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Central Maine Healthcare Goes Red for American Heart Month



Steve Littleton, DBA, FACHE, president and CEO, Central Maine Healthcare (far left) with team members at Bridgton Hospital

LEWISTON, ME (February 15, 2023) -- Central Maine Healthcare team members are wearing red this month, in recognition of American Heart Month.

Heart Month activities are being organized by the nationally recognized Central Maine Heart and Vascular Institute (CMH-

VI), where vascular surgeons, cardiothoracic surgeons and cardiologists perform cutting-edge procedures and lead their Maine community in the prevention of heart and vascular disease.

The team at CMHVI asked everyone to wear red on Feb. 3, National Wear Red

Day, to raise awareness and help eradicate heart disease among women. Team members are continuing to wear red on every Friday in February.

Even Dr. Eddy, CMH's mascot, was spotted in a bright red t-shirt!

See Go Red, page 9

LA Arts Reopens Its Doors with Grand Opening



LEWISTON, ME (February 13, 2023) - The board members of LA Arts are pleased to announce the organization's new home at 168 Lisbon Street in Lewiston is now open to the public. A Grand Opening event was held on Saturday, February 18, from 1-4pm and included refreshments, musical entertainment, and a ribbon cutting. Visitors had an opportunity to view artist Lesia Sochor's current exhibit "REUSE •

REPAIR • RECONSIDER," network with community members, share ideas, discover ways to get involved, and learn more about the ambitious lineup of programming and partnerships being planned in 2023.

"After months of planning, renovating and relocating, we

See LA Arts, page 14

SeniorsPlus offers Respite for ME Grants

LEWISTON, ME (February 16, 2023) -- SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, with support from the Office of Aging and Disability Services, is administering a new pilot program called Respite for ME Grants.

Thousands of Mainers care for family members who are older, have a disability, or are not their biological child. Caregivers can also be neighbors extending a helping hand to an older adult, or someone with Alzheimer's or related dementias. Many of these caregivers do not have access to state- or federally-funded programs to help with expenses. Respite for ME Grants, funded by the Maine Jobs and Recovery Plan, will allow unpaid caregivers who are not currently receiving any state- or federally-funded services to access respite care as well as other services not currently covered by existing programs. Eligible caregivers may be reimbursed up to \$2,000 for needed services.

Services that eligible caregivers may access include, but are not limited to:

- Respite Care
- Assistive Technology
- Home Modification and Repair
- Self-Care
- Legal Consultation

Contact SeniorsPlus about Respite for ME by calling 1-207-795-4010. For details, including eligibility, visit <https://www.maine.gov/givecare>

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Newsmakers, Names & Faces

Lewiston's Brittany Blais Named Girl Scout Volunteer of the Month

LEWISTON, ME (February 16, 2023) – The Girl Scouts of Maine (GSME) recently named Dirigo Service Unit Volunteer Support Coordinator from Lewiston, Brittany Blais, as their February Volunteer of the Month. As a veteran leader in her daughter's troop, Blais is an integral team member, often traveling far outside of her service unit to provide support and guidance to girls around the state.

mind when I think about Brittany are the following: dedicated, passionate, and mission driven. Brittany has a love of Girl Scouts, and a strong devotion to leading by example," said GSME Volunteer Support Specialist, Jeanie Duguay.

In the fall of 2021, Blais helped start a monthly outdoor troop for a group of Daisies and Brownies aimed at leading the girls in skill-building outdoor activities. In addition to her busy schedule,



which is filled to the brim with work, volunteering for GSME, spending time with her family, and pur-

suing an MBA, Blais also volunteers for the Junior Achievement of Maine, helping students in local

schools reach their academic goals.

Fellow volunteers describe Blais as someone who always brings meaningful energy and insightful experience to the table regardless of the activity. Within her service unit, Blais has carved out a passion for empowering girls to be the best they can be, whilst serving as a positive role model within her community. Volunteer of the Month is a highly honorable title to attain at

GSME, and Blais could not be more deserving to receive it.

"Brittany doesn't only inspire the girls around her, but the adults she works with too. She is a reminder that exercising in the outdoors is not only great for lifting our hearts, but others' hearts as well," said Kayla Norster, an Outdoor Program & Training Specialist at GSME who co-nominated Brittany for the achievement.

Sen. Rotundo: Back on the Budget Committee

Guest Column by Senator Peggy Rotundo

It's official — the Maine Legislature has been sworn in, the new year has begun and the Governor has taken her oath of office. Now, the real work can finally begin in Augusta — and I'm excited to be there. It is a privilege to represent the people of Lewiston once again in the State House and return to the Senate as Chair of the Legislature's Appropriations and Financial Affairs Committee, also known as the budget committee. Your input will be central to my work both in committee and advocating for the families and businesses in our community on the Senate floor. As I dig further into this work, I'm counting on you, the people of Lewiston, to reach out with

questions, concerns and ideas.

Leading the committee that oversees Maine's budget process isn't a responsibility that I take lightly. Crafting a responsible state budget is a balancing act and can be challenging at times. It must reflect the needs and priorities of Maine people while also staying within the state's financial means and setting aside emergency funds. However, I've found that achieving this balance is possible through the lengthy, transparent and collaborative budget writing process.

Much like the pathway for any bill to become law, the budget must be the subject of a public hearing, a series of work sessions and committee votes. It then must go to the full House and Senate

for enactment, and on to the Governor's desk for final approval. However, what makes the budget process unique, first and foremost, is the size and scope of the bill. Budget bills require a longer and more thorough committee process to ensure there is input and feedback on every component.

The other defining feature of the budget bill is that it touches upon almost every issue and opportunity facing Maine people and the future of our state. In the context of the legislative process, the budget deals with issues overseen by every other legislative policy committee. As a result, members of the budget committee must work closely with our colleagues — Democrat, Republican, and Independent — to ensure that the

needs of working families, older Mainers and small businesses are met and that vital services and programs receive funding. This means we hold public hearings and work sessions with each of the different policy committees on the section of the budget that pertains to their committee. I've found this input to be essential to making sound fiscal and policy decisions.

When I talk about collaboration, it is not just limited to other legislators. Public hearings offer ordinary citizens, local officials, community leaders, experts and advocates the opportunity to weigh in on every minute section of a budget proposal. Hearing from these voices is critical. Whether it's about child care and education, nursing

homes, affordable housing, or care for veterans and retirees, many issues of importance to our community will pass through the legislative process this year. Public hearings on the supplemental budget, which covers the next six months, began Monday, January 23. You can find the schedule online here: legislature.maine.gov/12101.

Public hearings on the larger biennial budget will begin next month. The biennial budget covers the next two fiscal years beginning July 1. I hope that residents of Lewiston will come out to share their testimony on the issues that matter to them during the public hearings that take place over the next several months. You can use the link above to view the biennial budget hear-

ing schedule.

It is rewarding to engage in this work and a true honor to lead the Budget Committee — a diverse group of people that hail from every corner of the state, bringing with them a wide array of expertise to get this job done.

As this work gets underway, please remember that I'm always here to be a resource to you. Beyond my duties leading the Budget Committee, I'm also available to discuss bills and share updates, provide guidance on how to share your testimony and how to watch and participate in hearings, or to welcome you to the State House to see the chamber in action. Please don't hesitate to email me at Margaret.Rotundo@legislature.maine.gov or call my office at 207-287-1515.

SeniorsPlus Offers Art-therapy Classes for People with Dementia

LEWISTON, ME (February 13, 2023) -- SeniorsPlus, Western Maine's designated Area Agency on Aging, is launching Opening Minds through Art (OMA) in Androscoggin, Oxford, and Franklin counties. This new program strives to bring joy, art, and pride to people living

with dementia and Alzheimer's in our community. Through a series of classes, OMA engages students with dementia in creating free-wheeling art. OMA classes will be offered at all three of the offices of SeniorsPlus in the coming months from 1 to 2 p.m. on Fridays: March 24 through

April 28 at 284 Main St., Wilton; May 19-June 23 at 9 Marston St., Norway; and July 14-August 18 at SeniorsPlus at 8 Falcon Road, Lewiston. Registration is required by contacting SeniorsPlus, at 207-795-4010 or edcenter@seniorsplus.org. The classes are free.

During the six-week

program, people with dementia (the "artists") are paired one-on-one with volunteers who help them create art using imagination instead of memory. SeniorsPlus seeks students for the program, as well as volunteers to work one-on-one with participants in these art classes. No art back-

ground required.

OMA is an award-winning, evidence-based, intergenerational art-making program for people with dementia. Developed in 2007 at Miami University's Scripps Gerontology Center, the program is grounded in person-centered care principles. It is designed to

provide creative expression and social engagement opportunities for people with Alzheimer's disease and other dementias. OMA at SeniorsPlus is funded in part through a grant from the U.S. Administration for Community Living, Department of Health and Human Services.



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Newsmakers, Names & Faces

La Francophonie in Maine: Qu'est ce que c'est?



LEWISTON, ME (February 14, 2023) -- What is "La Francophonie in Maine?" Come find out! The Franco-American Collection at the University of Southern Maine and l'Alliance Française du Maine invite you to an in-person event on Friday, March 3rd, at 7pm, for a community panel discussion of the French experience in Maine. The event will take place at USM's Lewiston-Auburn College, 51 Westminster St., Lewiston, in room 170. Guest speakers, originating from the Democratic Republic of Congo, Djibouti,

France, Québec and Rwanda, will discuss, in English, the role of the French language in their lives in Maine. The panel presentation will be followed by a Q&A session and a brief reception, where audience members will be invited to interact with the panelists, dignitaries, and each other. This program is made available, at no cost to the public, by the coordinated efforts of the Franco-American Collection at USM/LAC and l'Alliance Française du Maine, along with the support of the University of Southern Maine, la Délégation

de Québec in Boston, and Androscoggin Home Health. For more information or to register for this free event, contact the FAC archivist, Anna Faherty at anna.faherty@maine.edu or by phone (207) 753-6545. If you have questions about disability access or need to request disability accommodations (e.g. sign language interpreters, materials in electronic format, etc.), please contact Anna. Requests should be made as soon as possible to allow sufficient time for the accommodation process.

Tri-Town Optimist Club Announces Student of the Month



Principal Shawn Vincent (L), Kaiah McGarry, Teacher Shannon Shanning (R)

(February 16, 2023) -- The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland is proud to announce its RSU 16 Student of the Month recipient for January, Kaiah

McGarry. Kaiah, an eight grader from Bruce M. Whittier Middle School, is described by teachers as a kind and humble student who stands out as a leader and a clear choice for the

Optimist award. She is a focused student who is always eager to do well. People listen when she speaks, because she is a thoughtful and quiet voice of reason that empowers others.

Rinck Advertising Recognized as a Davey Award Silver Winner

LEWISTON, ME (February 15, 2023) -- Rinck Advertising, a nationally recognized full-service advertising agency headquartered in Maine, was recently honored as a Davey Award Silver Winner for its work on the Intermodal Association of North America's (IANA) Membership Campaign.

Rinck is proud of the work it has done with IANA, who represents the combined interests of the intermodal freight transportation industry. IANA provides its members with meaningful opportunities to collaborate, connecting the entire intermodal freight community to innovate and improve the industry's day-to-day operations.

For the membership campaign, Rinck created

a series of print, display, and social ads educating potential and current members about IANA's ability to connect, advance, and inform their business. Leveraging these tools, Rinck and IANA executed a successful campaign leading IANA to a 39% YOY growth in membership, a 59% increase in registrations for its annual expo, and a 129% increase in first-time expo registrants.

In a program with more than 2,000 entries, the campaign was recognized as a Davey Award Silver Winner.

"It's wonderful that Rinck's execution in the B2B space has been recognized by the judges. IANA does important work in a complex environment, and the Rinck team translated that to a highly effective membership campaign

targeting, reaching, and converting key leaders and future leaders in their industries," said Peter Rinck, CEO of Rinck Advertising.

The 18th Annual Davey Awards honor outstanding creative work from the "Davids" of creativity, the best small firms, agencies, and companies in the world.

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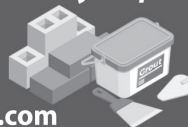
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Telethon Raises \$305K for Statewide Heating Assistance

PORTLAND/BANGOR, ME (February 13, 2023) -- NEWS CENTER Maine held its annual statewide Project Heat Telethon on January 26 to raise money in support of the Keep ME Warm Fund. In just one day the telethon secured more than \$290,000.

Keep ME Warm is a partnership of the seven United Ways in Maine and ten Community Action Programs (CAPs). It is the only statewide program that provides emergency heating assistance and support to low-income households and local organizations throughout Maine.

Volunteers from all seven Maine United Ways, employees from Dead River Company and NEWS

CENTER Maine all joined forces to answer calls virtually. For the fourth year, NEWS CENTER Maine's Project Heat Power Hour was deployed. From noon to 1:00 p.m. telethon sponsor Dead River Company matched all donations up to \$20,000. During the Power Hour viewers donated \$69,838. With the match from Dead River, \$89,838 was donated in just one hour. As of this writing, NEWS CENTER Maine's 2023 Project Heat Telethon has accepted donations and pledges from individual donors and sponsors totaling \$305,045.

United Way anticipates funds will serve more than 690 households for heating assistance. That number is based on the



current cost of \$4.40 per gallon distributed by 100 gallons per household.

Donors were kind enough to share with The Project Heat Telethon volunteers about why they were donating. Below are a few of those stories.

A viewer from Porter donated \$20. The viewer is a senior who has been on the receiving end of heating assistance in the past.

A viewer from Dover Foxcroft donated \$50, "I'm elderly and know how hard it can be to afford to heat a home".

A viewer from Topsham donated \$300 - "This is Maine-this is what we do—we help our neighbors! I'm 85 and can never remember a time when people were struggling so much!"

A phone bank volun-

teer received a call from a gentleman in Florida who watches the Maine news every morning and wanted to help.

A viewer from Brunswick donated \$500. She says heat wasn't always available to her as a kid, and her mom relied on Community Concepts. She says she donated last year too. "This is my way of giving back!"

A viewer donated \$50. She was a single mom with a lot of kids and needed heating assistance when she was younger. She wants to help others that are now in her old shoes.

A phone bank volunteer took a donation of \$200. The donor had been listening to the stories during NEWS CENTER

Maine's newscast and said he and his wife had some extra funds and wanted to help.

In Maine, sixty percent of homes rely on heating oil, the highest rate in the nation. Most Maine homeowners pay more for heating oil than any other energy expense during the winter months, especially for those who live in older homes that are not energy efficient. The reliance on oil to heat Maine homes makes the Project Heat Telethon vital to ensuring people can stay warm.

The opportunity to donate to Project Heat and Keep ME Warm is still open. Visit KeepME-Warm.org to donate. Visit or call 211 for heating assistance and resources.

MOFGA Opens Applications for Ag-Related Scholarships

MAINE (February 16, 2023) -- Applications are now open for the 2023 Russell Libby Agricultural Scholar Awards. Each year, the Maine Organic Farmers and Gardeners Association (MOFGA) awards three \$1,500 scholarships, one in each of the following categories:

MOFGA Journeyperson program participant (past or present).

Maine high school senior planning to study sus-

tainable or organic farming (with a preference for colleges in Maine).

Teacher, school or education center looking to support an agricultural related project in Maine, such as a campus garden, classroom project or a guest lecturer.

Awards are granted to honor the late Russell Libby, who led the Maine Organic Farmers and Gardeners Association for 17 years and dedicated his life

to growing the organic food movement. Recognizing, more than 20 years ago, that Maine's farming population was aging and dwindling, Libby advocated for focusing significant MOFGA program resources on training the next generation of farmers. Through his vision, MOFGA has been instrumental in shifting the demographics of Maine's farming population. Now Maine is one of the leading U.S. states for creating suc-

cessful new farmers.

"Each spring when I read these applications, I feel hopeful and optimistic as I read the stories, dreams and plans shared within them. It is our hope that these scholarships will help support and inspire future growers and farmers," says Anna Libby, community education director at MOFGA.

These scholarships support the recipients in their pursuits of agriculture education and projects. Funds have been used for schooling, infrastructure that improves access to programs, new gardens and much more. Last year's educator award recipient, Lindsey Schortz, used the funds towards building a composting system for the garden at the Belfast Community Outreach Program in Education (a high school program that serves at-risk students).

"The scholarship has enabled me and my students here at BCOPE



to take risks as we build our composting program," says Schortz. "Our first project with the funds was completed in December, a student designed and student built compost bin which two different classes worked on. We have several other ideas that we are researching and exploring at this time and having the funds to purchase books,

technology and additional materials, not to mention the excitement of being a recipient of the Russell Libby Scholarship as a motivator, has been invaluable. I am very appreciative."

Applications are due March 31, 2023. Please visit our website for more information and to apply for the Russell Libby Agricultural Scholar Awards.

Healing Services Set for Lewiston and Brunswick

LEWISTON, ME (February 16, 2023)--Three healing prayer services are scheduled for Maine churches in Lewiston and Brunswick in the coming weeks.

Catholics believe that healing occurs during all Masses through the gift of the Holy Spirit. During a healing service, participants remain open to the Holy Spirit and invite Him into their hearts in order for healing to take place. The theme of the entire Mass is healing, from the celebrant to the music to the participants to prayer teams. The theme of re-

newal is reflected in the liturgical prayers and Scripture readings, as well as in the music, which often consists of spirited praise and worship songs. Every situation is different but most involved say they receive an increase in awareness of Jesus being present and bringing peace and renewed strength.

Fr. Michael Sevigny, OFM Cap., will preside at healing services at Holy Family Church, located on 607 Sabattus Street in Lewiston, on Friday, February 24, and Friday, March 31. Both services will run from 6:30 p.m. to 7:30 p.m., and

all are welcome to gather.

Fr. Richard Rice will lead a healing service at St. Charles Borromeo Church, located on 132 McKeen Street in Brunswick, on Sunday, March 26, at 1:30 p.m. All are also welcome to gather at this service.

"We will pray that the Holy Spirit will meet the needs for healing and for personal holiness, said Fr. Rice.

For more information about the Lewiston healing services, call 207-777-1200. For further details about the Brunswick healing service, call 207-725-2624.

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Businesses Come Together to End Sale of Flavored Tobacco Products

AUGUSTA, ME (February 14, 2023) – Concerned about the high costs of tobacco use for Mainers and Maine businesses, a broad coalition of Maine businesses have joined together to encourage ending the sale of flavored tobacco products in the state. The group is an offshoot of Flavors Hook Kids Maine, which is dedicated to eliminating the sale of all flavored tobacco products because flavored products like fruit, candy, and menthol flavored tobacco products specifically target kids and already marginalized communities. The business group, called Tobacco Free Maine Works, says the need to promote a healthy workforce for the future is essential.

“I have a very personal story as it relates to tobacco addiction with all of my siblings,” said Sen. Jill Duson (D-Cumberland), sponsor of the statewide bill. “This is a preventive measure so more young people do not get addicted. It has an overwhelmingly negative impact on their health, their wellbeing, and our collective workforce. If we can put a stop to it by ending the sale of flavored tobacco products, then we should do so. It’s the right thing to do.”

“Beyond the clear threat to people’s health, tobacco addiction is an

unnecessary strain on businesses’ bottom lines and one more challenge to finding reliable staff,” said Tony Payne, senior vice president, external affairs, at MEMIC. “Most people who use tobacco start before they turn 18 years old. That’s why reducing youth tobacco use now is key to promoting a healthy workforce for Maine’s future.”

Some members gathered on Tuesday in Augusta to launch the business group. Tobacco Free Maine Works includes businesses stretching from Caribou to Bar Harbor to Portland.

“Taking care of kids from some of their earliest days is such an important responsibility,” said Jordyn Rossignol, owner of Ms. Jordyn’s Child Care and Preschool in Caribou. “This isn’t just an issue that affects the kids in our care, but it affects our employees as well. If our workers are addicted to tobacco and nicotine, it presents a tremendous strain on our business, and on any business. The best way to avoid that addiction is to do the right thing and end the sale of flavored tobacco now, before more young people get hooked on these dangerous, harmful products.”

“My family has been impacted by youth getting hooked on flavored tobacco products, and as a small business owner, that

has absolutely affected my business,” said Leah Day, owner of Lighthouse Bikes in South Portland. “My child was in the hospital for eight days because he became so hooked, so fast, on flavored tobacco products. The tobacco companies know how addictive these products are, and yet they continue to market them to children. No more. It stops here in Maine, and it stops now.”

Tobacco Free Maine Works is a coalition that is actively seeking additional businesses to join. The initial group includes a diverse set of Maine businesses spread throughout the state including retail stores, food service, child care centers, professional services, and health care-focused organizations.

“According to the 2019 Maine Integrated Youth Health Survey, the percentage of Maine high school students reporting any tobacco use over the past month increased from 23.5% in 2015 to 29.6% in 2019,” said Lisa Harvey-McPherson, RN, MBA, MPPM, of Northern Light Health. “Over that same period of time, the percentage of middle school students reporting any tobacco use increased from 6.3% to 7.6%. The data is clear. The impact of flavors hooking kids on tobacco products is detri-



Supporters of a bill to end the sale of flavored tobacco products in Maine gather for a business-focused coalition launch in Augusta. L-R are Matthew Wellington of U.S. PIRG; Sen. Jill Duson (D-Cumberland); Tony Payne of MEMIC; Leah Day, owner of Lighthouse Bikes in South Portland; and Lisa Harvey-McPherson, RN, MBA, MPPM of Northern Light Health (2.14.2023)

mental to their health today and will negatively impact their health for a lifetime.”

In addition to MEMIC in Portland, Ms. Jordyn’s Child Care and Preschool in Caribou, and Northern Light Health in Brewer, Silverball Tavern in Saco, The Senator Inn & Spa in Augusta, Reel Pizza Cinerama in Bar Harbor, Print: A Bookstore in Portland, and Community Health Options in Lewiston are some of the businesses that have joined the coalition. For more information on the coalition and details for joining, visit tobaccofreemaineworks.org.



Tony Payne of MEMIC and Leah Day, owner of Lighthouse Bikes in South Portland, listen during a business-focused coalition launch in Augusta to support legislation to end the sale of flavored tobacco products in Maine (2.14.2023)

Anthem Blue Cross & Blue Shield Partners with Novella Infusion

SOUTH PORTLAND, MAINE (February 14, 2023) — In a continued effort to make healthcare more affordable and accessible in Maine, Anthem Blue Cross and Blue Shield in Maine recently welcomed Novella Infusion, an outpatient infusion therapy provider, to its care provider network.

Novella Infusion offers infusion and injection therapy (medication deliv-

ered through an IV) for a range of chronic conditions such as rheumatoid arthritis, Crohn’s disease, multiple sclerosis, osteoporosis, eczema, and many others. Novella Infusion recently opened locations in Lewiston and Portland and is opening a location in Augusta in March.

“Maine has some of the highest healthcare costs in the nation, and that’s why Anthem Blue Cross

and Blue Shield is working hard to expand access to independent providers like Novella Infusion, which can deliver care at a more affordable cost and with the same, if not better, quality,” said Denise McDonough, president of Anthem Blue Cross and Blue Shield in Maine. “We’re pleased to welcome Novella Infusion to our extensive network of providers and provide our members with a more af-

fordable option for infusion therapy.”

Anthem’s data shows that infusions delivered in a hospital are often two to three times more expensive – some with markups of up to 300 percent over the acquisition cost of the drug – than infusions done in an independent infusion center.

“We’re excited to bring a more convenient and comfortable infusion experience to Maine resi-

dents with the opening of our first two locations in Portland and Lewiston,” said Joe Brunink, CEO of Novella Infusion. “We will continue to grow to improve service for Maine residents, with our Augusta location opening in March and more locations planned in the future. Novella Infusion is on a mission to increase access to high-quality infusion services for all who need it while lowering the total

cost of care.” Novella Infusion offers flexible infusion times, convenient parking, comfortable infusion chairs, and other amenities in a personal outpatient setting. Novella’s experienced care team supports patients throughout their infusion journey and care is provided by on-site nurse practitioners. For more information about Novella Infusion, visit novellainfusion.com.

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Arts & Entertainment

An Afternoon of Musical Entertainment with Josée Vachon



Franco American singer-guitarist Josée Vachon will bring her musical entertainment and cultural show to the Riverfront-Franco Center stage at 1 p.m. Saturday, March 4. Ticket purchases at 207-689-2000. The venue is in the former St. Mary's Church at 46 Cedar Street in Lewiston.

LEWISTON, ME (February 17, 2023)— Josée Vachon will bring her musical entertainment and cultural show to the Riverfront-Franco Center stage at 1 p.m. Saturday, March 4. Through her music, she will share her Franco American joie de vivre—her joy of living as a Franco American. Born in Quebec and raised in Maine, Vachon has been sharing her Franco American upbringing for over 20 years, through traditional and contemporary folksongs from Quebec and Acadia, as well as her own compositions.

Though she often entertained at her family gatherings, she began singing publicly with the support of the Franco-American Center at the University of Maine, where she discovered others who shared the same rich heritage. She quickly gained recognition as a Franco American voice through her first performances at state

festivals in Lewiston and Madawaska, Maine and at schools and parish soirées.

She has a dozen solo recordings to her credit and continues to perform and record the music that best represents her love of Franco American culture. LawnGuard Lawn Care is the show sponsor.

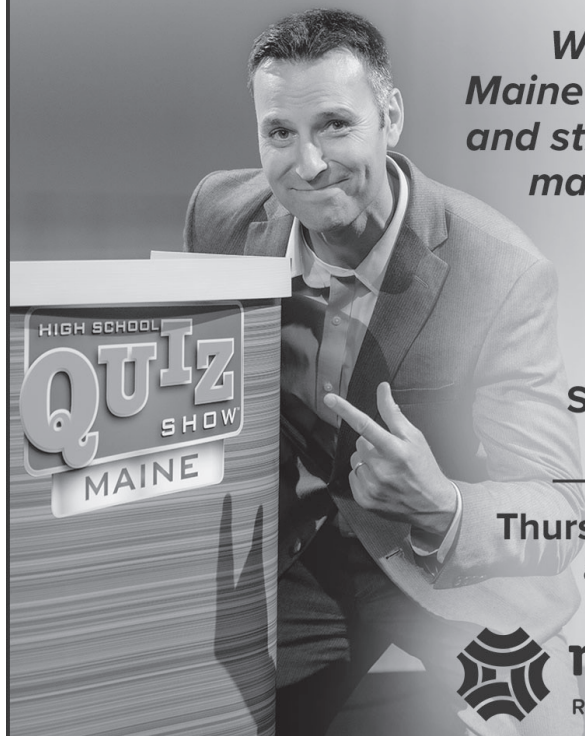
Doors and cash bar open at noon. “We hope with the new ticket pricing that it would be affordable for g more patrons,” said Penny Drumm, administrator. Tickets in advance for Tier 1 seats are \$20 and Tier 2 are \$15. Tickets at the door day of show for

Tier 1 seats are \$25 and Tier 2 are \$20. “Seats in Tier 1 are closer to the stage, but there really isn’t a bad seat in Performance Hall.”

Tickets can be purchased online at www.francocenter.org/shows, by phone at 207-689-2000 or in person at our box office between 10 a.m. and 1 p.m. Tuesdays and Wednesdays. Riverfront – Franco Center is in the former St. Mary’s Church at 46 Cedar St., Lewiston. Parking is available in the mill lot. The building is handicap accessible on the Lincoln St. Alley side.

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LHE/PAC Welcomes Pihcintu Multinational Girls Chorus

FRYEBURG, ME (February 16, 2023) — The LHE/PAC is excited to welcome back the Pihcintu Multinational Girls Chorus! The group will be performing on Saturday, March 11th, at 4:00 PM.

War-torn villages, bloodshed, refugee camps, famine, and political turmoil were devastating realities for many of these young singers before being embraced by the warmth, companionship and harmony that Pihcintu provides.

The power of survival eases but never erases the memory of unthink-

able atrocities, physical danger and personal tragedy. Portland, Maine, an ever-expanding international resettlement community, was fertile ground to bring together children from diverse backgrounds to sing as one. Con Fullam, award-winning producer, musician, and songwriter, combined his passion for music with a deep concern for the effect of world issues on children — creating The Chorus with the help of countless supporting souls from all walks of life. This unique chorus of young women from Cambodia, China,

Congo, El Salvador, Egypt, Kazakhstan, Kenya, Lebanon, Saudi Arabia, Somalia, Sudan, Uganda, Viet Nam, British West Indies, and Zambia, along with children whose families have been here for generations, have formed a powerful and permanent bond. Through the healing power of music, these vulnerable, yet brave, young women have learned to trust, hope and laugh again. The children and their music are transformative. Being in their presence is a life-enhancing experience and they touch the hearts of all who hear them! This is a free concert



with donations accepted to support a worthy organization like this and the ability to make these events possi-

ble. Reserve tickets online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. The

LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the campus of Fryeburg Academy.

Maine Teachers, School Staff Share Why They #LoveTeaching

AUGUSTA, ME (February 13, 2023)— The Maine Department of Education (DOE) has partnered with News Center Maine for the third year in a row to highlight the voices of teachers and school staff sharing why they #LoveTeaching during a weeklong national campaign.

#LoveTeaching week is a national campaign started by educators in 2015 and takes place every year around Valentine’s Day. All week, News Center Maine will feature videos from Maine’s 2022 County

Teachers of the Year and other members of Maine’s education workforce.

“Love Teaching week gives Maine’s teachers and school staff a megaphone to share what they love about teaching and working in our schools. We want to thank News Center Maine for providing teachers and school staff an opportunity to share the extraordinary things happening with their students,” said Maine Education Commissioner Pender Makin.

Here’s what teachers have shared about why they #LoveTeaching:

“I love teaching because it’s a great privilege to get to work with Maine students as they’re learning about the world around them and all of the different ways that they can make it better. I’ve never had the same day twice and I love my job,” said Emily Albee, a social studies teacher at Hampden Academy and the 2022 Penobscot County Teacher of the Year.

“I love teaching art because it gives kids an opportunity to express themselves and use their voice in unexpected ways,” said

Kelsey Boucher, an art teacher at Robert Connors Elementary School in Lewiston and the 2022 Androscoggin County Teacher of the Year.

“This is my 17th year teaching and I love this job because I get to work with curious, kind, and hard-working students,” said Ashley Bry-

ant, a 4th grade teacher at Sacopee Valley Middle School and the 2022 Oxford County Teacher of the Year.

The video messages will air on News Center Maine’s morning and evening news shows from February 13th – 17th. Educators and school staff can also participate in

the campaign by posting their videos to social media and using the hashtags #LoveTeaching and #LoveSchoolStaff. Tune in to News Center Maine, WCSH 6/WLBZ 2 to see the faces and messages of the amazing people working to educate, inspire, and support young people in our state.

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Heartfelt & Humorous Love Story with a Cultural Twist at TPT



Left to right: Aline Salloum – Gamila, Ithamar Francois – Tayyib, Ian Eaton – Abdallah, Laura

LEWISTON, ME (February 17, 2023) -- This March 3 – 12, The Public Theatre presents the Maine premiere of Pilgrims Musa and Sheri in the New World, a romantic, funny and heartfelt love story with a cultural twist. Anyone who has ever fallen in love knows the dilemma. Do you make a safe and sensible match with someone, or risk everything on the unexpected great love of your life? Musa, a sweet-natured immigrant cab driver and semi-practicing Muslim, and Sheri, a sassy American waitress, must negotiate the twists and turns of love and cultural differences. Winner of the Steinberg New American Play Award, this honest, funny and thought-provoking romantic comedy looks at the things which draw people together as much as pull them apart.

This play follows the story of three Muslim immigrants – an Egyptian

cab driver and his Somali and Sudanese friends, who make a new life for themselves in an American city. This charming play asks, how much of who we are is where we have come from and the expectations that are placed on us? Must we represent the customs and culture we were raised in, or can we explore a new way of life in a new land? The playwright Yussef El Guindi, an Egyptian immigrant himself, calls this play, “A love letter to the immigrant experience”.

Whether you are a New Mainer or a person whose distant relative came over on the Mayflower, at one point someone in your family found the courage and hope to travel to a new world in search of a better way of life.

Seattle based Playwright Yussef El Guindi will also be traveling to Lewiston to see the production and participate in the free Sunday Post-show discussion.

The central role of Musa will be played by AHMAD MAHER. Ahmad is an Egyptian born, NYC based actor who has performed in a variety of countries including Egypt, Sweden and the United States. He is a recent recipient of the Berkshire Theatre Critics Award for Outstanding Ensemble Performance. His American love interest Sheri will be played by New York actress LAURA KING-OTAZO. ITHAMAR FRANCOIS will play Musa’s Somali friend Tayyib and IAN EATON will be portraying his Sudanese friend Abdallah. ALINE SALLOUM will play Gamila, an American raised Egyptian.

The New York City set is designed by Michael Reidy, lights by Matthew Cost, costumes by Kathleen P. Brown and sound by composer/designer Scott O’Brien.

We believed this honest, entertaining and heartfelt play explores situations



The Cast of ‘Pilgrims Musa & Sheri in the New World.’ (Clockwise from Bottom Left) Aline Salloum, Ithamar Francois, Ahmad Maher, Laura King-Otazo and Ian Eaton.



and cultural realities many younger New Mainers are facing and talking about amongst themselves. Having the chance to see a play that is relevant and resonant to their lives at The Public Theatre, portrayed by professional actors, some of whom are immigrants themselves will be

a unique opportunity in Maine. Pilgrims Musa and Sheri in the New World is playing at The Public Theatre, Lewiston/Auburn’s Professional Theatre, March 3 – 12, Thurs-Sat at 7:30pm, Sun at 2pm with a Sat matinee on March 11 at 3pm. Tickets: \$25 Adults,

\$22 groups. Tickets can be purchased online at thepublictheatre.org or by calling 782-3200. The Theatre is located at 31 Maple St. Lewiston. Pilgrims Musa and Sheri in the New World is sponsored by Androscoggin Bank, Butler Bros and Cross Insurance.



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Continued from page 1

Additionally, the public is invited to stop by the heart booth across from the

Central Maine Medical Center coffee shop from 10:00 a.m. - 12:00 p.m. on Fridays this month to learn about

different heart health topics, including: CPR; Nutrition; Blood pressure checks; and Exercise and mental health.




Team members at Rumford Hospital




Central Maine Healthcare mascot Dr. Eddy the Teddy with team members at Central Maine Medical Center

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Seniors Not Acting Their Age

Quarry Road Trails - Nordic Skiing Gem

By Ron Chase

When our friends, John & Diane Stokinger, invited my wife, Nancy, and me to join them for Nordic skiing and snowshoeing at Quarry Road Trails (QRT) in Waterville, I was skeptical. Although vaguely aware of the existence of ski trails in that central Maine community, I didn't know anything about them. The Stokingers knowledge was also limited as it would be their first visit.

I look for two principal features when choosing a Nordic ski trail system: High quality grooming and the opportunity to experience extended longer distance treks as opposed to shorter circuitous routes. Since enjoying outdoor adventures with our friends is more important than trail considerations, we deferred to their judgment regarding QRT.

QRT is located at the end of Quarry Road on the northern outskirts of the city. Following Quarry Road under Interstate 95, Nancy and I soon observed what appeared to be well-groomed trails on the left. Glimpses of more groomed trails were discerned as we proceeded farther along. Shortly after, a downhill ski slope was passed on the right where grooming was in progress. By the time we arrived at the Outdoor Center where there is spacious parking surrounded on three sides by Nordic ski trails, we were optimistic. Soon after, our friends joined us.

QRT is an impressive winter outdoor complex that offers downhill

skiing, snowshoeing, fat tire biking, and Nordic skiing. Passes are purchased at a hut where ski rentals and some loaner snowshoes are available.

Nancy decided to snowshoe while I opted to join Diane & John for Nordic skiing. Classic skiers, we initially negotiated the easy Charlie's Inner Loop, Davis, and Far Meadow Loop Trails where the grooming was superb. By accident, we stumbled onto the "more difficult" Hawthorn Trail that travels along the Messalonskee River. The wide painstakingly groomed route facilitated effective snowplows on the downhills and efficient herringboning on the climbs.

Success on Hawthorne prompted a decision to test our skills on the extended "more difficult" River Loop. The approximately three kilometer one-way trek was an exhilarating continuum of demanding climbs and exciting twisting descents, the second half was adjacent to the river.

On return, we stopped at the hut for a break. Nancy soon joined us and reported invigorating snowshoeing. The genial attendant related that the trail system is regularly used for competitive ski racing and other group activities. He also disclosed that the ski area makes snow for the Nordic trails closest to the hut and limited skiing had been available since late November. That revelation just about blew my socks off. I'd spent hours in December and January futilely at-

tempting to locate quality Nordic skiing and all the while it was conveniently accessible in nearby Waterville.

The four of us had different agendas for the afternoon. I decided to explore the distant North Koons and Wally's Way Loop Trails. About a five kilometer outing including connector trails, both are rated "more difficult."

After skiing Charlie's Inner Loop, Meadowlark Trail, and Far Meadow Loop, I connected left onto North Koons. While River Loop and the trails closest to the hut had been busy, I found myself alone in a delightful wilderness setting on rolling North Koons. The grooming continued to be exceptional on the one-way network. Although there was some downhill, I generally skied gradually uphill for the first half of North Koons before joining and repeating the same on the initial segment of Wally's Way. Much of the remainder of the ski on the east sides of the two loops was steadily downhill and very entertaining. I met two skiers just before completing the thoroughly enjoyable double loop who echoed my favorable observations about the trails.

Everyone in our group was impressed with their QRT experience. I'll definitely return. Assuming the trails are well-groomed, which seems likely, I plan to ski the "most difficult" Upper Colby Sprint and South Koons Trails during my next visit. And, when no one else has snow, I'll call



A snowshoer and two skiers leave the hut at Quarry Road Trails

to see if QRT is making their own.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* includes three chapters that relate exciting Nordic ski escapades in Maine. Had I been aware of QRT when I wrote the book, it would have been the fourth.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net



A skier completes a downhill section on Hawthorn Trail



The hilly River Loop travels along the Messalonskee River

Collins Named Top Republican on Defense Subcommittee

WASHINGTON, D.C. (February 13, 2023)—Today, U.S. Senator Susan Collins was named the Ranking Member of the Defense Appropriations Subcommittee, which oversees and sets the annual budget for the Department of Defense.

Senator Collins will serve in this new leadership role on the Defense Appropriations Subcommittee in addition to serving as the Vice Chairman of the full Appropriations Committee.

"As the Ranking Member of the Defense

Appropriations Subcommittee, I will work hard to ensure that the highly skilled employees at Bath Iron Works and Portsmouth Naval Shipyard have the resources they need to build and maintain our Navy fleet," Senator Collins said. "From DFAS Limestone

to the 101st Air Refueling Wing in Bangor to Pratt & Whitney in North Berwick, Mainers who serve in uniform, as DoD civilians, and in the defense industry make outsized contributions to our national security. I will continue to work to strengthen our critical defense industrial base, which is essential to ramping up production of materials urgently needed to support Ukraine's efforts against the brutal Russian

attacks and to deter China."

Senator Collins has long been a champion for members of our military and our national defense. She received the Distinguished Citizen Award from the Congressional Medal of Honor Society in 2018 for her work to support veterans, and she received the Navy's highest public service award from the Secretary of the Navy in 2013 for her tireless advocacy of shipbuilding

programs.

Senator Collins has strongly advocated for the construction of destroyers, the workhorses of the fleet, by restoring funding for a DDG-51 that was cut from the Navy's budget in the Fiscal Year (FY) 2022 Defense Appropriations bill and adding \$2.19 billion to the FY 2023 defense appropriations bill for the construction of an additional, third DDG-51.

The Pentagon's annual assessment of China's military power reports that the Chinese Navy is now the largest in the world with about 340 ships, and China is expected to have a 400-ship fleet in 2025. Today, the United States Navy has 293 battle force ships, a fleet that many military experts consider to be too small given global threats.

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Putin “Wants to Divide Us,” Sen. King Warns



WASHINGTON, D.C. (February 15, 2023) – U.S. Senator Angus King (I-Maine) today discussed Russian President Vladimir Putin’s key objectives in his unprovoked war on Ukraine as the conflict approaches its one year anniversary. In a hearing before the Senate Armed Services Committee (SASC), King questioned Mr. Roger Zackheim, the Washington Director at the Ronald Reagan Presidential Foundation and Institute, about Putin’s strategy for the war’s coming months. The Senator reiterated that Russia’s best hope for success is to divide the west, but with a united front, Putin “doesn’t stand a chance” to win the war.

On Putin’s strategy to divide the west from supporting Ukraine, Senator King asked the panelists:

“It strikes me, as you look back at the Ukraine conflict, that if you combine the Ukrainians ‘Will

to Fight’ with the resources of the west and the United States, Putin really, in the long run, doesn’t stand a chance. It strikes me that Putin’s best hope now is dividing the West and dividing the United States. Do you think that’s a legitimate concern?” the Senator asked Mr. Zackheim.

Mr. Zackheim replied, “I absolutely think that’s part of the Putin’s strategy. I think he also questions the will of the West to continue to support Ukraine. Absolutely, I agree with that.”

Senator King then asked Mr. Zackheim to expand on the need for the west to supply military equipment to Ukraine:

“You mentioned – you used the word a few minutes ago – speedily. And one of my concerns is that, for example, with the tanks, our response has been slow, and then we have to go through training. And I’m worried right

now at this moment that the Russians are preparing for a major offensive in the east that the Ukrainians aren’t going to be ready for because they don’t have the equipment,” Senator King said. “In other words, we’ve telegraphed to them that we don’t have the tanks there yet, and they’re going to try to take advantage of this gap. Is that something of concern?”

“Yes, Senator. I think the unclassified information I’ve reviewed certainly suggests that. The way I think about it, Senator, is the strategy here is to help Ukraine realize a counter offensive, to break through that Russian line that is emerging in the Donbas. To do that, we should give them all the capabilities necessary. Tanks is one example; fourth generation fighter aircraft is another. And we tend to think about the platform and get stuck rather than thinking about the strategy. If we trust

Ukraine to restore its sovereign territory, then we should trust some of the platforms to do that and not be worried they’re going to use the platform for some other purpose or escalate the battle beyond the territory of Ukraine,” Mr. Zackheim replied.

Senator King concluded his questioning by asking Dr. Bonny Lin, a Director at the Center for Strategic & International Studies, about the similarities between the Ukrainians will to fight against Russia and the Taiwanese will to fight against the Chinese:

Senator King asked, “The key to the success thus far of the Ukrainians has been their amazing courage and will to fight. How do you assess the will to fight of the people of Taiwan and their leadership? Is their leadership of the Churchillian quality of Zelenskyy, or are they closer to, let’s say, [Former Afghanistan President] Ghani?”

“That’s an excellent question, Senator. I think Taiwan is strengthening its will to fight. It’s very encouraging for Taiwan to look at what Ukraine has accomplished, and it’s in-

stillling more confidence in the Taiwan people. I would also note that unlike Ukraine, where folks could leave via land, Taiwan is surrounded by water. So even if we’re not necessarily seeing the strong will now, when push comes to shove, I think many people in Taiwan will find they have no escape routes and they need to fight for their home,” Dr. Lin concluded.

A member of the Senate Armed Services Committee and the Senate Select Committee on Intelligence, Senator King is recognized as a thoughtful voice on national security and foreign policy issues. Senator King has shared concerns that Putin may consider “greater force in Ukraine” and condemned the attacks on Ukrainian sovereignty as “heinous”, calling for a united, international effort to push back on Putin. Senator King has also urged maximum intelligence sharing with Ukrainian officials, and cosponsored a bipartisan resolution supporting the American partner in the face of Russian aggression. He recently gave a floor speech urging deterrence to prevent war secured numerous provisions

in the FY2022 National Defense Authorization Act for support to Ukraine. In January, Senator King visited Kiev to hold bilateral meetings with President Zelenskyy and his Ukrainian counterparts to ensure that American aid was used efficiently with proper oversight.

In addition to his committee work, Senator King serves on the Senate North Atlantic Treaty Organization (NATO) Observer Group, is Co-Chair of the U.S. Senate Arctic Caucus, and Co-Chaired the Cyberspace Solarium Commission.

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Free Classes in Career, Business, and Financial Education Offered

MAINE, STATE-WIDE (February 17, 2023)—New Ventures Maine (NVME) will offer tuition-free online and in-person workshops and classes in March in three program areas: career, business and financial education. Workshops and classes are designed to help people in Maine gain the skills, knowledge, and confidence to start a business, build a career, and manage money.

The full class schedule is updated frequently and is accessible online.

Online and in-person classes in the three pro-

gram areas include:

Manage Your Money My Money Works: Wednesdays, March 1 – 29, 6:00 – 7:00 p.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals with a plan to achieve greater financial stability.

Managing Your Money: Thursdays, March 16 - 30, 10:00 – 11:00 a.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three work-

shops. **March 16:** Budgeting Basics; **March 23:** Let’s Talk About Credit; **March 30:** Build Your Savings.

Build Your Career Connecting Women to Construction Careers: Thursday, March 2, 10:00 – 11:30 a.m. OR 6:00 – 7:30 p.m. Online. This virtual session is designed for women and underrepresented workers to explore high-wage careers within the construction trades as well as low-cost or no-cost training programs and job opportunities.

Building Confidence: Thursday, March 2 - 16, 10:00 – 11:30 a.m.

Online. Whether you are navigating recent changes, looking for a job, starting a business, or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong.

Making Career Choices: Tuesday, March 7, 10:00 – 11:00 a.m. OR 6:30 – 7:30 p.m. Online. Ready for a career change but don’t know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered Tuesday, March 21, 10:00 – 11:00 a.m.)

Job Search Workshops: Tuesdays, March 14 - 28, 10:00 – 11:00 a.m. Online. Ready for a new job or a career change? Join us for one, two, or all three of these workshops. **March 14:** Job Search Strategies; **March 21:** Resume Strategies;

March 28: Interview Strategies.

Changing Jobs: Finding Work That Fits: Wednesdays, March 22 – April 5, 6:00 – 7:30 p.m. Online. Are you considering a job change? This online class designed for women will help you identify work options and benefits that align with your interests, skills, and values.

Start a Business Introduction to Self-Employment: Tuesday, March 7, 12:00 – 1:00 p.m. Online. Is self-employment the right choice for you? The class covers the pros and cons of owning your own business, steps needed for start-up, major elements of a business plan, and resources to help you succeed.

Tax Readiness for the Self-Employed: Thursday, March 9, 12:00 – 1:00 p.m. Online. Learn how to organize your financial records, understand your tax responsibilities, become

familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors.

Venturing Forth: Business Planning for Entrepreneurs: Mondays, March 13 – June 12, 9:30 a.m. – 2:30 p.m. In person in Brunswick. This 60-hour business planning course covers the following topics in depth: your customer, competition, marketing, record keeping, taxes, financing, legal aspects, and more. For new or existing business owners. Applications are due by noon on Friday, March 10.

Business Basics: Wednesdays, March 29 – April 12, 10:00 – 11:30 a.m. Online. This class covers the basics of a business plan, marketing, and cash planning. It will help you assess the feasibility, desirability, and viability of your business idea and get you started with your plan.

To learn more or sign up, visit newventures-maine.org and “choose a class” or call 207-621-3440.



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Calendar

Send your submissions to the Editor. More online.

February 23
 LEWISTON – Lewiston Public Library is hosting Predators: The Balance of Nature on Thursday, February 23rd from 2-3pm in Callahan Hall at the Lewiston Public Library. Information for this event can be found on our website: <https://lplonline.org/events/predators-the-balance-of-nature/>

Fridays February 24 and March 3 and 10
 LEWISTON -- Opening Minds through Art at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

February 25
 GRAY -- First Congregational Church of Gray holds Saturday Night Church Supper at 5:00 P. M. at the Parish House, 5 Brown Street, Gray. Handicapped accessible. Seating capacity - 50

Meals are single-sized and are \$10 each. Please pay at the door. The Meal includes: A variety of Casseroles, Salads, Baked Pea Beans, Red Hot Dogs, Breads, and an Assortment of Desserts and Beverages.

February 25
 BUXTON -- Had-dock Supper Buffet - Saturday, February 25, 2023

- 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20. Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

February 28
 LEWISTON -- BLACK HISTORY MONTH FILM AND DISCUSSION held on the 28th of February from 4-7 PM at the Lewiston Public Library.

Dr. Ayat Hamza, Dr. Marcelle Medford and City of Lewiston DEI Director Melissa Hue present a Black History Month film screening and discuss the historical events from the movie and their impact on African Americans today. 513-3135; www.LPLonline.org

Every 1st, 2nd, and 3rd Monday starting March 6

LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm

starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

March 8
 LEWISTON -- The March meeting of the Androscoggin Retired Educators' Association will be held at 10:30 a.m. on Wednesday, March 8, 2023 at the Green Ladle at Lewiston High School. Our speaker for this meeting will be Miles Felch from

the Bethel Gem Museum who will present a slide show of the work and activities conducted at the museum.

Reservations for this meeting should be sent to David Wing, 42 Hatch Hill Road, Greene, ME 04236. The cost of the meal is \$18 and will be Chef's Choice. Please make checks out to AREA, to be received by March 1.

March 16
 WILTON -- "Medicare Made Simple" class, presented by SeniorsPlus, an introductory class on Medicare held from 3-5pm at SeniorsPlus, 284 Main St., Suite 10, Wilton.

Free. Register by March 9 by calling 207-795-4010.

Fridays March 24 through April 28
 WILTON -- Opening Minds through Art, Education Center of SeniorsPlus at 284 Main St., Wilton

Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Mondays, Wednesdays, Fridays
 LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11-11:45 a.m.; Day/time: Wednesdays, 11-11:45 a.m.; Day/time: Fridays, 10:15-11 a.m. Instructor: Linn Morin, Certified Trainer.

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Cost: See below. Location: Education Center, 8 Falcon Road, Lewiston

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances, call Linn for more details.

LA Arts
Continued from page 1

couldn't be more excited to celebrate the inauguration of LA Arts' new headquarters, an impressive and expansive mixed-use space housing a gallery, performance area, kitchenette and office," says Gerald Walsh, the organization's Arts Agency Manager. "We're thrilled to continue our work to support the arts and cultural needs of Lewiston and Auburn and surrounding communities from our new home base."

In addition to LA Arts' own programming, the newly renovated space also offers a beautiful rental opportunity in the heart of Lewiston's downtown arts district for meeting, performance, lecture, class/workshop, or community gatherings.

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



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LPL to Hold Black History Month Film And Discussion

LEWISTON, ME (February 13, 2023) -- The City of Lewiston Diversity, Equity and Inclusion office is highlighting Black History Month with a special movie and discussion night on Tuesday, February 28th. This free, public program will take place from 4-7 in Callahan Hall at the Lewiston Public Library.

Ayat Hamza, a graduate from UNC Chapel Hill and an attorney at OgleTree, one of the nation's top law firms, will introduce the film. The

discussion to follow will be led by Marcelle Medford, Assistant Professor in the Sociology Department at Bates College and Melissa Hue, the DEI Director for the City of Lewiston. The movie presentation will be followed by interactive discussion with audience members. Professor Marcelle Medford will co-facilitate with Director Melissa Hue a collective debrief of the movie, its impact on the civil rights movement, and where we are now.

Attendees should

note that the film has a rating of PG-13 and deals with sensitive content. More information about the film, including a synopsis, is available at the Library's website: lplonline.org.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Tuesday's lecture is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewiston-maine.gov.

LEWISTON ME
Lewiston PUBLIC LIBRARY

CELEBRATE
BLACK HISTORY
MONTH

You and your family are cordially invited to attend the Maine showing of the award-winning movie that shares a historically significant moment that defines Civil Rights.

The film journeys through the perspective of a mother and a mother's grief. Following the movie, join a riveting, interactive discussion with top leaders in diversity:

OgleTree Attorney
Ayat Hamza

Bates Professor
Marcelle Medford

Lewiston DEI Director
Melissa Hue

About the movie: The movie is based on the true story of Mamie Till-Bradley, an educator and activist who pursued justice after the murder of her 14-year-old son Emmett in 1955. Movie is rated PG13 - Sensitive Content.

WHEN: Tue., Feb. 28 - 4 PM to 7 PM
WHERE: Callahan Hall
 Lewiston Public Library
 200 Lisbon Street

PRICE: Free!
PARK: Canal Street Garage
 Oak Street Garage

FMI: lplonline.org

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