

Support your North Gorham Public Library

GORHAM, ME – The North Gorham Public Library is a small, non-profit rural library that relies on the generosity of our community to keep our doors open and our bookshelves stocked.

We are fortunate to receive services, such as our Wi-Fi network (which we allow access to), our website, and the Interlibrary Loan Service from the state. The Maine State Library and other agencies rely on Federal funding to provide these and other valuable services. This funding is at risk of being eliminated or reduced because of an Executive Order issued last March.

What can you do to help? Ask your representative to support federal library funding.

You can also continue or start supporting our library. We are excited to announce that you can now donate on our website with the click of a button.

We are also a designated charity on Venmo. If you have a Venmo account and would like to make a financial donation,



North Gorham Public Library
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scan our QR code below to access our profile. We are a non-profit 501(c)(3) charitable organization. Donations to the library are deductible.

Looking for other ways to support us? We've got a list full of ideas at our website. Take a look.

However you feel comfortable supporting

North Gorham Public Library, we are grateful.

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

Gorham Historical Society calendars are in

GORHAM, ME – Gorham Historical Society 2026 Calendars are in!

They will also be available at the Town Hall, Baxter Library and North Gorham

Library. Calendars are \$10 and make great Christmas gifts.

December Special Section
National Impaired Driving Prevention Month

page 9

GORHAM Food Pantry

ELEVATE PHYSICAL THERAPY

Holiday
FOOD DRIVE

DEC 1, 2025 - DEC 31, 2025

The Gorham Food Pantry is in need of donations of non-perishable food in jars, cans and sealed packets!

Elevate PT will match donations at a rate of \$1 per item!

COFFEE, APPLE, MILK, JUICE, TOMATO, CORN

Gorham Economic Development Corporation seeks volunteers

GORHAM, ME – The Town Council Appointments Committee is seeking citizen volunteers to fill a position on the Gorham Economic Development Corporation.

If you are interested

in applying to serve on the GEDC, 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 Laurie Nordfors at lnordfors@gorham.me.us.

Applications will be accepted until December 11, 2025.

Gorham's Hope Springs Chapel holding Christmas Eve service

GORHAM, ME – Hope Springs Chapel will be holding Christmas Eve Service: December 24, 6 pm at The Old

Robie School, 668 Gray Road, led by Pastor Bill Foss.

For more information, see <https://www.hschapel.org/>

or email info@hschapel.org or visit us on Facebook at <https://www.facebook.com/hopespringschapel>.

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Newsmakers, Names & Faces

Norway Savings Bank names new Commercial Loan Officer VP



PORTLAND, ME – Norway Savings Bank is pleased to announce the appointment of Ryan Thompson (pictured below) as Commercial Loan Officer VP. Thompson has over 15 years of experience in commercial lending, consumer banking, and client relationship manager. Most recently, he was a Business and Community Banker at a Maine-based bank.

“Throughout his banking career, Ryan has built strong relationships with customers and provided effective and tailored financial solutions to meet the unique needs of clients,” said Rick Flagg, Senior Commercial Banking Officer EVP at NSB. “He was drawn to the bank because of NSB’s strong culture and

involvement in the community. We’re so grateful that he appreciates what makes NSB special and thankful that he’s here.”

The Winthrop native attended the University of Southern Maine in Gorham where he majored in Business Management.

Thompson will be based at Norway Savings Bank’s Auburn branch.

At NSB, we support each other to achieve great things. If building relationships, growing personally and professionally, and feeling fulfilled sounds good, NSB could be the place for you. Check out our current opportunities: www.norwaysavings.bank/get-to-know-us/careers.

CBF raising funds for nutrition needs of cancer patients, families

BANGOR, ME – The Christine B. Foundation (CBF), a nonprofit dedicated to addressing the nutrition needs of cancer patients and their families, has launched a time-sensitive fundraising campaign to raise \$100,000 by the end of 2025. Funds will expand the foundation’s impact and deepen evaluation of how nutritious food supports patients experiencing a cancer diagnosis.

For nearly a decade, CBF has provided free healthy foods to every patient diagnosed with cancer and treated at Northern Light Health’s Cancer Care Center in Brewer and Mayo Regional Cancer Care Center in Dover-Foxcroft. The foundation now serves more than 1,500 people each year, many at higher risk of poor health outcomes due to rural isolation or financial hardship. More than 80% of participants are over age 55, and households engaged in the program for up to six months in 2024 saw an estimated \$3,000 in financial relief.

In September, CBF launched a long-awaited research initiative called Nourishing Hope. This trial integrates community services, academic research, and health care to evaluate how access to nutritious food and dietitian counseling affects treatment outcomes and the social, economic, and physical factors families face during cancer. In addition to ongoing distribution of fresh produce at partner hospitals, select patients will also receive tailored grocery deliveries and guidance from oncology dietitians to help patients manage symptoms, main-



tain energy, and enhance the effectiveness of treatment.

“What began as an effort to provide relief to families is evolving into a proactive approach to improving patient outcomes,” said Matt Dexter, CBF Founder and Executive Director. “Evidence shows that nutrition is an effective intervention strategy for a cancer diagnosis. Through Nourishing Hope we’re committed to ensuring every patient and family has the resources to face cancer with strength. In partnering with leading academic groups, other community services, and healthcare providers, we hope to better understand how food can act as medicine when paired with other critical

treatment options.”

Dexter emphasized the growing need for the foundation’s work. “A cancer diagnosis rains down uncertainty and strain that is unbearable to many, disrupting access to healthy food and community connections when they are needed most. More families than ever are seeking our help.”

In October, CBF held its first-ever pop-up fundraising dinner, “Dinner with Christine B.”, featuring four of the Bangor Region’s most celebrated chefs in a multi-course meal highlighting the connection between food and health. This event, along with other recent fundraising efforts, has raised more than \$70,000 toward the foundation’s goal.

CBF now invites the broader community to help close the Nourishing Hope fundraising gap and ensure the organization can continue expanding access to nutritious food and holistic support for Mainers facing cancer.

For more information on Christine B. Foundation, or to make a donation, please visit Chrisbfund.org.

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Newsmakers, Names & Faces

Women In Harmony present I Have a Voice choral program

SOUTH PORTLAND, ME – Women In Harmony present I Have A Voice at South Portland High School, 637 Highland Avenue, South Portland on Friday, January 16, 2026 at 7:30pm and Saturday, January 17, 2026 at 3:00PM

This winter, we present a formidable choral program entitled “I Have a Voice.”

The seed of this concert was originally a concept of “power.” Themes and memes of power, much of it formulated and wielded in aggressive and destructive ways, are everywhere with us these days. While recognizing this, we did not want to offer a concert that embodied that same posture or tone. Instead we aimed to highlight healthy and prosocial manifestations of power.

The concert title comes from the song A Beautiful Noise, written by eight women and recorded by Brandi Carlile and Alicia Keyes. All of these women hoped to inspire people to vote in the 2020 elections. An insistent line in the lyric says, “I have a voice/ It is loud, it is clear/ It’s stronger than your fear/ It’s believing you belong/It’s calling out the wrong.” In Women in Harmony, we amplify that voice by a factor of 60.

The courage to claim one’s own power is also part of our concert’s message. Joan Szymko’s Malala lifts up the renowned young Pakistani activist. Its lyrics have her declare, “Their bullet did not stop me. I am Malala. Their bullet gave me power to raise my voice...” Resilient by Rising Appalachia emphasizes the idea that there is power in numbers. “My voice feels tiny, and I’m sure so does yours/ but put us all together make a mighty roar...”

Other songs on the program include Rise Up, a setting by Jake Runestad of some powerful words of Susan B. Anthony; and Eric Whitacre’s Sing Gently.

We also welcome the group Darlin’ Corey as a participating guest in the concert. Collectively, these musicians play fiddle, mandolin, banjo, guitar, bass, and pedal steel guitar.

Please join us for this empowering concert!

Town of Buxton has Free Little Food Table, is taking donations

BUXTON, ME – The Town of Buxton’s free little food table is still available at the Buxton Town Hall. We continue to receive food donations from generous members of our community on a daily basis!

The response we’ve received so far has been truly amazing and is greatly appreciated to help our neighbors in need. The food table is available to all during our regular business hours.



Maine Youth Wilderness Leadership Program



An extraordinary wilderness experience in Baxter State Park for Maine high school students

The Maine Youth Wilderness Leadership Program cultivates and inspires the next generation of Maine's environmental leaders. Friends of Baxter State Park has offered this program to high school sophomores and juniors annually since 2009. This free program provides the opportunity to develop leadership skills and experience Maine's wilderness through science, art, literature, storytelling, photography, history, and more.

Program Highlights:

- Nine-day backpacking trip in Baxter State Park
- Experienced wilderness leaders from Chewonki
- Hands-on learning with expert instructors
- Maine high school sophomores and juniors are eligible to apply
- Competitive application process
- No cost to participate – program is free

Apply at friendsofbaxter.org/mywlp
Deadline: February 8

FRIENDS OF BAXTER STATE PARK

Westbrook-Gorham Rotary celebrates the season this weekend



GORHAM, ME – Get your Holiday vibe going with Westbrook-Gorham Rotary! Fresh balsam trees from “table toppers” 3’-4’ at \$40 up to 8 feet at \$80. We also have a few Frasier/Balsam hybrids 5-6.5’. Wreaths with 6-loop hand-tied red bow for \$23 while they last!

Look for us in the municipal parking lot on the corner of William Clark Dr and Church St. Wednesday-Friday 4PM-6PM, Saturday & Sunday 9AM-6PM, until we sell out or through December 21.

Proceeds benefit all the charitable programs of Westbrook-Gorham Rotary. Including Scholarships, Youth Service, Fighting Food Insecurity, Promoting Literacy, supporting Veterans and Seniors, and so much more! Westbrook-Gorham Rotary Charities is a 501c3 organization.

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

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

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

Seniors Not Acting Their Age Spectacular Hiking on the Cobscook Shores Trails

My wife, Nancy, and I were on the second day of a 3-day hiking vacation in Washington County. The primary focus of our excursion was to hike the trails along the spectacular Downeast coastline. Important for me was to select trails that were appropriate for rehabilitating my knee after a recent surgery.

On the previous day, we had completed a trek in the Great Wass Island Preserve near Beals. Now based in Machias, our plan for day two was to explore some trails in the Lubec region collectively called Cobscook Shores. Owned and maintained by Cobscook Shores, Inc., a family funded Maine charitable foundation, the network of trails consists of 20 separate parklands situated on the circuitous coastline of the bay. Based on our research, the trails at Race Point and Red Point Preserve were particularly appealing and appeared to meet my rehab needs.

Race Point is located in the northwestern sector of the park and at the northern end of Crow's Neck. The opportunity to view the famed Reversing Falls from the trails on Race Point was a compelling attraction. I had sea kayaked the area with friends a few years ago and wanted to view the narrow passage that forms the falls from land.

Race Point is reached by driving north from Route 189 in Lubec on

Crow's Neck Road to North Trescott. From there, take a right turn onto Kelley Point Road to a trailhead at the end where there is parking, a kiosk with trail information and toilets.

After a short walk on multi-use Race Point Trail, we turned left onto Reversing Falls Trail. The narrow twisting path closely hugs the rugged shoreline with multiple opportunities to stop at rocky viewpoints where we could see the tide racing in. Park literature states that each day massive amounts of water flows through the narrow channel in the short distance between Mahar Point and Falls Island creating a turbulent falls. Dangerous currents and whirlpools also occur in four nearby locations. Appropriately, the name Cobscook is a version of a Passamaquoddy word for tumultuous waters. I was reminded that our decision to err on the side of caution when kayaking this potentially perilous narrows was a wise one.

Near the end of Reversing Falls Trail, we encountered one of the ubiquitous Picnic Pavilions that populate Cobscook Shores' parklands. The wooden, screened and roof-covered shelters provide an excellent opportunity to escape inclement weather or pesky insects.

Completing Reversing Falls Trail, we followed a wide path to a Maine

Inland Fisheries & Wildlife trail network where a loop trail wraps around Race Point. The weaving path travels through the densely forested peninsula with several exceptional views of Straight Bay and surrounding waters. Returning from the point, we followed Race Point Trail back to the parking area.

Following a drive back to Route 189, we traveled east for a short distance to Red Point Nature Preserve where there is a large parking area next to the highway. The preserve consists of a tract of land that extends north out into South Bay and includes access to rockbound Red Point Island.

Red Point Preserve is situated on land farmed by the Knight family beginning in the early 1800s. The foundation of their farmhouse and an ancient apple tree remain. Four Picnic Pavilions are strategically located in the preserve.

We hiked easily on a crushed rock surface on South Bay Trail to a junction for Red Point Island Trail. A stepping stone path leads across a tidal zone to the scenic island. Since high tides flood the access trail twice daily, careful planning is essential. Only a 1.2 mile hike, we were confident adequate time remained for our excursion.

The hilly, circuitous island path that offers excellent views of South Bay and nearby coves was more time-consuming than anticipated. On our return, we had to wade through a couple of inches of water to avoid being temporarily stranded. Following our narrow escape, the rest of the hike on South Bay Trail to Red Point and back to the trailhead was uneventful.

Scenic hikes on Sun-

rise and Machias River Trails in Machias were completed on the final day of our vacation.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates the best hiking opportunities around the state including a trek to the summit of Duck Harbor Mountain on Isle au Haut during a multi-day sea kayak trip.

The author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" will soon be released by North Country Press. Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net



Wading was necessary when returning from Red Point Island



Race Point offers several views of Reversing Falls



Picnic Pavilions are common features of Cobscook Shores Trails

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Fulfilling our nation’s promise: WWII Maine Airman accounted for

WASHINGTON – The Defense POW/MIA Accounting Agency announced today that U.S. Army Air Forces Staff Sgt. Merrill E. Brewer, 26, of Monticello, Maine killed during World War II, was accounted for Dec. 20, 2024.

Brewer’s family recently received their full briefing on his identification, therefore, additional details on his identification can be shared.

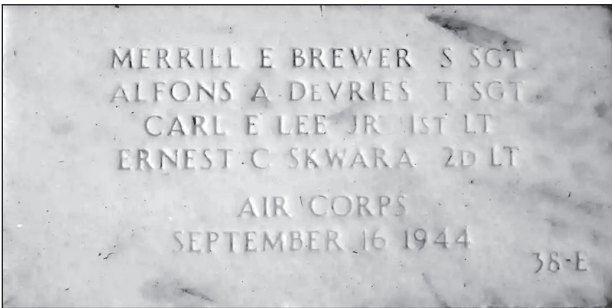
In the fall of 1943, Brewer served as the waist gunner aboard a B-24 Liberator bomber with 858th Bombardment Squadron, 492nd Bombardment Group, Eighth Air Force. The unit was engaged in Operation CARPETBAGGER, a series of secret missions in which several specially designated bomb groups dropped supplies, arms, equipment, leaflets, and U.S. Office of Strategic Services and French agents to resistance groups operating in northern France. On Sept. 16, 1944, Brewer’s crew was scheduled to fly its final mission to drop supplies to resistance forces 40 miles east of the Moselle River. 115th Anti-Aircraft Artillery Gun Battalion, an American artillery unit

stationed near Lebeuville, France, mistook Brewer’s B-24 for an enemy aircraft and opened fire upon it. Of the eight crewmembers aboard, two successfully parachuted to safety while the remaining six, including Brewer, died when the aircraft crashed.

On the morning of Sept. 17, 1944, American soldiers recovered remains



LEST WE FORGET
Merrill Elwood Brewer, killed in France, September 16, 1944



from the crash site, along with identification tags belonging to four of the crewmembers, including Brewer. They were subsequently buried in a common grave at U.S. Military Cemetery (USMC) Andilly, France. In 1949, official confirmed the group identification of the remains based on the presence of the identification tags and in 1951, they were repatriated to the U.S. and interred together in one casket at Jefferson Barracks National Cemetery in St. Louis, Missouri.

In 2013, a DPAA investigative team visited Bainville-aux-Miroirs, France, where they gathered information from local informants and surveyed the area where the B-24 crashed. From Oct. 16 through Nov. 16, 2021, DPAA partner Geoscope Services, Ltd. excavated

the site and recovered new remains and evidence, all of which was accessioned into the DPAA laboratory.

To identify Brewer’s remains, scientists from DPAA anthropological analysis, as well as material evidence. Additionally, scientists from the Armed Forces Medical Examiner System used mitochondrial DNA, Y chromosome, and autosomal DNA analysis.

Brewer’s name is recorded on the Walls of the Missing at Lorraine American Cemetery, along with others still missing from WWII. A rosette will be placed next to his name to indicate he has been accounted for.

Brewer was buried in Bridgewater, Maine in September 2025. For family and funeral information, contact the Army Casualty Office at (800) 892-2490.

Maine-ly Harmony performing Christmas show

GARDINER, ME – Maine-ly Harmony women’s barbershop chorus will perform a Christmas show - ‘Tis The Season - on Sunday, December

14th, at 2 p.m. at the Highland Avenue United Methodist Church, 35 Highland Avenue, Gardiner, Maine.

Please join us in sharing the songs of the season,

old and new, as well as a silent auction, refreshments and a visit from Santa. A suggested donation of a \$15 good will offering will be accepted at the door.

“T’IS THE SEASON”

Sunday, December 14, 2025
at 2 pm

Highland Avenue United
Methodist Church
35 Highland Avenue, Gardiner

MAINE-LY HARMONY CHORUS

Please join us as we celebrate the start of the holiday season with some of our favorite holiday tunes, a silent auction, refreshments and a visit from Santa!

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Arts & Entertainment

West Brook Skating Rink prepares for another season



WESTBROOK, ME – We at the West Brook Skating Rink know there is some excitement in the air to skate as the outside temps continuing to get colder. We are still filling the rink from the Brook and hopefully we will be

ready in a week or two. We are asking everyone to please stay off the ice until we post that we are open. We are reaching out for skate donations (all sizes), we are also in need of volunteers who are willing

to help with concessions as well as clearing snow. The more volunteers we have the more hours we can stay open for the community. Please message us if you are interested. Thank you and we look forward to another season of fun.

GORHAM’s 2nd annual Christmas Light COMPETITION

- Voting Wed 12/17 - Sunday 12/21 5-9pm daily
- Voting will include categories this year
- We will have a map of the houses and a QR code to the voting platform

first 15 houses to sign up

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Natalya Asali
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Clothes galore at Gorham’s Mission of Hope Clothes Closet

GORHAM, ME – The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o’clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have

displayed them for a time, they are donated to our local second-hand shops. In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

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 President Suzanne Tenney at 781-731-4746 for more information. Membership fee is now \$25 with many perks.

THIS WEEKEND!

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Camden National Bank celebrates impact of board members

CAMDEN, ME – Camden National Bank is proud to announce the recipients of its 2025 Leaders & Luminaries Awards, recognizing exceptional nonprofit board members who demonstrate outstanding leadership in their communities. In celebration of the Bank’s 150th year of building a legacy of trust, innovation, and service, seven inspiring board members who share these values will be awarded a total of \$29,000 in unrestricted funding to the organizations they serve—celebrating their meaningful impact.

Since the program’s inception in 2011, Camden National Bank has awarded \$293,000 to 75 nonprofits through its Leaders & Luminaries Awards. This year marked the inaugural inclusion of both Maine and New Hampshire nonprofits, resulting in a record number of nominations, making the selection process more competitive than ever. The submissions reflected countless stories of dedicated individuals making extraordinary contributions as stewards of positive change in their communities.

“Nonprofits can only thrive if they have dedicated leaders who give their time, expertise, and unwavering dedication to drive the missions forward,” said Renée Smyth, Chief Experience and Marketing Officer at Camden National Bank. “We’re proud to celebrate our honorees who demonstrate how powerful board leadership can be when passion meets purpose, inspiring meaningful, lasting change.”

Camden National Bank’s independent selection committee narrowed the pool of over 120 nominations down to five Leaders & Luminaries Award winners. Each will receive a \$5,000 unrestricted grant for their nonprofit organization. Camden National Bank is also recognizing two Spotlight Award winners with inspiring stories, who will receive a \$2,000 grant. Donations were funded through the bank’s private charitable foundation, The Bank of Maine Foundation.

2025 Leaders & Luminaries Award Winners:

Kate Borduas, Board President, Scarborough Public Library (Scarborough, Maine)

Scarborough Public Library’s mission is to provide access to a broad and deep collection and high-quality services that promote lifelong learning in a welcoming, community-centered facility. Kate Borduas’s lifelong love of learning began in a small branch library in London, inspiring her decades-long



Leaders & Luminaries Awardee, Jordan Stanwood, Board Member of Beth C. Wright Camden Resource Center, standing alongside representatives from Camden National Bank.

commitment to the Scarborough Public Library (SPL). As a three-term Board President and longtime patron, she has championed the library as a vital community resource, ensuring access to books, technology, and programs for all residents. Even during personal challenges, Kate has remained dedicated to SPL, guided by her belief that libraries are democratic equalizers and essential connective tissue for the town’s diverse community.

Don House, President Emeritus, Belknap House (Laconia, New Hampshire)

Belknap House aims to provide homeless families in Belknap County with a safe place to stay while helping them gain independence and self-sufficiency through education and access to local resources. Don House, a retired program management and strategic planning professional, has dedicated his leadership and volunteer expertise to addressing homelessness in Laconia, NH. As a board member of Belknap House, he led the development of a strategic plan and authored an expansion business plan that secured the organization’s largest donation to date. This funding enabled the acquisition and renovation of a second facility, BH2, doubling the shelter’s capacity and providing families with a transitional, independent-living environment. Through his vision and hands-on leadership, he has helped Belknap House expand its impact, offering families the support and skills they need to achieve long-term housing stability.

Jordan Stanwood, Board President, Beth C. Wright Cancer Resource Center (Ellsworth, Maine)

The Beth Wright Cancer Resource Center offers hope, knowledge & support to cancer patients & families. Jordan Stanwood turned her experience as a young cancer survivor into impactful leadership. Her deep passion for this effort expanded access to care, strengthened the Center’s foundation, and guided initiatives like the opening of a new Washington County location, ensuring no one faces cancer alone. Jordan’s personal journey fuels her

dedication to the Center’s mission, inspiring hope, compassion, and support for patients and families throughout the community.

Kristin Valdmanis, Board Member, Children’s Museum & Theatre of Maine (Portland, Maine)

Kristin Valdmanis, with dual master’s degrees in early childhood education and extensive experience as a teacher and nursery school founder, brings deep expertise and passion for interactive learning to the Children’s Museum & Theatre of Maine (CMTM). Joining the Board in 2017, she quickly rose to Board President in 2020, guiding the organization through the construction and opening of its new \$15M Thompson’s Point facility amid the challenges of a global pandemic. Under her strategic and steady leadership, Kristin ensured financial stability, oversaw construction, and drove the creation of CMTM’s first strategic plan, mission, and values. Her dedication to inclusivity and access has helped the museum grow visitation from 100,000 to over 200,000 children and families annually, ensuring that every child can experience CMTM’s STEM, arts, and cultural programming.

Annie Watson, Board Member, Maine Organic Farmers and Gardeners Association (Unity, Maine)

Since joining the Maine Organic Farmers and Gardeners Association’s (MOFGA) Board of Directors in 2016, Annie Watson has championed farm viability, shaped strategic responses to industry challenges—including the 2021 Horizon Dairy contract crisis—and helped launch the Northeast Organic Family Farm Partnership. Annie has also served as President of the Maine Dairy Industry Association, contributed to numerous state and federal advisory committees, and delivered the keynote at MOFGA’s 2024 Common Ground Country Fair, inspiring the next generation of organic farmers. Her leadership combines practical farm experience with strategic vision, ensuring a sustainable future for Maine’s organic dairy industry.

5 tips for strengthening social bonds during the holidays

By Dr. Nicole Brady, Chief Medical Officer, UnitedHealthcare Student Resources

For many, the holiday season provides a unique opportunity to pause from daily responsibilities and focus on the people who matter most. While gift-giving and festivities are often the center of celebrations, the true value of the season lies in nurturing meaningful connections with friends, family, and community. Research shows that strong social ties are associated with improved mental and physical health, making connection a powerful and lasting gift we can share.1

Additionally, UnitedHealthcare’s recent College Student and Graduate Behavioral Health Report found that 60% of college students reported that they or a peer encountered a behavioral health concern over the past year, far more than most parents believe. This gap underscores why intentional connection may matter now more than ever.

Here are a few ways to help foster connection during the holidays:

Engage in Intentional Conversations: High-quality conversations, actively listening, asking open-ended questions, and validating feelings, may reduce stress and build resilience. Research finds that strong communication supports both emotional well-being and strengthens relationship quality.2 For young adults especially, data highlights that those who talk more frequently with their parents about mental well-being report feeling more supported, understood, and connected. Taking time to ask thoughtful

questions and truly listen may make a lasting difference this season.

Revisit or Create Traditions: Shared rituals and traditions, whether large or small, may help promote belonging and strengthening of family bonds as routines and traditions may provide structure, enhance resilience, and support children’s mental health. Therefore, consider reviving old traditions or creating new ones, such as cooking together, storytelling or neighborhood walks.

Reach Out to Those Who May Feel Lonely: Loneliness and isolation are linked to increased risk of depression and anxiety. The holidays can be particularly difficult for those living alone or far from friends or family. A phone call, card or small gesture of inclusion may help someone feel remembered and cared for.

Move Together: Physical activity supports both body and mind, and it’s even more powerful with friends. Research shows that exercise in general reduces stress, boosts mood, and strengthens focus, while group activities, such as walking with others, may also sharpen memory and thinking skills.3 Whether it’s a walk, run, or casual game, shared movement creates space for conversation, laughter, and healthy connection during the holiday season.

Utilize Support Resources: If you or a loved one finds the holiday season overwhelming, remember that help is available. Talking with a primary care provider or a mental health profes-

sional can be an important first step in addressing stress, loneliness, or other concerns. For everyday support, digital tools and virtual resources through your health plan may also provide convenient ways to help boost well-being. For example, some insurers such as UnitedHealthcare offer Calm Health, virtual behavioral coaching, and 24/7 in the moment support lines. Checking in with these resources can help you or your family members feel more supported and connected throughout the season.

The holidays are about more than gifts or busy schedules. They are a reminder of the power of human connection. Whether through meaningful conversations, family traditions or leaning on available resources, even small acts of connection can leave a lasting impact and help make this season brighter for ourselves and those around us.

For more health and wellness information, visit UHC.com

1 Holt-Lunstad J. Social connection as a critical factor for mental and physical health: evidence, trends, challenges, and future implications. *World Psychiatry*. 2024 Oct;23(3):312-332.

2 Hall, J. A., Holmstrom, A. J., Pennington, N., Perrault, E. K., & Totzkay, D. (2023). Quality Conversation Can Increase Daily Well-Being. *Communication Research*, 52(3), 291-315.

3 Mahindru A, Patil P, Agrawal V. Role of Physical Activity on Mental Health and Well-Being: A Review. *Cureus*. 2023 Jan 7;15(1):e33475.

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South Portland High School– 637 Highland Ave.
November 15 & 16

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Westbrook National Guard Armory– 120 Stroudwater St., Westbrook
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Portland Public Library unveils new Strategic Plan

PORTLAND, ME – Portland Public Library (PPL) is proud to announce the launch of its 2026–2031 Strategic Plan, a roadmap for the next five years that reflects the library’s enduring commitment to access, equity, sustainability, and community.

Developed through an inclusive, community-driven process, the plan introduces a newly updated Mission and Vision to reflect PPL’s evolving role in Portland’s future. The new mission reaffirms the library as a welcoming cultural center that brings people together and connects them with trusted resources, ideas, experiences, and information. Looking ahead, the library envisions a vibrant, inclusive, and engaged community that thrives through connec-



tions discovered at Portland Public Library.

“Our new strategic plan is built on the voices of the community we serve,” said Lauren Epstein, President of the PPL Board of Trustees. “Through thoughtful input from residents, stakeholders, and staff, we’ve created a shared vision for the future, one that ensures the library remains a cornerstone of opportunity, learning, and connection for everyone in Portland.”

The plan focuses on

four key areas that will guide PPL’s work through 2031:

Access: Enhancing Opportunities for All

Breaking down barriers and expanding opportunities and access for all community members.

Communications: Expanding Awareness of the Library

Developing comprehensive communications to ensure awareness of the library’s many resources and programs.

Sustainability: Cul-

tivating Responsibility for Tomorrow

Practicing environmental and financial sustainability to preserve the library for future generations.

Culture: Creating Community for Portland’s Residents

Celebrating Portland’s vibrant and evolving culture.

Portland Public Library partnered with The Ivy Group, a strategic communications firm, to design an inclusive planning pro-

cess that reached more than 1,000 participants through in-person and virtual focus groups, community meetings, and a multilingual online survey. Input from this extensive engagement directly informed the library’s priorities for the years ahead.

“As we look to the future, this plan provides a powerful framework for how the library will continue connecting Portland’s people, stories, and ideas,” said Sarah Moore, Executive Director of PPL, “it reaffirms our belief that libraries are not only places

for learning, but also for belonging, and that Portland Public Library will continue to grow as a vital connector in our community. We look forward to serving as Your Connection to information. Your Connection to ideas. Your Connection to community.”

The 2026–2031 Strategic Plan is now available on the library’s website.

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

Of Stars EARTH & Sea
2025 - 2026 SEASON

2025 - 2026 SEASON UNDERWRITERS
Hardy Wolf & Downing • Sun Journal

ARTISTIC DIRECTOR
Dr. Richard Nickerson

BENEATH the Winter Stars

Saturday, Dec. 13 • 7:00pm
Sunday, Dec. 14 • 2:00pm
FRANCO CENTER • LEWISTON

Celebrate the season with this family-friendly holiday concert featuring John Rutter’s *Magnificat* and *Stars* by Ēriks Ešēvalds. The program will also include familiar works and the annual sing-along to bring out the memories, spirit, and magic of the holiday season.

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EVENT SUPPORTERS: Cornerstone Wealth Planning, Ouellette & Associates

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Maine DOE announces local nominee for 2026 RISE Award

MAINE – The Maine Department of Education (DOE) is pleased to announce the nominees and top 10 finalists for the 2026 Recognizing Inspiring School Employees (RISE) Award.

Created by Congress in 2019 and overseen by the U.S. Department of Education (ED), the prestigious RISE Award honors classified employees in the education workforce who provide exemplary service. The Maine DOE, in coordination with the Office of Governor Janet T. Mills, has selected 10 finalists from a pool of 32 exceptional nominees from across Maine, submitted by school administrators, teachers, professional associations, nonprofits, parents/caregivers, students, and community members.

Classified employees include those who work in a pre-K—grade 12 setting in any of the following occupational specialties: paraprofessional, clerical

and administrative services, transportation services, food and nutrition services, custodial and maintenance services, security services, health and student services, technical services, and skilled trades. RISE nominees must demonstrate excellence in work performance, school and community involvement, leadership and commitment, local support (from co-workers, school administrators, community members, etc., who speak to the nominee’s exemplary work), and enhancement of classified school employees’ image in the community and schools.

Of the 10 finalists, two individuals will be selected and announced in February of 2026. These two honorees will be submitted to ED to represent Maine for consideration in the national RISE Award. ED will announce one national honoree and present that individual with an award in the spring.

Maine’s Top 10 RISE Nominees

Finalists:

- Jana Bechard
Kitchen Manager
Farrington Elementary School, Augusta School Department
 - Linda Cloutier
Lead Custodian
Tripp Middle School, MSAD 52
 - Nicholas Dare
Custodian
Scarborough Middle School, Scarborough Public Schools
 - Monique Gilbert
Administrative Assistant
Capital Area Technical Center, Augusta School Department
 - Ryan Hewins
School Security
Nokomis Regional Middle and High Schools, RSU 19
 - Elizabeth Loiko
Educational Technician
Sylvio Gilbert Elementary School, Augusta
- See DOE, page 14*

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Special section: National Impaired Driving Prevention Month

National Impaired Driving Prevention Month 2025: A Season for Safety

Authored by the MD Searchlight Team and Megan Hauber

December is a season of celebration—but it’s also a time to reflect on the choices we make behind the wheel. That’s why every year, the U.S. observes National Impaired Driving Prevention Month throughout December.

This nationwide campaign is a powerful reminder that impaired driving—whether caused by alcohol, drugs, or distractions—is 100% preventable. By raising awareness, encouraging smart decisions, and promoting safer roads, we can help save lives this holiday season and beyond.

What Is Impaired Driving?

Impaired driving means operating a vehicle while your ability to do so is compromised. This can include:

- Alcohol impairment
- Drug impairment (illegal, prescription, or over-the-counter drugs)
- Fatigue
- Distracted driving (texting, eating, adjusting GPS)

Even a small amount of alcohol or one missed night of sleep can affect reaction time, judgment, and coordination—putting everyone on the road at risk.

The Alarming Numbers

Every day, 37 people die in the U.S. due to drunk-driving crashes—that’s one life every 39 minutes. December sees a sharp increase in impaired driving incidents due to holiday gatherings. In 2022, 13,524 people were killed in drunk-driving crashes. Drugs other than alcohol (both legal and illegal) are involved in about 16% of motor vehicle crashes. These numbers aren’t just statistics—they represent real families affected by one preventable decision.

Why December Matters

During December,



people travel more frequently to:

- Holiday parties and gatherings
- End-of-year celebrations
- Shopping trips
- Long-distance family visits

Unfortunately, these occasions often involve alcohol, and with winter weather and shorter daylight hours, driving conditions are already more dangerous. That’s why National Impaired Driving Prevention Month serves as a timely call to action.

The Consequences of Impaired Driving

Impaired driving doesn’t just pose a safety risk—it can change lives forever. Consequences include:

- Legal penalties: Fines and legal fees
- Loss of driver’s license
- Jail time
- Permanent criminal record
- Personal and emotional toll: Injuring or killing others
- Guilt and trauma
- Lost employment opportunities
- Higher insurance costs
- Devastating loss: Families losing loved ones
- Communities grieving preventable tragedies

Prevention Starts With You

The most effective way to prevent impaired driving is to make a plan before you go out. Here’s how:

- Designate a sober driver before any celebration

Use rideshare apps, taxis, or public transportation

Host alcohol-free events

Take keys away from someone who’s not sober

Stay overnight or offer a place to sleep for guests

If you feel different, you drive different. Even buzzed driving is dangerous driving.

Talk to Teens About Safe Driving

Young drivers are especially at risk. Inexperience + impairment is a deadly combination.

Start open conversations with teens about:

- Never driving under the influence
- Refusing to get in a car with someone who has been drinking or using drugs
- Calling a trusted adult for a safe ride home

The dangers of vaping, cannabis, and prescription misuse while driving

Programs like Students Against Destructive Decisions (SADD) and MADD Power of Youth offer great resources for families and schools.

What Communities Can Do

Creating a culture of prevention takes a village. Communities can:

- Host safe driving campaigns at schools and workplaces
- Provide free or discounted rides during holidays
- Support sobriety checkpoints and law enforcement efforts
- Share educational materials on social media and community boards

See [Safety](#), page 10

Remember to plan sober rides during the holidays

Contributed by AAA, MADD and Waymo

WASHINGTON - AAA is joining forces with Mothers Against Drunk Driving® (MADD) and Waymo in a collaborative effort to prevent impaired driving, reminding families and drivers to plan safe rides home this holiday season during one of the most dangerous times of year on the road. December is Impaired Driving Prevention Month, serving as a timely reminder for everyone to make safe choices and stay vigilant about impaired driving.

Drunk driving claimed 4,931 lives during the December months of 2019-2023, according to the National Highway Traffic Safety Administration (NHTSA). MADD, AAA and Waymo together are encouraging everyone to take proactive steps to help keep the roads safe this holiday season.

“Impaired driving is a preventable crisis, and AAA remains dedicated to helping turn the tide to make roads safer,” said Gene Boehm, President and CEO of AAA, Inc.

“As holiday travel picks up and winter weather sets in, the roadways become even more dangerous—especially when impaired driving is added to the mix. Lives are on the line, and together with MADD, we are committed to saving them.”

AAA’s partnership with MADD stretches beyond Impaired Driving Prevention Month, marking the beginning of a larger, joint effort to reduce impaired driving deaths by 20% in the next five years.

“Ending impaired driving requires a collective movement, with each of us playing a part,” said Stacey D. Stewart, CEO of MADD. “AAA’s commitment to road safety and Waymo’s tech-forward approach align well with MADD’s mission to put an end to impaired driving for good, and we’re thrilled to join forces with both companies in our relentless march towards this purpose.”

As part of its partnership with MADD, Waymo is offering a \$5 ride discount for the first 2,500 redemptions of the code, “SAFEHOLIDAYS.” This discount will be valid now through New Year’s Eve in all current Waymo owned and operated markets: San Francisco, Los Angeles and Phoenix.

“The loss of life caused by impaired driving isn’t just a statistic, it’s families and communities forever changed,” said Suzanne Philion, Chief Marketing Officer of Waymo. “At Waymo, we believe this is unacceptable, and we’re working every day to help prevent these crashes through safe, sober, autonomous driving.”

In 2023, more than 13,000 people were killed in drunk driving crashes across the U.S. for the second year in a row, according to the National Highway Traffic Safety Administration (NHTSA). MADD, AAA and Waymo together are encouraging everyone to take proactive steps to help keep the roads safe this holiday season, from helping guests plan a safe ride home to talking with children and teens about making safe choices.

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\$3B in new funding for states to reduce lead in drinking water

“Yankee Swap” at Merrymeeting Bay Trout Unlimited

Introducing Advanced Technology for Enhanced Service

The Lewiston branch will feature state-of-the-art Video Teller Machines, allowing members to make certain transactions quickly and conveniently. Additionally, new Appointment Booking Kiosks will streamline scheduling for consultations and services, making it easier than ever to manage financial needs. These technologies reflect cPort's commitment to innovation and member satisfaction.

cPort welcomes members and anyone interested in becoming a member to visit the new branch at 321 Main Street, which opened November 20th. Stop in and experience the new branch, meet the dedicated team, and discover the future of banking in Lewiston.

“This investment represents the EPA’s unwavering commitment to protecting America’s children from the dangers of lead exposure in their drinking water,” said EPA Administrator Lee Zeldin. “With our updated data, we can tackle this challenge more efficiently than ever before, and we’re ensuring every dollar goes directly toward replacing the lead pipes that threaten our communities. This is about giving parents peace of mind and securing healthier futures for the next generation.”

“Supporting drinking water systems as they work around the clock to provide safe water for all Americans is one of EPA’s top priorities,” said EPA’s Assistant Administrator for Water, Jess Kramer. “Today’s announcement is a win-win for drinking water systems and for the health and futures of our nation’s children. Not only are we providing \$3 billion in

EPA's goal is to ensure these funds are deployed where they are needed most. Therefore, funding allotments will be distributed based on the best available information locating the approximately 4 million active lead service lines. EPA gathered this information from states in a lead service line inventory.

EPA is also announcing the redistribution of an additional \$1.1 billion in previously announced DWSRF funding to address lead. These funds were made available to states but have not been used. Consistent with the Safe Drinking Water Act's directive to reallocate unused funds, these investments are now available to different eligible

For more information about the DWSRF program, visit <https://www.epa.gov/dwsrf>.

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

Safety
Continued from page 9

Encourage peer support programs in youth groups and colleges

Every conversation, poster, and shared post can make a difference.

Don't Forget Drugged Driving

Prescription medications and even legal cannabis can impair your ability to drive. Read the label carefully and ask your doctor or pharmacist:

Can I drive while taking this medication?

Will it make me drowsy or slow my reaction

time?

What should I do if I feel “off” after taking it?

The same rules apply—if you’re not alert and focused, don’t drive.

Make a Holiday Difference

This December, join the movement to stop impaired driving:

Share facts and stories online

Volunteer with local awareness events

Set a good example by being a responsible driver

Remember victims by supporting organizations like Mothers Against Drunk Driving (MADD)

and NOYS (National Organizations for Youth Safety)

Every life matters. By making safer choices, we protect our families, neighbors, and communities.

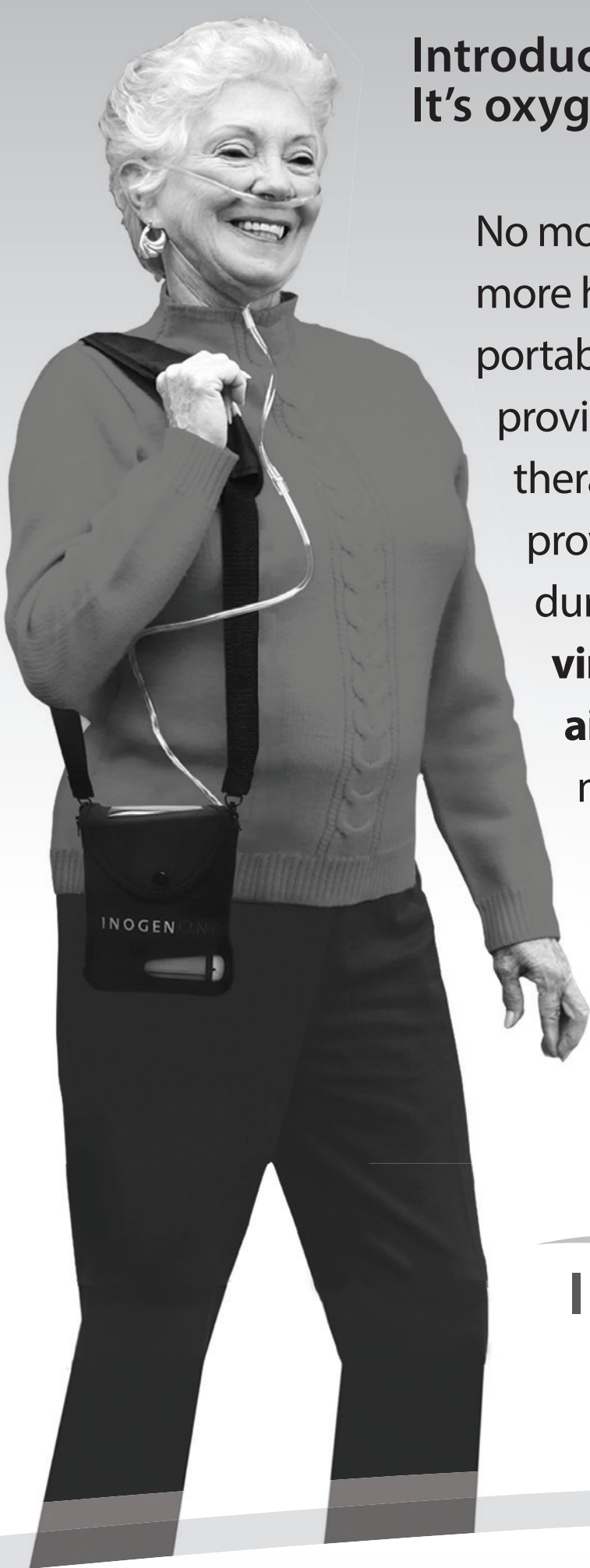
Final Thoughts

National Impaired Driving Prevention Month is more than a reminder—it's a call to responsibility, awareness, and kindness. Before you drive this holiday season, pause and ask: "Am I in the right state of mind to protect everyone on the road?"

The best gift you can give this December is safety—for yourself and for others.

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Dec 11
NEW GLOUCESTER – Free artist event at Unity Environmental University. Each event highlights a Maine-based artist with a pop-up exhibition, lecture, and catered reception. Our forthcoming event: Dean McCrillis: Reading Sign: Expanding on observations through process on December 11th at 5:00 pm, 70 Farm View Dr, New Gloucester, ME 04260.

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CHRISTMAS

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December 13, 11:00 to 1:00

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Calendar

Send your submissions to the Editor. More online.

Dec 12, 13
BATH – Twisted Christmas: A Nice & Naughty Evening of Entertainment Friday December 12th and Saturday December 13th at 8:00 p.m. Longreach Kitchen & Catering 387 Whiskeag Road, Bath. \$20 in advance, \$25 at the door. Tickets available online at StudioTheatreofBath.com/twistedchristmas

Dec 13
LEWISTON – Join us at the Lewiston Public Library for our next fundraising event to support the Children’s Department renovation, Chill Yoga Fest on Saturday, December 13th with classes going on from 9:30AM – 1:30PM in Cal-

lahan Hall.
There will be four 45-minute classes- All Levels Hatha, Chair Yoga, Stretching, Breathing & Meditation, and Children’s Yoga! \$40 full pass, or \$18 per individual class. See LPL’s website to purchase tickets.

Dec 14
GARDINER – Maine-ly Harmony women’s barbershop chorus will perform a Christmas show - ’Tis The Season - on Sunday, December 14th, at 2 p.m. at the Highland Avenue United Methodist Church, 35 Highland Avenue, Gardiner, Maine.

Please join us in sharing the songs of the season, old and new, as well as a silent auction, refreshments and a visit from Santa. A suggested donation of a \$15 good will offering will be accepted at the door.

Dec 13 & 14
AUGUSTA – The Augusta Symphony Orchestra invites you to celebrate the magic of the holidays with two performances at South Parish Church, 9 Church Street in Augusta. Join us on Saturday, December 13 at 7:00 p.m. or Sunday, December 14 at 3:00 p.m. for a festive program filled with timeless classics and

holiday favorites.
Dec 15
LISBON FALLS – The Knights of Columbus Council 10019 will be sponsoring an American Red Cross Blood Drive at the parish hall of Holy Trinity Church on 67 Frost Hill Avenue Lisbon Falls on Monday December 15th from 1:00 PM until 5: PM To make an appointment please call 1-800-733-2767, or visit RedCrossBlood.org: HTC Come to give from Dec. 8th to the 18th and receive a \$15 Amazon Gift Card by email.

Dec 17
AUBURN – The Auburn Community Concert Band, under the direction of Milt Simon, will present its annual holiday concert on Wednesday, December 17 at the new Donald M. Gay Performing Arts Center, located at Edward Little High School in Auburn. The free, 75-minute performance will begin at 7:00 p.m.

Dec 24
GORHAM – Christmas Eve Service: December 24, 6 pm HOPE SPRINGS CHAPEL at The Old Robie School, 668 Gray Road. Pastor: Bill Foss. FMI <https://www.hs chapel.org/>, info@hs chapel.org, <https://www.facebook.com/hopespringschapel>.

Dec 29
LEWISTON – Join the Androscoggin His-

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torical Society, Auburn Public Library, and Lewiston Public Library as we partner to explore fiction with a historical twist. We will be meeting on the last Monday of each month from 5:30 – 6:30pm to discuss a historical fiction novel. Our next meeting will take place on December 29th @ 5:30pm, at the Androscoggin Historical Society, located at 93 Lisbon St., Lewiston, ME 04240. We will be reading The Eastern. Book One: The Early Years by Deborah Gould.

Jan 5 & Feb 2
LEWISTON – The Lewiston Public Library’s monthly crafters’ meet up will continue into the winter. Maker Monday meets every first Monday of the month from 4-6:30pm in the Couture Room.

Jan 16 & 17
SOUTH PORTLAND – South Portland High School, 637 Highland Avenue, South Port-

land on Friday, January 16, 2026 at 7:30pm and Saturday, January 17, 2026 at 3:00pm. This winter, we present a formidable choral program entitled “I Have a Voice.”

DOE
Continued from page 8
School Department
Elizabeth Meahl
Lead Administrative Assistant
Casco Bay High School, Portland Public Schools
Larry Plourde
Custodian
Caribou High School, RSU 39
Renee Quattrucci
Lead Custodian
Ocean Avenue Elementary School, Portland Public Schools
Neisha Strom
Educational Technician
Elm Street School, RSU 16

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\$30K

\$20K



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 FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

DONATE TODAY!

VISIT: 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

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

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 Northernssupreme 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 www.1stchoicefloorcare.com

EDUCATION

Enjoy American History Download free ebooks from Ebooksforstudents.org. Enjoy exciting narratives about World War II, Korea and Vietnam. Read about the Freedom Rides, the discovery of penicillin and how women won the right to vote.

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.

CLASSIFIED ADS
\$25 PER WEEK

LOOKING TO DOWNSIZE?

This may be for you. Small Guest House To Rent. 1 1/2 blocks from Bates College, 300 FT from a neighborhood park and playground. Fully furnished or not if you have your own furniture. Off street parking and private. All utilities included. \$1400 per month. Tele 207-376-5492.

REAL ESTATE WANTED

Seeking house , cottage, bungalow, two or three family property, we have sufficient ability to purchase quickly, no commissions. 207-749-1718 or mainebuyers@gmail.com

SEWING, MENDING

CAN MAKE IT FIT Sewing, mending: Shirts, pants, coats, nightgowns, curtains. Most anything that needs fixing. Buttons, T-shirts \$10 for machine sewn, \$20 for hand sewn. Call 929-1038

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.

SEPTEMBER 20 - 28, 2026 - DISCOVER PAINTED CANYONS OF THE WEST - Trip includes 9 days and 11 meals. Highlights are Colorado National Park, Wine tasting in the midst of Colorado Wine Country. Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Capitol Reef State Park, Bryce Canyon National Park and Zion National Park all in Utah, last day in Vegas. Included in price is round trip air from Logan International Airport and all Hotel Transfers. Deposit is \$698.00 pp plus \$429.00 if you want travel protection.

May 23-31, 2026 – BILTMORE ESTATE & ASHEVILLE, N.C. - This trip includes 9 days and 8 nights lodging, 8 breakfasts and 6 dinners. You

will have a full day at the Biltmore Estate and experience the Biltmore House and Gardens. You will also visit the Antler Village and Winery. You will have a guided tour of Asheville and the magnificent St. Lawrence Basilica. We will experience a drive on the Blue Ridge Parkway (America's Most visited park unit). We also visit the Thomas Wolfe Memorial State Historic Site. These are the highlights of the trip and there is so much more that we will see. On our way home we stop at the Nasher Museum of Art at Duke University. Price for this trip is \$1,245.00 per person double occupancy. A \$75.00 deposit per person is due upon signing up. The trip includes the bus driver tip and all tour gratuities. Add \$349.00 for single occupancy. Final payment is due 3/16/26.

OCTOBER 18-23, 2026 – SHIPSHAWANA, INDIANA - This trip includes 6 days and 5 nights lodging, 3 breakfasts and 3 dinners. You will have a full day guided tour of Indiana's Amish Country with a tour of an Amish Homestead and an Authentic Amish Dinner. We will experience Cook's Bi-

son Ranch with a scenic Wagon Tour of their majestic ranch while seeing the bison up-close and even feeding them. We will spend time shopping and having lunch at Shipshewana Trading Place which is constantly ranked one of the top five Flea Markets in the Country. We will see the show "Loves Comes Softly" at the Blue Gate Theater. Price for this trip is \$865.00 per person double occupancy. A \$75.00 deposit is due upon signing up. Trip includes bus driver tip and all tour gratuities. Add \$305.00 for single occupancy. Final payment is due 8/11/26.

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

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

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UP TO 40 WORDS!

\$25 PER WEEK
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