work to support overall health.

Whether you're managing asthma, quitting smoking, or simply looking to keep your lungs strong, here are some tips from the American Lung Association in Maine to start the year right.

Get Regular Check-ups. Regular check-ups help prevent diseases, even when you are feeling well. This is especially true for lung disease, which sometimes goes undetected un-

til it's serious. During a check-up, your healthcare provider will listen to your breathing and you should share any concerns you may have.

Quit Smoking: The American Lung Association encourages people who smoke, vape or use tobacco to resolve to begin their quit journey in 2025 and provides tips and resources at [Lung.org/quit-smoking](http://Lung.org/quit-smoking) or call the LungHelpline at 1-800-LUNGUSA (1-800-586-4872). Tobacco remains the number one cause of preventable death in the U.S., and here in Maine. E-cigarettes are not a safe or effective way to quit. Many health in-

surance plans cover quit aids and counseling, and if you are uninsured or need a plan that works better for you, open enrollment through the Affordable Care Act marketplaces is available until January 15, 2025, in most states. More info at [Lung.org/open-enrollment](http://Lung.org/open-enrollment).

Take the Quiz. In the U.S., 14 million people are at high risk for lung cancer and are eligible for lifesaving lung cancer screening. Here in Maine, only 21.2% of residents at high risk for lung cancer are screened for the disease each year. If you smoked, the low-dose CT lung cancer screening test could save your life. Lung

cancer, the leading cause of cancer deaths, is more treatable when caught early—survival rates increase by more than four times. If you're aged 50-80 and smoke or have quit within the past 15 years, you may be eligible for screening. Take the 2-minute quiz at [SavedByTheScan.org](http://SavedByTheScan.org).

Stay Up-to-Date on Immunizations. Get your COVID-19 and flu shots (and RSV and pneumococcal pneumonia, if eligible). The best way to stay healthy and protect others is to be up-to-date on your recommended immunizations and make sure all of your loved ones – from those aged 6 months to 100+ years – are also current on theirs.

Limit Exposure to Air Pollutants. If possible, avoid environments with



high levels of air pollution, chemical fumes, secondhand smoke and other lung irritants. It's also essential to test your home for radon, a leading cause of lung cancer, and take action if levels are elevated. If you have asthma or other lung health concerns, regularly monitor daily air quality forecasts to take precautions against outdoor air pollution. You can check conditions in your area at [Airnow.gov](http://Airnow.gov)

LUNGS! The American Lung Association hosts several community events throughout the year with fitness in mind, including the Trek Across Maine! Whether you are a fitness buff, or just getting started - consider registering for one of our events today and start training to create health habits for your lungs in 2025!

Learn more about how to protect your lung health in 2025 at [Lung.org](http://Lung.org) or call 1-800-LUNGUSA.

**Sealcoating • Hot Rubber Crack Filling**  
**New Installations • Concrete**  
**Reclaimed Asphalt • Loam**

Our premium grade sealer inexpensively adds years of life!

Protect your investment with our wide range of products!

**Roadmark Industries**  
 Mike Willett • 143 Pleasant Street • Auburn  
**(207) 240-5535**

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

**ROOTED**  
*hair studio*




**Courtney**                      **Michael**

**Accepting New Clients ~ Booth Rental Available**

**214 Minot Avenue ~ Auburn ~ 689-3035**

# Nominations now open for state, county teachers of the year

**STATEWIDE, Maine** - The Maine Department of Education (DOE) and Educate Maine are excited to announce that nominations are officially open for the 2025 County Teachers of the Year and the 2026 State Teacher of the Year. Maine's State and County Teachers of the Year serve as advocates for teachers, students, and public education in Maine.

"The Maine Teacher of the Year program is an excellent opportunity to recognize the extraordinary educators across our state who are dedicated to their schools and communities - and who are engaging, inspiring, and motivating their students every day," Maine DOE Commissioner Pender Makin said. "These nominations will give 16 Maine teachers a prominent platform to share the wonderful, innovative happenings in Maine's classrooms and advocate for public education."

Nominations can be made now through 5 p.m. on Friday, January 31, 2025 through a form on the Maine Teacher of the Year website. Nominations will be accepted from students, parents, caregivers, community members, school administrators, colleagues, college faculty members, and associations/organizations. Self-nominations and nominations from family members are not accepted.

Teachers who are nominated must:

Hold the appropriate professional certification for their teaching position;

Be a certified, in-good-standing, pre-K-12 teacher in a state-accredited public school - including career and technical education and adult education centers, public charter schools, or publicly-supported secondary schools (i.e. private schools that enroll 60 percent or more publicly-funded students, sometimes referred to as "town academies");

Be actively teaching students at least 50% of the workday at the time of nomination and during their year of recognition;

Maintain their teaching position and remain in the county for which they are selected throughout the year of recognition;

Have a minimum of five years of teaching, three of which are in Maine.

Beyond serving as advocates for education, Maine's State and County Teachers of the Year serve as advisors to the Maine DOE and state-level education stakeholders across Maine. State and County Teachers of the Year also join a cohort of teacher leaders who actively work together for the betterment of education in Maine. They receive ongoing professional learning and participate in many county and state leadership opportunities.

The 2025 County Teachers of the Year will be announced in May, and the



2026 Maine Teacher of the Year will be selected from the 16 county honorees. Through a selection process designed by educators, the field will be narrowed to semi-finalists and then state finalists before the Maine Teacher of the Year is announced by the Commissioner of the Maine DOE at a school assembly in the fall. Each year, State and County Teachers of the Year are honored at the annual Teacher of the Year Gala.

On behalf of, and in partnership with, the Maine DOE, the Maine Teacher of the Year program is administered by Educate Maine, a business-led organization with a mission of championing college, career readiness, and increased educational attainment. Funding is provided by Bangor Savings Bank, Dead River Company, Geiger, Hannaford, the Maine State Lottery, the Silvernail family, and Unum, with support from the State Board of Education and the Maine County and State Teachers of the Year Association.

"Educate Maine is honored to continue our partnership with the Maine



## Celebrate Maine Teachers

The Teacher of the Year journey starts with your nomination. Nominations are now open: [www.mainetoy.org/nominate](http://www.mainetoy.org/nominate)



Department of Education to administer the Maine Teacher of the Year program," Educate Maine Executive Director Dr. Jason Judd said. "Our State and County Teachers of the Year exemplify the incredible dedication, innovation, and impact of educators across Maine. This program celebrates the vital role teachers play in shaping our future, elevates their voices, and strengthens the profession through leadership and advocacy."

The Maine Teacher of the Year program is committed to a nomination

and selection process that ensures people of all backgrounds are represented. Educate Maine and the Maine DOE champion that commitment by encouraging the nomination of educators from all culturally-diverse experiences and backgrounds. Our goal is to expand and diversify our nomination pool.

Through the generous support of Maine businesses, there is no cost to the local district when the Maine Teacher of the Year is out of the classroom on their official duties, which include representing ed-

ucators statewide and nationally and highlighting the important work of Maine schools, communities, and educators.

For more information about the Maine Teacher of the Year program, please visit the Maine Teacher of the Year website.

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

# \$42M for Maine Coast Guard facilities secured

**WASHINGTON, D.C.** - U.S. Senator Susan Collins, Vice Chair of the Senate Appropriations Committee, announced that she has secured a total of \$42,082,000, funding the U.S. Coast Guard requested for repairs to Coast Guard facilities in Rockland, South-

west Harbor, and Portland damaged by recent storms. This funding was included in disaster relief legislation that has passed Congress and been signed into law. It includes more than \$210 million for construction projects, of which a portion will be allocated for repairs to

Coast Guard facilities in Maine.

"Through search and rescue missions, ice breaking operations, and navigation assistance, the U.S. Coast Guard plays an important role in ensuring safe maritime traffic," said Senator Collins. "As the Vice Chair of the Ap-

propriations Committee, I worked hard to secure this funding, which will allow for the essential repair of Coast Guard facilities that have been damaged by recent storms."

The funding requested by the Coast Guard and provided in the disaster relief legislation includes:

**Rockland:** \$40,700,000 to repair the pier and boathouse, which have been in need of renovations, but have significantly worsened as a result of recent storms.

**Southwest Harbor:** \$880,000 to replace dolphin piles, short ties,

lighting and fender systems, and piles on the pier. This funding will also support remediation and repairs to water damage to the command and boat maintenance building.

**Portland:** \$502,000 to repair the pier and survey for future dredging.

**GRIDIRON Restaurant**  
LEWISTON, MAINE

**SCAN HERE!** → The Place where every hour is happy.



**OPEN DAILY 11AM-9PM**  
**DINE IN - TAKE OUT 207-777-6353 207-777-6354**

1567 Lisbon Street Lewiston, Maine

**We Deliver.**



**SUBWAY** Not all delivery services available at every restaurant. All ®/TM related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway® IP LLC. ©2020 Subway® IP LLC.

Open for curbside pick-up, take out, indoor dining, bowling and arcade!



American pub-style food and drinks.

**A** 7 Railroad Ave, Ste 102  
Gorham, ME 04038

**W** [www.jctbowl.com](http://www.jctbowl.com)  
**P** 207.222.7600

# Arts & Entertainment

## 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

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

**GORHAM, ME** -- 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 sign-up 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 empow-

er 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!



## Galilee Baptist Church in Gorham hosting free dinner

**GORHAM, ME** -- What's better than Lasagna? Free Lasagna! Galilee Baptist Church in Gorham wants to be

a blessing to our Gorham neighbors and offer a free community dinner Thursday January 30, 5-7pm. We would

love to have you join us!

317 Main St, Gorham, ME, United States, Maine 04038



New Year's Greetings from Baxter Memorial Library!

Poetry Reading: Jess Pulver  
Tuesday, January 7th 6pm

*May You Step Forward* is a collection of poems about the experience of being the mother of a child named Leo who has Cerebral Palsy. Set on New England hillsides, in pharmacies, hospitals, restaurants and cemeteries, the poems express the layering of guilt, frustration, grief, determination, fear and joy felt by both the poet and her son as they navigated the years of his childhood together.



Jess Pulver is a therapist, wife, and mother of three nestled in the woods outside Portland, Maine. Her poems and non-fiction essays have appeared in *The Good Life Review*, *Wiccanaw*, *Yalobusha Review*, *Griffel*, *Scapogot Review*, *Literary Mama*, *The Examined Life*, and *Kaleidoscope*.

Author Talk: S. Mason Pratt  
Wednesday, January 22nd 6pm

Join us to hear from local author Mason Pratt. Mason graduated cum laude from Bowdoin College, then served as an intelligence officer with the 82nd Airborne Division before attending Harvard Law School. He practiced law with Pierce Atwood in Portland, Maine for 47 years, and then became a writer. He lives with his wife Mary Lyons-Pratt at Sebago Lake in Standish.



*On the Knife Edge*, a timely spy thriller, casts the reader into the throes of the war in Ukraine. Part historical novel, it is based on the true story of the container ship *El Faro*, which sank off the Bahamas almost nine years ago with no survivors, including five graduates of Maine Maritime Academy.

The Internet is Scary: A Guide to Internet Street Smarts  
Saturday, January 25th 9am-12pm



Join us for a special three hour workshop! The digital world, like the physical world, is fundamentally shaped by human nature - with all its creativity, kindness, and potential for connection, as well as its capacity for deception, manipulation, and harm. Our goal isn't to make you afraid of online spaces, but to help you navigate them with confidence. Think of this as your guide to digital street smarts. We'll explore who you might meet in online spaces, what motivates different types of online behavior, how to protect yourself from various forms of harm, and how to build meaningful connections while staying safe. We'll look at both technical protections - the locks and alarms of the digital world - and behavioral strategies that help you recognize and avoid dangerous situations. Registration required.

Book Club!

Thursday, January 9th  
*James*  
by Percival Everett

Thursday, January 23rd  
*The Frozen River*  
by Ariel Lawhon

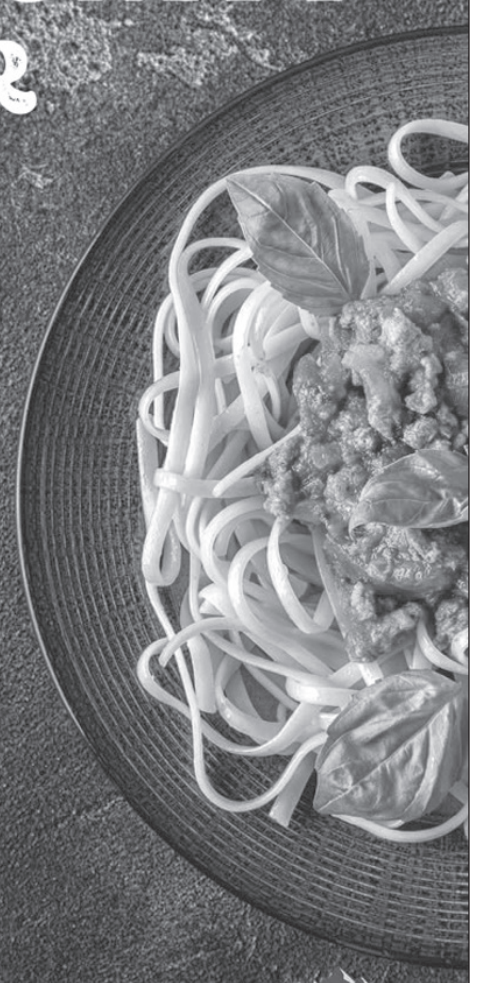
We will meet in person at 10:15am in the Schneider Great Room. No registration necessary. All are welcome!

## COMMUNITY DINNER

FREE!

Join us for some great Italian food and a good time with your Gorham neighbors.  
January 30, 5-7pm

Galilee Church  
317 Main St. Gorham



# Snow thrower safety tips: Keep best practices in mind this winter

**MAINE** -- Clearing snow and ice from driveways, sidewalks and parking lots is no small job. You rely on your outdoor power equipment to do the heavy lifting, and it's important to keep safety in mind. The Outdoor Power Equipment Institute (OPEI) reminds home and business owners to use snow throwers, often referred to as snow blowers, safely and offers tips to help.

"Weather today is unpredictable. You need to have your snow thrower serviced and ready to power up," says OPEI President and CEO Kris Kiser. "Review your owner's manual so you can use your equipment safely." Kiser says preparation is key and that home and business owners should consider the follow-

ing:

Review the owner's manual. Check the owner's manual for safe handling procedures. If the manual cannot be found, look it up online, and store a copy on your computer so it's available to reference in the future. Review how to operate controls. Be able to shut off equipment quickly.

Check equipment. The snow thrower should be powered off when being checked over. Adjust any cables and check the auger.

Charge batteries. Locate the batteries for your snow thrower and charge them fully before it snows.

Purchase fuel. Be sure to use the correct fuel recommended by the equipment's manufacturer. For most gasoline-powered snow throwers, that is E10



or less. Often fuel stations are closed after a storm so buy gasoline in advance of storms. Fuel that is more than 30 days old can phase separate and cause operating problems. For more information on fueling properly see [www.opei.org/programs/ethanolwarning](http://www.opei.org/programs/ethanolwarning)

Store and use fuel properly. Place gasoline in a proper fuel container

and label it with the date purchased and the ethanol content. Store fuel safely and out of the reach of children. Fill the fuel tank outside before starting the engine and while the engine is cold. Never add fuel to a running or hot engine.

Clear the area. Snow can sometimes hide objects. Doormats, hoses, balls, toys, boards, wires,

and other debris should be removed from areas you intend to clear. When run over by a snow thrower, these objects may harm the machine or people.

Dress for winter weather. Locate safety gear now, and place it in an accessible closet or location. Wear safety glasses, gloves and footwear that can handle cold and slippery surfaces when operating the snow thrower.

**KEY SAFETY TIP:** Never put your hands inside the auger or chute. Use a clean out tool to unclog snow or debris from the snow thrower. Your hands should never go inside the auger or chute.

Turn OFF the snow thrower if you need to clear a clog. If you need to remove debris or unclog

snow, always turn off the snow thrower. Wait for all moving parts to come to a complete stop before clearing any clogs or debris.

Operate in visible conditions. Never operate the snow thrower without good visibility or light.

Aim with care. Never throw snow toward people or cars. Keep children or pets inside and away from your snow thrower when it is operating.

Use extreme caution on slopes and hills. Use caution when changing directions on slopes. Do not attempt to clear steep slopes.

Know where the cord is. If using an electric powered snow thrower, be aware of where the power cord is at all times. Avoid tripping.

# Grant to boost dairy farm viability, climate resilience

**MAINE** - Dairy farmers across the Northeast can now apply for the Dairy Farm Improvement & Modernization Grant through the Northeast Dairy Business Innovation Center (NE-DBIC). With a total of \$950,000 in funding, this grant will support a wide range of projects aimed at improving farm

viability, economic sustainability, and climate resilience.

Grants will range from \$15,000 to \$100,000 with a 25% in-kind and/or cash match contribution.

This grant will support projects that modernize outdated systems or try new and innovative solutions, with the goal of

enhancing farm viability, reducing climate impacts, improving milk quality or value, improving worker conditions, and strengthening the farm's ability to respond to challenges.

Dairy farmers across the Northeast are eligible to apply. Technical service providers, producer associations, and milk buyers/

processors who have a project that directly benefits a group of dairy farmers are also eligible.

Grants are available to applicants in all 11 Northeast states served by NE-DBIC: Connecticut, Delaware, Maine, Massachusetts, Maryland, New Hampshire, New Jersey, New York, Pennsylvania,

Rhode Island, and Vermont.

Applications are open from January 2 to February 20 at 2pm. Access the full request for applications here: <https://nedairyinnovation.com/grants/farm-improvement-modernization/>

The NE-DBIC's investment and project strategy promotes innovation

and resiliency for regional production of dairy products across an 11-state Northeast region. Hosted by the Vermont Agency of Agriculture, Food and Markets, the NE-DBIC is funded through the USDA-AMS.

For more information on NE-DBIC, visit: <https://nedairyinnovation.com/>

# Snowmobile Ride-in weekend to benefit Pine Tree Camp

**HERMON, ME** - It's that time of year again... It's time for a parade of Celebrity Egg Riders to saddle up and raise money and awareness for Pine Tree Camp. On Saturday, February 1st, spectators at Dysart's on Coldbrook Road in Hermon will celebrate a parade of legendary Egg Riders at the 52nd annual Dysart's Snowmobile Ride-In Weekend to benefit Pine Tree Camp.

The Ride-In Weekend, which has been running for more than 50 years, raises money in support of Pine Tree Camp and its mission to serve Maine people with disabilities. 2025 is Pine Tree Camp's 80th anniversary which makes this unique Egg Ride and four day fundraiser extra special this year.

At the Ride-In, Celebrity Egg Riders stuff raw eggs down their snowmobile suits before hitting the trail. Each egg represents a \$50 pledge by supporters who want to see their favorite rider get covered in the most eggs...and raise the most money.

This is Pine Tree Camp's biggest fundraiser of the year and one hundred percent of proceeds support the camp's open door policy which provides tuition for kids

and adults with disabilities to attend this fully accessible, barrier-free summer camp on North Pond. Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay.

2025 Egg Riders include Maine Cabin Masters Jedi and Dixie, local social media personalities, and hometown heroes, including: Hermon Fire Chief, Cody Sullivan; Penobscot County Sheriff, Troy Morton; and Major Marcel Fortier and First Sergeant Rob Jenkins from Hermon High School's JROTC.

For a full list of Egg Riders, please visit: <https://pinetreesociety.org/egg-ride-2025-celebrity-riders/>

The Egg Ride is the highlight of the four day event which runs Thursday, January 30th through Sunday, February 2nd. The weekend begins with a spaghetti supper, WABI-TV5 telethon, a charity auction hosted by Maine Cabin Masters Jedi and Dixie, a poker run and, on the final day, a radar run hosted by the Penobscot Snowmobile Club.

The poker run is open to the public and follows the Celebrity Egg Ride route; allowing sledgers to join the parade.



Maine Cabin Master, Jared "Jedi" Baker, suits up to hit the trail as a Celebrity Egg Rider at the 2024 Dysart's Snowmobile Ride-in Weekend. This year's Egg Ride will be held Saturday, February 1st as part of a full weekend of events in Hermon including a charity auction, poker run and radar run at the Penobscot Snowmobile Club. Maine Cabin Masters Jedi and Dixie will host the auction. Photo courtesy of Pine Tree Camp.

**Schedule:**  
Thursday, January 30: Live WABI-TV5 Telethon and Dysart's Spaghetti Dinner, 4:00pm at Dysart's Restaurant & Truck Stop, 530 Coldbrook Road, Hermon

Friday, January 31: Live and Silent Auction - Hosted by Maine Cabin Masters Jedi and Dixie, 6:00pm at Morgan Hill Event Center, 82 Morgan Hill Lane, Hermon

Saturday, February 1: Celebrity Egg Ride and Poker Run, 9:30am at Dysart's Restaurant & Truck Stop, 530 Coldbrook Road, Hermon

Sunday, February 2: Penobscot Snowmobile Club Radar Run, Noon at the Penobscot Snowmobile Club, 795 Bog Road, Hermon

Egg Ride / Poker Run Check Points on Saturday, February 1:

10:00am - Start: Dysart's (530 Coldbrook Road, Hermon)

Note: Egg Riders stuff eggs into snowmobile suits here

10:45am - Stop 1: Penobscot Snowmobile Club (795 Bog Road, Hermon)

11:30am - Stop 2: Pumpkin Patch RV Re-

sort (149 Billings Rd, Hermon)

12:15pm - Stop 3: Penobscot Snowmobile Club (795 Bog Road, Hermon)

12:45pm - Finish: Dysart's (530 Coldbrook Road, Hermon)

Note: Egg Riders de-egg here

For more information, including video and photos from last year's event, visit:

<https://www.pinetreesociety.org/events/snowmobile-ride-in/>

To donate an auction item or get involved, please contact Michaela

Collins at [mcollins@pinetreesociety.org](mailto:mcollins@pinetreesociety.org) or 207-386-6033.

2025 Sponsors: Dysart's, WABI-TV5, Bangor Daily News, Star 97.7, Sappi, Carmel Electric, Irish Collision Center, Varney Auto Group, HUB, Norway Savings Bank, Ballard Truck Center, Bangor Tire Company, BDS Waste Disposal, GoNetspeed, Northern Light Health, Chase Toys, Signography Graphics, Best Western, Moosehead Trail Powersports, 201 Power Sports, Morgan Hill Event Center, Machias Savings Bank, Renewal by Andersen, and Shin Pond Village.

**Best Source for Arts, Music and Theater! Your Hometown Paper.**

# Seniors Not Acting Their Age

## Stunning Vistas on Iron Mountain



A panoramic vista of Conway Valley can be seen from south facing cliffs on Iron Mountain



Iron Mountain Trail weaves up an open field



Open ledges on Iron Mountain lead to a precipice with stunning views

Our friend, Laurie Wunder, is a wealth of information about hiking opportunities in New Hampshire. During a recent paddle trip on Flagstaff Lake, she mentioned that Iron Mountain near Jackson was a relatively easy trek that offered some wonderful views of the area. Since my wife, Nancy, and I were unfamiliar with the peak, we expressed interest in joining her for a future outing.

Subsequent communications with Laurie resulted in an agreement to shop for a quality weather forecast for our first ascent of what portended to be a stimulating alpine excursion. Soon after, an excellent late November day was identified.

We met Laurie in

Jackson on a breezy, partly sunny morning. The adventure on Iron Mountain begins before reaching the trailhead. Leaving Route 16, we drove steeply up Iron Mountain Road. Initially paved, the unusually precipitous passage soon transitioned to a rough twisting dirt surface. Driving a high clearance vehicle was helpful. The upper portion of the road is not open in winter and probably not passable when muddy.

There is a small parking area at the top of the road on the right. Just beyond, a driveway leading to historic Hayes Farm begins. The trailhead which offers exceptionally scenic views is located across the road.

We scrambled over

an ancient stonewall and ascended a long stairs in an open field. Looking back, we enjoyed splendid views of the northern White Mountains. Unfortunately, Mount Washington and the Presidentials were hidden in the clouds.

A narrow path weaves steadily upward through the field while continuing to offer remarkable panoramic vistas. We soon entered a mixed hardwood and conifer forest and traversed a log bridge where a sign warns hikers to remain on the trail. Shortly after, we crossed another field, reentered the woods, and hiked easily up a modest gradient in a stand of barren hardwoods presiding over a carpet of fallen leaves.

The trail soon steep-

ened where accommodating switchbacks eased our climb as we gained elevation. Beyond the switchbacks, we persisted uphill through boulder strewn terrain to the summit where the remnants of a former fire tower are scattered about. The fire tower ceased operating in 1948 and concrete abutments are the only intact remains of the original structure.

We stopped for a lunch break on ledges next to the former fire tower. The forested summit limits visibility, but Laurie advised that far better views could be observed farther south.

Intent on pursuing more scenic opportunities, we descended steeply south on a rocky trail. Subsequently, the gradient on the rough path moderated and we proceeded over gentle rolling hills past a spur trail on the left that drops to abandoned iron mines.

A short distance beyond the junction, we followed open ledges to a precipice with stunning

views facing south. The panoramic vista of Conway Valley and the surrounding mountains was phenomenal. The Moat Range dominated the western slope of the valley and the alpine-like summit of Mount Chocorua could be seen in the distance. We paused to savor the moment.

On return, we stopped at the previously bypassed spur trail to consider completing a precipitous descent to explore the old iron mines. However, time constraints precluded the time-consuming endeavor, so the potentially fascinating excursion was postponed for another time.

Since hip surgery a couple of years ago, I've experienced difficulty with steep rocky descents and a seemingly concomitant decline in my sense of balance. Of course, some of that is probably related to old age. Despite exercising caution, falls have become more common.


Shortly after passing over the summit, I slipped while negotiating down a

smooth declining ledge. When extending my right arm to cushion the fall, I cut the palm of my hand. Fortunately, we were equipped with bandages and antibiotic ointment that effectively addressed the minor lesion. While the recurring difficulties are a concern, I'm not willing to forego the benefits of mountain hiking yet – enhanced vigilance is my choice.

I was able to stay upright for the remainder of our otherwise problem-free return. Approaching the trailhead, we were again blessed with wondrous views of the northern Whites, but Mount Washington was still enveloped in clouds.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates treks on the nine best mountain hikes in Maine including winter climbs in Baxter State Park.

*Ron Chase resides in Topsham. His latest See Seniors, next page*




HOME LOANS


House Hunter → Home Owner

**\$2,500**  
**Lender Credit\***

On home purchases in Maine



Apply Now  
or call  
(207) 221-5000



★ Trustpilot  
Rated 4.8 Stars  
as of 12/12/24

\*Promotion includes \$2,500 in lender credits towards closing costs. Maine property purchases for primary residences and second homes only. Only one \$2,500 lender credit available per loan. Government and land loans excluded. Eligible applications must be received by 2/28/25. Mortgage must close to receive lender credit. Offer subject to change without notice. Not all applicants will be approved for financing. Loan subject to credit and underwriting approval. Equal Housing Opportunity.

Water that just works.



GOODWIN

WELL & WATER INC.



Maine's leader in water well drilling,  
pump installation, and geothermal  
installation.

207.224.7861

goodwinwellandwater.com



# 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, WinterKids 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 to know:

**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.

**Why You Should 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.



WinterKids 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 Down-

hill 24 is a unique opportunity to celebrate kids taking the 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](http://D24.org) to sign up. Spots are limited and filling fast, so don't wait!



# 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.

CASAs 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 ap-

plication 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](mailto:casa@courts.maine.gov)

[courts.maine.gov](http://courts.maine.gov)

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

## Seniors

*Continued from previous page book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at [\*countrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and\*](http://www.north-</a></i></p>
</div>
<div data-bbox=)*

*"Mountains for Mortals – New England." Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)*

# STAPLES COWORKING

## A NEW SPACE TO BREAK OLD RULES

**COME TRY OUR NEW COWORKING AND MEETING SPACE IN AUBURN FOR FREE!**

**MENTION THIS AD AND GET 1 FREE WEEK OF OPEN SEAT COWORKING AND 1 HOUR OF MEETING ROOM USE.**

**OFFER VALID ONLY AT OUR 89 UNION ST. AUBURN, ME LOCATION**

**Andwell HEALTH PARTNERS**  
formerly Androscoggin Home Healthcare + Hospice

*New Name. Same Heart.*

- Home Health
- Hospice
- CareGivers
- Community & Behavioral Health
- Maternal & Child Health
- Therapy Care

[www.andwell.org](http://www.andwell.org)

*Bringing beautiful orchestral music to life in the L/A community for 20 years*



**Invigorating Water Music**  
*Waves of calming and refreshing short compositions for listeners of all ages*

**Saturday - January 18, 2025**  
7:00 PM - Franco Center, Lewiston

**FREE Pre-Concert Family Event: Meet The Instruments**



6:00 pm  
Franco Center, Heritage Hall  
Free concert tickets for adults bringing children to this event.

Funded in part by the Alfred M. Senter Fund and the Nathaniel Davis Fund

**More with Midcoast Community Education & Engagement Events**

[MidcoastSymphony.org](http://MidcoastSymphony.org) or 207-481-0790  
\$25 advance/\$30 door - 25 and under admitted FREE

**Underwriters:**  
NEW ENGLAND Cancer Specialists | Dana-Farber Cancer Institute | THE HIGHLANDS A GRACE MGMT COMMUNITY

Season Sponsors: Bath Savings, HM Payson, OceanView at Falmouth  
More with Midcoast Sponsor: Maine Trust for Local News  
Lodging Sponsors: Fairfield By Marriott, Brunswick, The Brunswick Hotel  
Media Sponsor: WCME Radio



# Sen. Collins' Autism CARES Act signed into law

WASHINGTON, D.C. – The President signed into law the Autism CARES Act of 2024, bipartisan legislation introduced by U.S. Senators Susan Collins and Ben Ray Lujan (D-NM), members of the Senate Committee on Health, Education, Labor, and Pensions. The bill will renew and expand federal support for research, services, and training related to autism spectrum disorder and other developmental disabilities. Autism CARES is the main source of federal funding for autism research, services, training, and monitoring.

“This bill will continue the successful programming across the Department of Health and Human Services that helps us better understand the causes and the symptoms of the Autism Spectrum Disorder and improve the lives of families affected by it,” said Senator Collins. “I am proud that we have reauthorized this important law, which

is critical to expanding research at the NIH, supporting the CDC’s effort to increase public awareness and early detection of autism spectrum disorder, and strengthening and expanding the Health Research and Services Administration’s workforce training to identify and support children and youth with autism as well as their families.”

“Due to the research and increased training and awareness spurred by the Autism CARES Act, children are being diagnosed earlier and are receiving appropriate services from trained providers,” said Senator Lujan. “Not only does the Autism CARES Act of 2024 renew federal support for autism spectrum disorder and other developmental disabilities, but it also expands critical research and training programs that benefit people with autism and their families. I’m proud to see this bill pass the Senate, and now I am calling on the



House for swift passage to continue to drive research and support individuals with autism and other developmental disabilities for years to come.”

Specifically, the Autism CARES Act:

Includes over \$2 billion in authorized federal spending on autism research and training programs for the next five years;

Includes new language that directs the NIH Director to ensure a more inclusive approach to autism research;

Requires the Government Accountability Office to issue a study and report on how to increase the number of developmental behavioral pediatricians;

Includes the study of the aging process as a focus area of autism research activities to help propel future research on autism and aging; and

Creates a new Autism Intervention Research Network for Communication Needs that will benefit autistic individuals who may be unable or limited in using speech or language to communicate.

“We greatly appreciate the leadership of Senators Ben Ray Lujan and Susan Collins in advancing the Autism CARES Act of 2024 through the Senate,” said Keith Wargo, President & CEO of Autism Speaks. “Families have benefited from the tremendous impact of this law over the past two decades. This next iteration expands efforts to address gaps in autism healthcare and services and represents a forward-looking approach to driving progress in research, supports and services for autistic individuals across the spectrum and lifespan for years to come.”

“AUCD commends

Congress on its unwavering commitment to improving the lives of people with autism and their families. We are grateful to Senator Lujan, Senator Collins, Representative Smith, and Representative Cuellar for their unwavering leadership to get the Autism CARES Act reauthorized this Congress. The Autism CARES Act that includes the Leadership Education in Neurodevelopmental Disabilities will have a tremendous impact on making sure people with autism and other neurodevelopmental disabilities and their families in every state and territory receive the care needed from trained professionals to support and improve their health and wellbeing,” said AUCD Public Policy Director Cindy Smith. “We look forward to continuing to work with leaders in Congress and the community to continue to make a positive impact in the lives of people with autism and their families.”

“The reauthorization of Autism CARES brings us one step closer to ensuring stronger, more meaningful inclusion for the entirety of the spectrum in research, supports, and services. This is in great part because of the inspired leadership and deep commitment of Senator Lujan and Senator Collins to autistic people in their own districts and across the nation. Hope is on the horizon, and we are grateful,” said Cofounder and President of Profound Autism Alliance Judith Ur-sitti.

According to the Centers for Disease Control and Prevention (CDC), approximately 1 in 36 children have been diagnosed with autism – an increase of approximately 300 percent since 2006.

The legislation is supported by Autism Speaks, the Profound Autism Alliance, the Association of University Centers on Disabilities, and the Autism Society.

## MaineHealth receives grant to enhance rural obstetric training

PORTLAND, ME – The U.S. Department of Health and Human Services Health Resources and Services Administration (HRSA) has awarded MaineHealth a three-year, \$667,330 grant to establish new rural obstetric training intensives through the Maine Rural Graduate Medical Education (MERGE) Collaborative.

MaineHealth, Northern Light Health, Central Maine Medical Center

and the Maine-Dartmouth Family Medicine Residency co-created the MERGE Collaborative to increase high-quality training opportunities for graduate medical students in rural communities. Funding from the HRSA grant will allow MERGE to develop obstetrics education programs focused on rural community needs.

“This grant will help address the need for more obstetrics-trained providers in our rural areas,” said Dr.



Kalli Varaklis, Designated Institutional Official at MaineHealth and the principal investigator for the HRSA grant. “It creates an opportunity for students in rural residency rotations to learn important skills to support pregnant patients and their families.”

Physicians from six hospital programs in Maine

and Eastern New Hampshire including MaineHealth Stephens Hospital, MaineHealth Franklin Hospital, Northern Light Mayo Hospital, Mount Desert Island Hospital, Maine-Dartmouth Family Medicine Residency and MaineHealth Memorial Hospital will develop the new curriculum. Dr. Jeannette Andrews, an

OB/GYN at MaineHealth Stephens Hospital, and Dr. Kathryn Hoffmann, a Family Medicine physician at Maine-Dartmouth Family Medicine Residency, will lead the effort.

“Family medicine physicians train to provide comprehensive healthcare across settings and over the lifespan, so they are well-positioned to help address the gap in obstetrical care within rural communities,” Dr. Hoffmann said. “Building

strong partnerships between family medicine and OB/GYN physicians can increase access to specialty care in rural communities by allowing OB/GYN physicians to focus on higher risk patients and surgical procedures.”

The physician leaders also will use focus groups to learn what skills patients feel residents need to learn most. Patient focus groups will begin in early 2025 with the training.

## Maine Community College System: 2024 Year in review

AUGUSTA, ME — In 2024, Maine’s community colleges continued to deliver on their promise of offering an affordable, accessible, high-quality education to Mainers across the state. The colleges and system took concrete steps to improve access with ongoing Free College scholarships, expanding popular academic programs, and vastly increasing the number and type of short-term workforce training.

The year’s highlights include:

**TRANSFER:** Unveiling three new transfer programs: the sweeping “Transfer ME” program

with the University of Maine System that streamlines MCCS college grads into a hassle-free guaranteed direct admission to a UMS college; a similar Maine Transfer Guarantee program with six private college in Maine; and the Black Bear Advantage program that guarantees direct admission to MCCS college graduates to UMaine.

**ENROLLMENT:** Enrolling a second straight year of record fall enrollment at the colleges, in large part due to the success of the Free College scholarship program and the expansion of high-demand programs.

**PARTNERSHIP:** Joining the new Maine Defense Industry Alliance as a founding member, and securing the group’s first \$6.5M investment to expand manufacturing and trade facilities and programs at York County Community College.

**FUNDING:** Securing a transformative \$75 million grant that funds another five years of short-term workforce training programs at MCCS’ Harold Alfond Center for the Advancement of Maine’s Workforce.

**INNOVATION:** Garnering national media attention for our leading-edge model of developing short-term workforce training in close collaboration with Maine employers, including stories in Forbes.com, Inside Higher Ed, The Job newsletter, Evollution, and the Chronicle of Higher Education.

**LEADERSHIP:** Hiring Kristen Miller as the new president of Southern Maine Community Col-

lege, and Angela Buck as interim president of Northern Maine Community College.

**STRATEGIC VISION:** The Board of Trustees approved the latest MCCS Strategic Vision, a roadmap for the system that brings our mission, vision, and values into sharp focus and lays out our priorities and goals for our students, employees, and employer partners over the near- and long-term.

**SPEAKERS:** Attracting Governor Janet Mills and Secretary of the Navy Carlos Del Toro as graduation speakers.

**NEW STUDENT FACILITIES:** Announcing plans to add student housing at Kennebec Val-

ley Community College in 2025. Unveiling the system’s first Veteran’s Resource Center at Southern Maine Community College, and a first-in-the-state First Responder Training Center that opened in Alfred in collaboration with York County Community College. Central Maine Community College is expanding Kirk Hall, which houses its health care programs.

And, of course, our students are at the center of all we do, including:

Thomas Bailey went from homeless vet to BIW employed.

Southern Maine Community College culinary students won the Maine Restaurant Week

breakfast cook-off.

Eastern Maine Community College graduate Marilou Ranta won a coveted James Beard award for outstanding hospitality at her restaurant, The Quarry in Monson.

Women at the Southern Maine Women’s Reentry Center graduated from a short-time workforce training welding course as part of a pre-release program, with several landing union welding jobs upon release.

Kristen Crowley enrolled while incarcerated with the Second Chance Pell Program, graduating with a 4.0 and honored as the Washington County Community College Student of the Year.

**Jason Hodsdon Masonry**

We install stainless steel liners

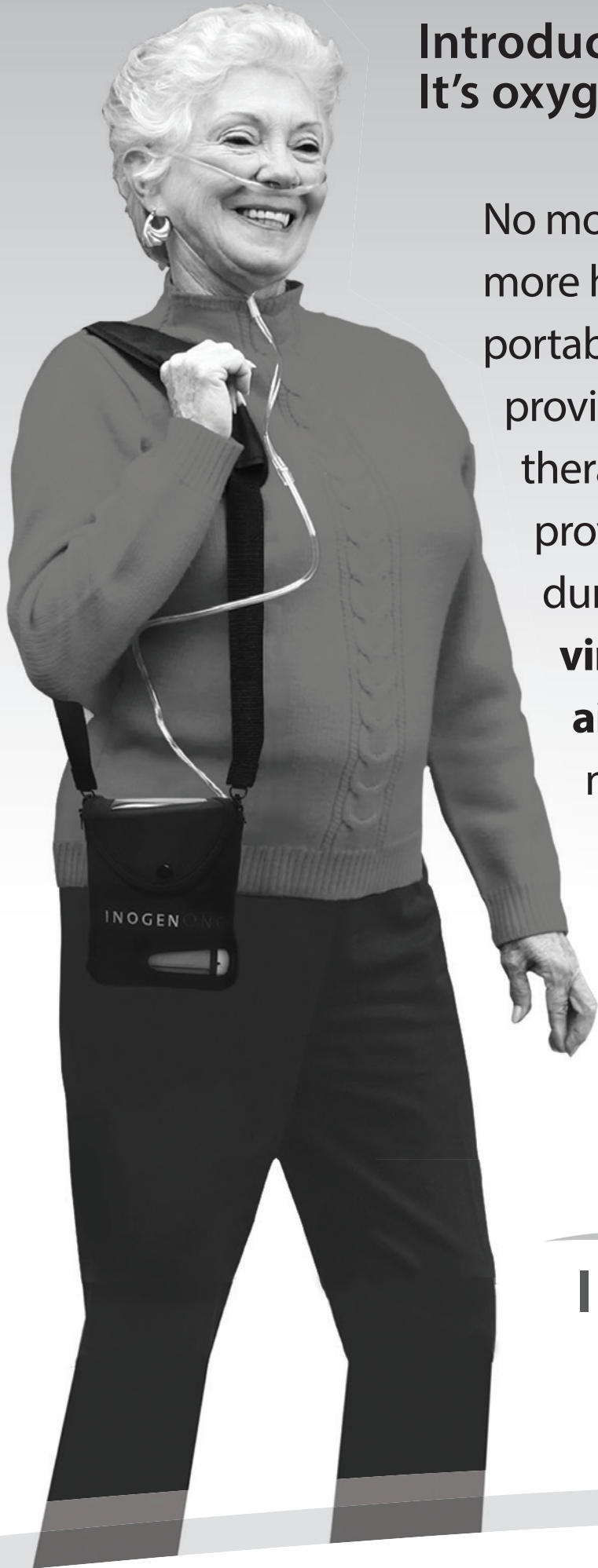
215-3557  
North Monmouth

Jasonhodsdonmasonry@gmail.com

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

# One solution for oxygen at home, away, and for travel

## Introducing the INOGEN ONE It's oxygen therapy on your terms



No more tanks to refill. No more deliveries. No more hassles with travel. The INOGEN ONE portable oxygen concentrator is designed to provide unparalleled freedom for oxygen therapy users. It's small, lightweight, clinically proven for stationary and portable use, during the day and at night, and can **go virtually anywhere — even on most airlines.** Inogen accepts Medicare and many private insurances!

### Reclaim Your Freedom And Independence NOW!



Call Inogen Today To Request Your FREE Info Kit 

# 1-877-402-1909



# CRCofWM receives donation

MAINE -- Staff from the Norway Center for Health & Rehabilitation presented the Cancer Resource Center of Western Maine with a check for \$3600- the proceeds from their annual ticket auction, which was held in November. Norway Center for Health & Rehabilitation staff worked all year to procure over 200 items for this ticket auction and baked goods sale, which has become a very popular annual event. "We are so grateful to the staff of Norway Center for Health & Rehabilitation for presenting the Cancer Resource Center of Western Maine



Norway Center for Health & Rehabilitation staff (left to right): Heather Jackson, Katherine Hatch, and Falishia Ward.

with this very generous donation," said Diane Madden, executive director of the Cancer Resource Center of Western Maine. "The

ticket auction is a very fun event, and with so many beautiful items, you can also do some Christmas shopping!"

# Guest Column: A Single Grain of Sand

Guest Column by Peter Pinette

An older man who was advancing in years was walking alone on a deserted beach and he was in deep thought about something that had always troubled him. He was contemplating his life and trying to understand how God could know him personally and intimately. He reached down and grabbed a handful of sand and looked at all the grains of sand and thought to himself, if these grains of sand were human lives, how God could ever know us personally when this is just a handful off a beach that extends for miles. The very number of human lives living on the

earth today made the man feel very insignificant and insecure that he could be known by God and that his prayers would be heard in the midst of so much of humanity on the earth.

He held the sand in his hand and continued to contemplate this and in his heart he prayed that God would help him with this. Then it seemed that God spoke to his heart as he prayed. My son, look at the sand in your hand now and gently let it slide through your fingers until you only have a single grain of sand in your hand.

The man did as he was told, then God told him to look closely at that single grain of sand. God

told him that grain of sand was the reason that he created the earth and the entire universe with all its stars and oceans. He came to earth as a man to die for us on a cross and all of His love is centered on that single grain of sand. Nothing means more to me than that single grain of sand you are now holding. I would die many deaths for that one grain of sand.

The man was puzzled by this and wondered why God would tell him about this for just a single grain of sand. God answered him, my son, I tell you this with the greatest love for you are that grain of sand.

Peter Pinette  
Woodland Me

# Camden National Corp. merges with Northway Financial

CAMDEN, ME – Camden National Corporation ("Camden National") (NASDAQ: CAC), the bank holding company for Camden National Bank, today announced the closing of its merger with Northway Financial, Inc. ("Northway") (OTCQB: NWYF), the parent company of Northway Bank. The all-stock transaction was originally announced on September 10, 2024. The combined institution has total assets of approximately \$7.0 billion and 73 branches in Maine and New Hampshire.

"We are excited to have successfully completed Camden National's merger with Northway and, in doing so, to strategically bolster our New Hampshire presence, creating a premier publicly-traded, northern New England bank," said Simon Griffiths, president and chief executive officer of Camden National. "We remain committed to executing our long-term strategy of deepening customer relationships through advice-based conversations and exceptional customer service."

The conversion of Northway's banking products and services to Camden National systems is expected to occur in mid-March.

Griffiths continued, "We thank the extraordinary employees from both companies for helping to make this transaction possible and extend a warm welcome to our new team members, customers, and shareholders."

At the effective time of the merger, each outstanding share of Northway common stock was



converted into the right to receive 0.83 shares of Camden National common stock, with cash to be paid in lieu of fractional shares. Camden National issued approximately 2.3 million shares of its common stock as merger consideration.

Also today, in connection with, and effective upon, completion of the merger, Camden National announced the appointment of Larry K. Haynes to Camden National's Board of Directors. Mr. Haynes has also been appointed to the board's Audit Committee and to Camden National Bank's Board of Directors and its Trust Committee. Mr. Haynes previously served as a member of Northway's Board of Directors until the completion of the merger.

"We are extremely pleased to welcome Larry as a new independent director to our board," said Larry Sterrs, chair of Camden National's Board of Directors. "Larry is a thoughtful and highly esteemed leader, possessing an in-depth knowledge of New Hampshire's growing market with a strong commitment to serving our shareholders, customers, team members, and local communities."

As president and chief executive officer of the Grappone Automotive

Group headquartered in Bow, New Hampshire, Mr. Haynes oversees the daily operation of the five retail auto stores and 380 team members. Mr. Haynes is also responsible for various dealership and non-dealership real estate holdings. Mr. Haynes joined Grappone Automotive in 1997 as its Chief Financial Officer. Mr. Haynes' previous employment includes serving as Chief Financial Officer of MEG Asset Management, Inc. and Vice President and Controller of Hilco, Inc., a Bank of Ireland subsidiary that acquired First NH Banks Inc. Mr. Haynes began his public accounting career as an auditor for a firm which is now Deloitte.

Mr. Haynes is a Certified Public Accountant and Certified Financial Planner® and a graduate of Leadership New Hampshire. He earned his master's degree in business administration from Southern New Hampshire University and his Bachelor of Science degree in accounting, with an economics minor, from Plymouth State University.

THE L-A VETERANS COUNCIL WANTS YOU TO KNOW THAT IT IS NOT TOO LATE TO HAVE YOUR LOVED ONES NAME ON THE NEXT STONE IN THE VETERANS PARK. NOVEMBER 2024  
CALL JERRY DEWITT (207)-576-0376 TODAY, DON'T MISS IT, CALL TODAY. COST IS \$40.00. HONOR THOSE THAT HAVE SERVED.

L-A VETERANS COUNCIL

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

**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.

**Best Source for Arts, Music and Theater!**  
**Your**  
Hometown Paper.

**Jay's**  
Lawn & Garden

- MULCH
- LOAM
- COMPOST
- GRAVEL
- STONE
- SAND

**207-713-6090**  
Delivery Available

Also offering residential & commercial lawn mowing services

1294 Sabattus Street  
Lewiston

Loading Hours:  
M-Th by appointment  
Fri - 8 am to 5 pm  
Sat - 8 am to 2 pm  
Sun - 8 am to Noon

**FARRIS**  
Lawn Care  
L.L.C.

207-344-5212

- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

**207-344-5212**

# Business Directory

## ACCOUNTANT



**AUSTIN ASSOCIATES**  
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777  
AustinPA.com

Your Financial Team

## FLOWER SHOPPE



**Sweet Pea Designs**  
FLOWER SHOPPE

**777-1520**

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

## PHOTOGRAPHY



**PortraitEfx of Maine**  
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372  
maine@portraitefx.com  
www.maine.portraitefx.com

## AUTO CARE

*The Only Full-Service Gas Station in Auburn!*

**Poisson & Sons**  
**Auto Care Center, Inc.**

Computer Diagnostics • Yokohama Tires  
Repairs • Alignments • Inspection Station  
Gas • Clear K1 • Tune-ups • Brakes • Batteries

**Dan & Don Poisson**  
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

## MASONRY



**Jason Hodsdon**  
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones  
Chimneys • Chimney Cleaning  
Repointing & Repairs  
Restoration  
Stainless Steel Liners

Fully Insured  
Free Estimates  
20+ Years of Experience

North Monmouth  
(207) 215-3557

## PRINTING



**EVERGREEN**  
CUSTOM PRINTING, INC.

2 Great Falls Plaza, Suite 1B  
Auburn ME 04210  
info@evergreencustomprinting.com

RICK OSGOOD  
owner  
207-782-0525  
phone

Full Service Commercial Printer  
Color & B/W Printing & Copying  
Large Format • Posters  
Booklets • Carbonless Forms  
Letterheads • Envelopes  
Business Cards • Labels • Tags  
Design Service • and More!

## SPACE AVAILABLE

Your ad  
**HERE!**

Call 795-5017

## MARINE SERVICES

**BOAT REPAIR SHOP**

**PONTES**  
Marine Service

Power by  
**MERCURY** MerCruiser  
**OMC** **VOLVO PENTA** **Perkins** **YANMAR** **Velvet Drive**

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997  
www.pontesmarine.com

## SELF STORAGE



**AUBURN SELF STORAGE, LLC**

23 Goldthwaite Rd.  
Auburn, ME 04210

PO Box 715  
Lewiston, ME 04243

**PHONE 376-3325**

## CHIROPRACTOR

**Family Chiropractic Center**

Experience Life

1485 Lisbon Street, Lewiston  
207.783.0078  
www.familychirome.com

## PAINTING

Interiors • Exteriors  
Free Estimates

Drywall Repair  
Pressure Washing

**W.J. Libby**  
**Painting Co.**

**WADE J. LIBBY**  
WJLibbyPainting@gmail.com CELL: 207.210.0605

## SHIPPING



**GOIN' POSTAL**  
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

**UPS** **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

9 N. River Road in Auburn ~ www.AuburnGoInPostal.com ~ 784-9900

## CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

**AMERICAN BUILDERS**  
Custom Building & Remodeling

Call 207-500-8100  
For FREE Estimates

Call Tyler 500-8100  
Finish Carpenter

Quality Work with References Available

## PHOTOGRAPHY



**Laura Elaines**  
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography  
LauraElainesPhotography@gmail.com  
(207) 212-5993

## WEB HOSTING



Web Hosting  
Web Design  
Web Promotion  
One Stop  
207-442-9006

**MAINE HOSTING SOLUTIONS**

# CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

# Calendar

Send your submissions to the Editor. More online.

**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.

**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.

**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 Mallett is one of America's true troubadours. In a career that spans four decades, David Mallett has recorded 17 albums and has performed in clubs, concert halls and festivals across the US, Canada and Europe. He has appeared on numerous broadcasts, including National Public Radio's A Prairie Home

Companion. Known for his carefully written, poetic offerings, his body of work has provided material for more than 150 artists, including Alison Krauss, Pete Seeger, Hal Ketchum, Emmylou Harris, John Denver and even the Muppets, and his "Garden Song" has become an American folk classic.

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

**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 & DISCUSSION --BEYOND ELECTIONS: REDEFINING 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 19**  
**TOPSHAM** -- The Midcoast Symphony Orchestra (MSO) will be continuing their 35th season with a family-friendly program that celebrates and encourages youth involvement in the arts, held at the Orion Performing Arts Center in Topsham on Sunday, January 19 at 2:30pm.

**Jan 25**  
**GRAY** -- The First Congregational Church of Gray Saturday Night Church Supper on Saturday, January 25, 2025 at 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped Accessible. Meals are single-sized and are \$10.00

**FLAGSHIP CINEMAS**  
*Premium*  
 Premium entertainment at affordable prices!  
 VISIT ONE OF OUR FIVE MAINE LOCATIONS!  
 AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON  
[WWW.FLAGSHIPCINEMAS.COM](http://WWW.FLAGSHIPCINEMAS.COM)

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

**Jan 25**  
**LISBON FALLS** -- Dine In/Take Out Bean Supper, Saturday, January 25th from 4:30pm - 5:30pm or SOLD OUT

Lisbon United Methodist Church, 14 School Street, Lisbon Falls, ME  
 Sponsored by the Methodist Women  
 Adults \$9.00  
 Menu: Pea Beans, Hot Dogs, Potato Salad, Cole Slaw, dinner roll and a slice of pie!

**Jan 27**  
**LEWISTON** -- Lewiston Public Library for Painting Class: Paint a Winter Scene in the 2nd floor Idea Lab on Monday, January 27th at 4pm. Recommended for children ages 10 – 14 years old. Come learn how to

paint a winter scene with step-by-step instruction by local artist, Nicole Ann. Get creative by painting a snowy landscape scene using acrylic paints on canvas panels. All materials are provided. This program is free, open to the public, and no registration is required.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street.

**Jan 27**  
**AUBURN** -- FILM SCREENING & DISCUSSION -- ELECTIONS, POPULISM, AND DEMOCRATIC BACKSLIDING 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 Library

## GORHAM LITTLE LEAGUE

# Field Funding Campaign

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

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

**VISIT: [GYBSA.COM](http://GYBSA.COM) FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS**

DONATE TODAY!

**VISIT: [tinyurl.com/GYBSA-DONATE](http://tinyurl.com/GYBSA-DONATE) or**

**MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038**

GYBSA is a non-profit 501(c)(3) tax deductible contribution

# Classified Ads

## BUSINESS FOR SALE

### Turnkey Screenprint Business

17 years successful apparel and design company available to the right people. Plenty of current accounts and still going. All equipment and stock included. 2000 square foot open shop for potential lease agreement. Call to discuss (207) 576-3210.

## CAMPER FOR SALE

**Keystone campfire edition travel trailer.** New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

**Keystone Sprinter 5th Wheel.** 2018, 31 feet, 2 super slides, large refrigerator, like new - hardly used. Full winter cover, super glide included. Asking \$25,500 - please call 207-754-2165

## CLEANERS

**CC Island Cleaning Company.** Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

## CLEANING

**NORTHERN SUPREME CLEANING.** Junk removal • Yard cleanup. Everything & anything! Residential & Commercial Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing. \*Trust us for a superior cleaning experience!\* Call (207) 595-6347 or email [Northersupreme cleaning@gmail.com](mailto:Northersupreme cleaning@gmail.com)

**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](mailto:stephen@1stcoice floorcare.com) [www.1stchoicefloorcare.com](http://www.1stchoicefloorcare.com)

## 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 start-up 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.defendify.com/careers](http://www.defendify.com/careers).

[defendify.com/careers](http://defendify.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 International Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals. 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, & PHILADELPHIA** - 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 Light-house. 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 UP TO 40 WORDS!

**\$25 PER WEEK**  
EACH ADDITIONAL WORD 25¢

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

Card #  Visa  Master Card  3 digits #  on back

Exp. date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name & Address \_\_\_\_\_

Phone: \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**HEADLINE:** \_\_\_\_\_

**AD INFO:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_

**CLASSIFIED ADS \$25 PER WEEK**

# 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 January 16–February 15, 2025, the works in this exhibition span a wide range of inter-



pretations 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 available. University of Southern Maine Art Gallery 5 University Way, Gorham, ME, United States, Maine 04038 Thursday January 23, 6-8PM

## MaineHealth welcomes New Year baby!



**PORTLAND, ME** – MaineHealth welcomed its first baby of the new year at MaineHealth Maine Medical Center Portland! Michael Nathan Maiato was born at 2:55 a.m. to Paige and Joe Maiato of Kennebunk. Michael weighed 7 pounds 12 ounces and was 20.4 inches long. “We are overjoyed with the newest addition to our family,” said Joe Maiato. “What a way to ring in the new year!”

The Maiaitos said they were excited for Michael to meet his 2-year old brother, Theo. MaineHealth hospitals with birthing centers include MaineHealth Franklin Hospital in Farmington, MaineHealth Lincoln Hospital in Damariscotta, MaineHealth Maine Medical Center in Portland and Biddeford, MaineHealth Mid Coast Hospital in Brunswick, MaineHealth Stephens Hospital in Nor-

way, MaineHealth Pen Bay Hospital in Rockport, MaineHealth Waldo Hospital in Belfast and MaineHealth Memorial Hospital in North Conway, New Hampshire.

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

## Provide a little extra for your Gorham neighbors this week

**GORHAM, ME** -- Coffee, along with tea, are one of those “nice to have” for our clients at

the pantry. If you’re looking for something to drop in the bin this week, we’d love any small containers

of ground coffee or tea. Thanks for providing a little “extra” for our neighbors here in Gorham.





**(207) 600-7766**

Satisfaction guaranteed

## 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.

- Trained and certified
- Knowledgeable and thorough installers
- Locally owned and family operated
- Residential and commercial





**SAVE MONEY!**  
Stop paying CMP for power and create your own!