

2 from Gorham Receive MADD Law Enforcement Awards



GORHAM, ME (February 24, 2023) – Sergeant Hatch and Officer Crawford were both recipients of the MADD Law Enforcement Appreciation Awards for 2022. They received this award for their outstanding work for creating roadways in the State of Maine free from impaired drivers and there-

by keeping motorists safe to travel on them.

Their work in the area of enforcement, education and managing grant enforcement is to be commended. Thank you for your dedication and hard work thereby keeping the citizens and visitors of Gorham safe.



Throw with Heat at Gorham's Pitching Lessons

GORHAM, ME (March 3, 2023) – Are you a youth softball pitcher, or are you interested in learning how to pitch? Join Coach Kelsey Crowe for

pitching lessons!

Learn different skills, get tips to correct and improve your pitching form, or start learning a whole new spin

pitch.

Kelsey has been pitching for 20 years, playing for Gorham High School and Thomas College. She has been a

softball coach with Gorham schools for 6 years and running private pitching clinics for 7 years. 4 sessions for \$45.00 starting March 12th!

Rock Climbing Club for Gorham Middle Schoolers is Back

GORHAM, ME (March 2, 2023) – Gorham middle school students can participate in rock climbing club which meets at Salt Pump Climbing Co. Cost is \$75.00

Dates are:

Wednesday, March 15th
Wednesday, March 22nd
Wednesday, March 29th

Beauty and the Beast Comes to Gorham Middle School

GORHAM, ME (March 2, 2023) – Gorham Middle School will be presenting Beauty and the Beast! Dates are Friday, March 10th at 7pm; Saturday, March 11th

at 2pm and 7pm; Sunday, March 12th at 2pm. Performances will be held at Gorham Middle School's Auditorium, and tickets are \$5 at the door.

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Newsmakers, Names & Faces

Great Falls Forum: What's New in Maine Agriculture

LEWISTON, ME (February 28, 2023) – The 25th season of the Great Falls Forum continues on Thursday, March 16th, with a panel discussion entitled “New Developments in Maine Agriculture,” featuring Jill Agnew, Farmer at Willow Pond Farm; Tori Lee Jackson, Program Administrator for Agriculture & Natural Resources at University of Maine Cooperative Extension; Justin Triquet and Nikki Leroux, Owners, Forest Fungi Farms LLC; and moderated by Nancy McBrady, Deputy Commissioner, Maine Department of Agriculture, Conservation and Forestry. This free, public program will take place from 12 noon to 1 PM in Callahan Hall at the Lewiston Public Library and will also

be streamed live via Zoom and the Lewiston Public Library Facebook page.

Maine agriculture is diverse: with over 7,600 farms across the state ranging in scale, type, and production practices, there's always something new happening in agriculture. These panelists likewise represent the diversity of the state's agricultural landscape. Organic, community supported agriculture to farming specialty mushrooms. Food security and farmland conservation. Technical assistance to new farmers (and new Mainers) as well as established farms looking to expand markets or scale up. This Great Falls Forum panel will explore what they believe are the greatest challenges—and opportunities—for Maine

agriculture as 2023 continues to get underway.

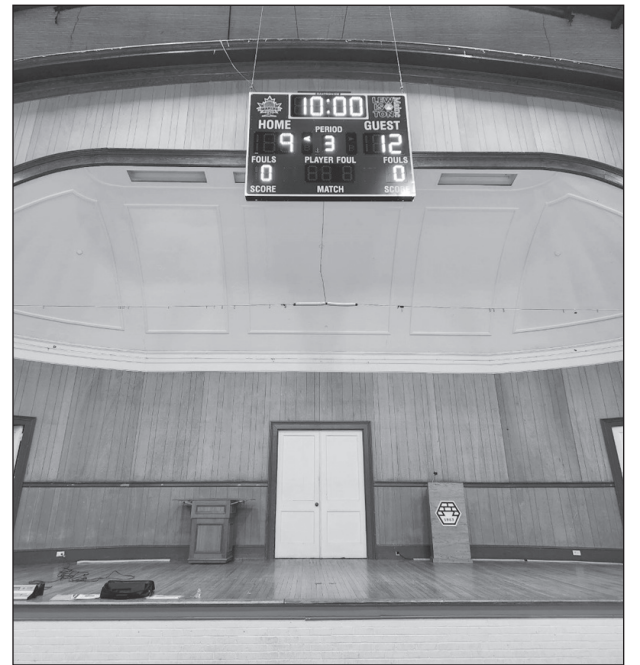
Admission is free to all Forum events and reservations are only required if attending via Zoom. The Zoom link will be posted to the Library website and Facebook prior to the event. The onsite program is a bring-your-own, brown-bag lunch event. For more information, please contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

The Great Falls Forum speaker series is co-sponsored by Bates College, Lewiston Public Library, and the Sun Journal. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street.

Lewiston Recreation Updates Scoreboard at Armory

LEWISTON, ME (March 3, 2023) – Lewiston Recreation recently unveiled its new electronic scoreboard located in the gym at the Armory, 65 Central Avenue. The 5' x 7' scoreboard is branded with the City of Lewiston logo and the logo of the LA Maples, a semi-professional women's basketball league whose home base is at the Armory.

“Not only did the unit no longer work, the company had stopped making parts for the scoreboard,” said Nicole Welch, Lewiston's Recreation Director. “The new unit will elevate game day experiences, while helping the Armory take another step forward in creating a high-quality



space for all athletes.”

Before, the players and audience relied on

small portable scoreboards to get score and game information. The new scoreboard adds to the versatility of the Lewiston Armory's 15,000-square-foot gym space, and use will include basketball, wrestling, and volleyball games.

The scoreboard is currently operating for pick-up games in the Armory and will be used for all LA Maples home games, starting in late May of 2023.



See the Far East with Senior College in the Community at APL



Eve Fralick

AUBURN, ME (March 1, 2023) – All you have to do is come, sit, and relax for a fascinating

Whirlwind Tour of the Far East!

Eve Fralick, our neighbor from Greenland NH, will present her slides and stories of places most of us will never see. Highlights include hiking a centuries-old pilgrimage in Japan; visiting a cherry blossom festival and the 38th parallel in South Korea; and climbing the Great Wall of China.

Eve has backpacked around the world, off the beaten path where few others venture. She documents

her adventures in travelogues and presents them at libraries, schools, and civic groups.

This travelogue will be held in two consecutive Thursday afternoon sessions: March 23 and March 30 at 2 PM.

All of these programs will be held in person at the Auburn Public Library in the Androscoggin Room at 49 Spring St. Auburn, ME. It is important to register ahead of time by calling the reference desk at the library at 207-333-6600, ext. 6.

GREAT FALLS FORUM

New Developments in Maine Agriculture
A Panel Discussion
March 16, 2023 - 12 noon

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Newsmakers, Names & Faces

USM Builds New Partnership with Aspirations Incubator

PORTLAND, ME (January 17, 2023) — The University of Southern Maine's Promise Scholarship program has entered into a new partnership with the Aspirations Incubator, which includes five youth-serving organizations from around the state of Maine. The partnership broadens access to higher education by providing eligible students with a multi-year, "top-off" scholarship that ensures 100% of their need is met in covering tuition, fees, and on-campus living expenses.

A program with statewide impact, USM's unique Promise Scholarship program supports up to 100 scholars every year — 25 new students annually — and pairs targeted financial aid with comprehensive wrap-around services that support the

success of limited-income, first-generation Maine students who are referred by youth-serving organizations throughout the state. Since the program began in 2018, Promise has awarded more than \$1 million in direct student aid to 108 students representing 42 high schools in each of Maine's 16 counties. The scholarship is designed to enable students to graduate in four years with minimal to no debt and engage in high-impact experiences that are key to successfully navigating a college degree and developing critical skills essential to career success.

"The partnership between the Promise Scholarship and Aspirations Incubator not only removes financial barriers for deserving students, but also establishes continuity of

support for rural Maine students as they transition into college," said Daniel Barton, director of the Promise Scholarship program. "We are thrilled to partner with Aspirations Incubator and expand our reach across the state. Strategic partnerships strengthen the university's ties to the community and enhance our mutual efforts to retain students here in Maine."

Aspirations Incubator (AI) is a six-year pilot initiative launched in 2017 by the Rural Futures Fund that provides long-term, comprehensive mentoring programs in rural Maine communities to increase resiliency, build aspirations, and introduce young people to new opportunities. The Rural Futures Fund decided to focus exclusively on this effort and committed more than

\$8 million — the entirety of its endowment — to the Aspirations Incubator pilot programs.

More than 280 youths at five partner sites currently participate in AI programs, which start in 7th grade and continue through high school. At each AI site, a local youth-serving organization is paired with a nearby school district: EDGE Program of the Maine Seacoast Mission and SAD 37 in Cherryfield; Old Town/Orono YMCA and RSU 34 in Old Town; Game Loft and RSU 3 in Thorndike; Chewonki and RSU 1 in Bath; and University of Maine Cooperative Extension 4-H Center at Bryant Pond and SAD 44 in Bethel.

The first cohort of more than 60 Aspirations Incubator participants will be graduating from

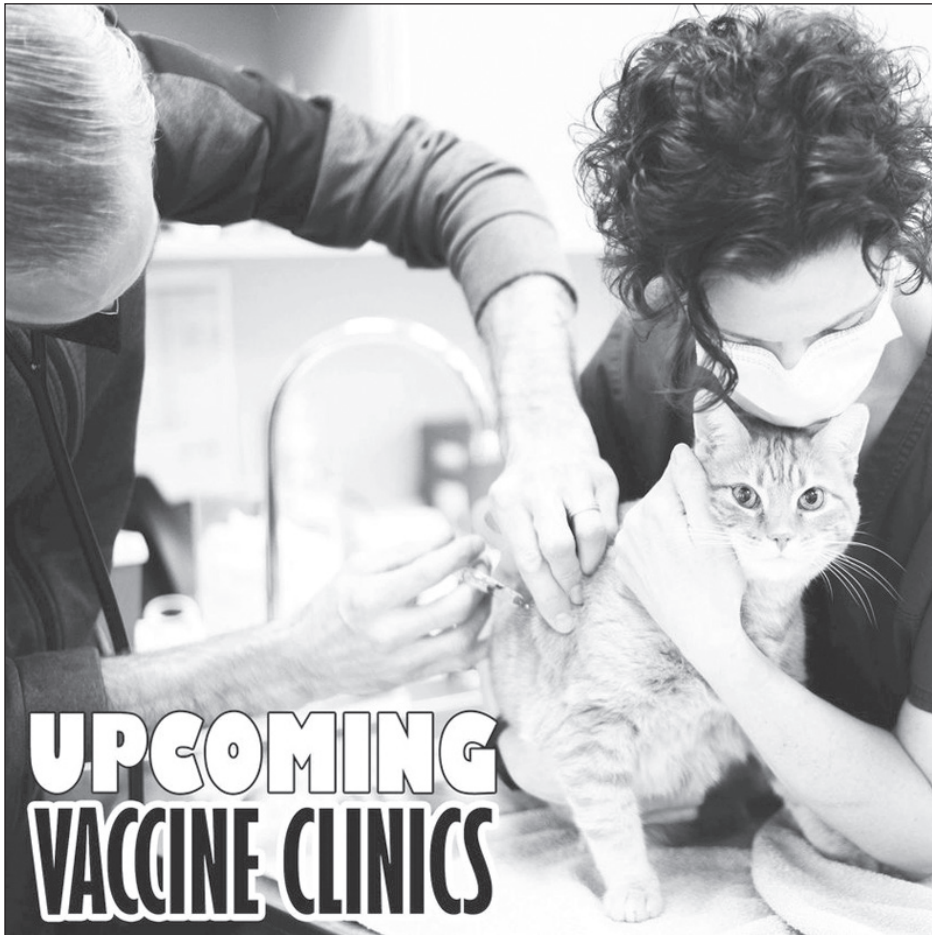
high school in the spring of 2023, having been immersed for six years in mentoring, experiential learning, social and emotional development, and college and career readiness program activities. The Promise Scholarship program has been following the evolution of the Aspirations Incubator and now that the first AI students are graduating, the timing couldn't be better to build a solid partnership with AI and its members.

"The way the Promise Scholarship is structured fully aligns with the uniqueness of how the AI model is designed," said Don Carpenter, executive director of the Rural Futures Fund. "Each of our AI students have been surrounded by caring adult and peer mentors throughout their six-year

educational experience while in the program. If our students get accepted into the Promise Scholarship program, not only will they have 100% of their financial needs met, but they also will receive another four years of continuous support from caring adult mentors on campus who will look out for them, walk alongside them, and guide them throughout their college experience. We would be honored to pass the relational baton of support over to the Promise Scholarship team to continue what we started."

Prospective students considering attending the University of Southern Maine in fall 2023, should apply for the Promise Scholarship by March 15. Twenty-five scholarships are awarded to applicants statewide each year.

Gorham Pets can Get Vaccinated with Animal Refuge League



GORHAM, ME (March 3, 2023) -- Animal Refuge League of Greater Portland is excited to announce that we have two upcoming vaccine clinics where we will be offering rabies, distemper, and bor-

detella (kennel cough) vaccines.

These clinics will be held on March 18th and on April 1st from 10am-12pm at the ARLGP.

Learn more about our upcoming clinics and regis-

ter here: arlgp.org/resources/animal-health-and-wellness/

Gorham Climate Priorities Workshop Rescheduled

Interested in how climate change impacts Gorham?

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AT THE GORHAM MUNICIPAL CENTER
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Gorham **COMMUNITY RESILIENCE PARTNERSHIP** **GPCOG**
GROW WITH US GREATER PORTLAND COUNCIL OF GOVERNMENTS

GORHAM, ME (March 2, 2023) – The Town of Gorham is working to enroll in the Governor's Office of Policy,

Innovation, and the Future (GOPIF)'s "Community Resilience Partnership," which will make the Town eligible for funding for

projects that meet objectives included in the state's Maine Won't Wait four-year climate action plan.

Gorham Climate Priorities Survey

You're invited to help Gorham determine climate priorities to protect key infrastructure, safeguard our natural resources, and support local agriculture by sharing input via a survey which can be accessed at the Town's website.

Climate Resilience Community Workshop

Mark your calendar to join the Greater Portland Council of Government (GPCOG) and Gorham for a Climate Resilience Community Workshop, rescheduled to March 22, 2023 due to winter weather.

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Parole-4-Maine Introduces Awareness Campaign

Press Release by Parole-4-Maine

MAINE (February 28, 2023) -- Tom committed a crime a few weeks after his 18th birthday in 2008. Tom is now pursuing his PhD while also teaching college courses and working as a consultant in restorative justice for organizations across the country. The state will pay \$2.028 million over the next 26 years to keep him incarcerated.

Janet committed a crime in 2018 as an act of self-defense at the age of 24. Janet is now finishing her undergraduate degree and is a successful grant-writer for her university. The state will pay \$234,000 over the next 3 years to keep her incarcerated.

Andrew committed a crime in 1999 at the age of 20. Andrew is now completing a Master's degree in youth development and mentors youth in Maine's youth prison. The state will pay \$780,000 over the next ten years to keep him incarcerated.

The list goes on. While these names are pseudonyms, the stories are real and represent just three of the 1700 valuable human beings currently locked up in Maine's prisons. Tom, Janet, and Andrew have taken mean-

ingful steps towards self-growth and rehabilitation since they entered the prison system, and if this were a state like Wyoming or New Jersey, they would find themselves eligible for parole.

But Maine abolished parole in 1976. And so these residents will remain in a cage at an estimated annual price tag of \$76,000 per person, to serve out their lengthy sentences, paid for by Maine taxpayers.

BRING BACK PAROLE

Parole-4-Maine is a citizens' collective that supports the re-establishment of parole in Maine. They not only cite the real taxpayer relief provided by reinstating parole, but the opportunity to address racial disparities, recognize human dignity, and uplift the need for second chances within Maine's prison system.

Following the positive recommendations of the state's 2022 Commission to Examine Reestablishing Parole, the Maine Legislature is now considering LD 178, An Act to Support Reentry and Reintegration into the Community. Parole-4-Maine has launched a general awareness campaign ahead of the public hearings for LD 178, tentatively scheduled

for Wednesday March 15, 2023.

BRIEF HISTORY OF PAROLE IN MAINE

Maine was the first state in the country to abolish the program in 1976, following a national trend of tough-on-crime laws that greatly accelerated the rate of incarceration, extended sentences, and closed pathways for individuals to earn early release. 15 states then followed Maine's lead in abolishing parole.

Since then, several states have decided that the dramatic rise in their prison populations hasn't been worth the cost. Mississippi, Louisiana, Virginia, Pennsylvania, California, New York, and Illinois have all taken steps to reduce their prison populations by reinstating or expanding their systems of parole or studying alternatives for supervised release.

Last year, Maine's legislature joined the movement by creating a commission to investigate restoring parole and released its final report in December 2022. Among its recommendations: Reestablish parole in Maine and other pathways for early release of incarcerated persons who no longer pose a threat to public safety with a clear criteria for eligibility, process transparency,

and increased support for victims.

WHAT IS PAROLE?

Parole offers eligible individuals the opportunity to serve the latter portion of their prison sentence in a community setting, if deemed ready by a state parole board of experts and professionals. The incarcerated resident would then serve the remainder of their sentence under community correctional supervision. According to Prison Fellowship, when parole is paired with in-prison programming, it is a powerful incentive towards rehabilitation – leading to lower recidivism rates, greater employment opportunities post-release, and overall cost savings to correctional agencies.

When parole is granted, conditions are generally implemented such as reporting to a parole officer, staying at the same address, submitting urinalysis and blood tests, and obeying all state and local laws. Those who fail to comply face the consequence of returning to prison to finish their sentence or in some cases, serve a new sentence.

Advocates for LD 178 say it will restore a thoughtfully implemented parole system for Maine that will lower ballooning costs to taxpayers, offer meaningful second chance opportunities, and increase public safety by incentivizing participation in rehabilitative programming and providing supervised reentry after incarceration.

CURRENT ALTER-NATIVES

When Maine abolished parole in 1976, it replaced it with an intended system of gubernatorial clemency. However, the Parole-4-Maine group can find no instance where a governor has recognized rehabilitation by extending clemency in the ensuing 45+ years since the abolishment of parole. As a *Down East* article describes, even Brandon Brown, as the first incarcerated person in Maine to gain admittance to a PhD program and who received a letter of support

for clemency from his victim, was denied clemency by Governor Janet Mills in 2021.

Maine prisons currently offer 'good time' credits that reduce sentences. The Supervised Community Confinement Program (SCCP) allows incarcerated residents to apply to serve the final 30 months of their incarceration in a community setting. But SCCP is based on sentence length rather than rehabilitative efforts and is disproportionately limited for longer sentences. For example, SCCP reduces a 6-year sentence by 42%, but only reduces a 60-year sentence by 4.2%.

While some are in favor of expanding SCCP and good time credit, Parole-4-Maine argues that parole offers greater incentives for personal growth and rehabilitation. If SCCP only recognizes successful rehabilitation at the very end of a person's sentence, parole offers an earlier opportunity to recognize successful rehabilitation thus alleviating some of the enormous expense to taxpayers.

RECOGNIZING THE NEEDS OF VICTIMS

One condition of LD 178 is that it would ensure those who have been harmed are supported while prioritizing community safety. But there is still some concern among some victim support groups.

As Arthur Jette, Maine Chapter, National Organization of Parents of Murdered Children, said during an interview with WMTV in April of last year: "There's a certain sense of justice that comes from knowing that this individual will never be free for me to bump into somewhere or for me to see at a grocery store. We don't want to insult the victims by granting parole to the individual that took their life."

But as Parole-4-Maine describes in their guide to LD178, parole boards can listen to victim

input and decide *where* the incarcerated community member can live while on parole. LD 178 would work towards a restorative system where healing can occur for both the offender and the victim/victim's loved ones.

PAROLE FOR SECOND CHANCES

As repeated again and again in testimony during last year's Parole Commission hearings, parole is Maine's opportunity to live out its belief in redemption and second chances and to respect the expenditure of taxpayer dollars on incarceration.

"With LD 178, Maine can reestablish a mindful pathway to earned, discretionary release that offers dignified second chance opportunities, lowers taxpayer burdens and provides guardrails to public safety by combining incentivized rehabilitation with frequent risk assessment and reentry oversight. This is a historic piece of legislation." – Parole-4-Maine

Public hearings for LD 178 are tentatively scheduled for Wednesday March 15, 2023. People can give written, virtual or in-person testimony. For more information, head to parole4me.com.

Parole-4-Maine is a diverse team of Maine citizens who see how the current prison system falls short of protecting our communities and who believe deeply in the human capacity for change. We believe that an earned path to reintegration will make our communities safer and reduce the costs of recidivism. Parole will provide a supportive process of reintegration for families and communities. Specifically, Maine should have a parole system that is operated by a diverse range of professionals and is focused on reducing harm and increasing public safety through evidence-based practices. If you would like to have your voice included in this work, please email questions, concerns, testimony, and thoughts to info@parole4maine.com.

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Friday by five pm.

MSO to Perform Music Spanning Centuries

TOPSHAM, ME (February 28, 2023) — The Midcoast Symphony Orchestra (MSO), performs music by composers who are “Tried and True, Plus a Newer Crew” in concert on March 18, 7 p.m., Lewiston at the Riverfront Performing Arts/Franco Center and March 19, 2:30 p.m., at the Orion Performing Arts Center in Topsham.

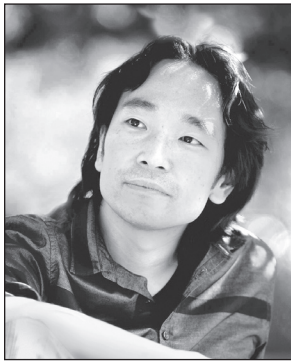
The orchestra welcomes guest conductor Hiroya Miura to the podium for these performances that include music already well known and some gaining new popularity.

Miura, a native of

Sendai, Japan, has been active as a composer, conductor, and performer in North America. He is Associate Professor of music at Bates College, where he teaches music theory and composition, and directs the college orchestra.

The program opens with “Propellers in the Sun,” written in 2016 by Tanner Porter. The piece is, according to Porter, “loosely based on the Icarus myth; flight in the piece is represented by the coughing and hum of propellers.”

Another lesser-known piece on the program is Florence Price’s Symphony No. 3. Recent-



Hiroya Miura, Guest Conductor

ly, music by Price, an African-American woman, is gaining popularity as the classical music world looks to more diverse representation. She wrote this symphony in 1938, but after her death in 1953, was not

widely remembered until now. The symphony has beautiful melodies similar to music of the late 1800s but with a jazzy feel, including a different take on ragtime.

The tried-and-true pieces on the program include Mozart’s Symphony No. 35—the “Haffner” symphony. In 1782 his father, a well-known musician in his day, commissioned this work from his son. According to music historian and MSO violinist Mary Hunter, “Mozart wrote it within the space of 10 days, while also finishing a serenade and the arrangement for winds of his

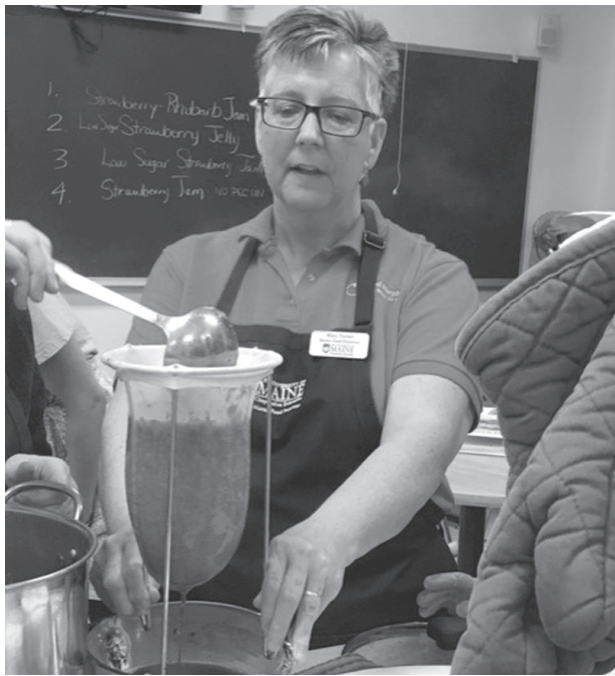
opera Die Entführung aus dem Serail. He was not delighted to receive the commission in the midst of all this work, but took enough trouble over it that he was late sending it off, declaring to his father that he was ‘really unable to scribble off inferior stuff.’”

The orchestra will also perform Arcangelo Corelli’s Concerto Grosso, Op. 6, No. 4, written in 1714. This is one of his 12 concerti grossi and one of his most popular. A concerto grosso is a type of music from the Baroque period with a small group of soloists and string orchestra. MSO violinists Carol Pres-

ton and Mary Hunter, and cellist Karen Jung make up the solo group. This piece replaces the originally scheduled Concerto for Two Violins, by Bach, with violin soloists Rohan Smith (MSO’s music director) and Eva Gruesser.

Complete concert and ticket information is at MidcoastSymphony.org. Tickets are \$24.50 in advance, \$25 at the concert, and free for ages 18 and under and for college students with ID. Audiences are encouraged to purchase tickets in advance at MidcoastSymphony.org or by calling the box office at (207) 481-0790.

Become a UMaine Extension Master Food Preserver



Mary Turner, Master Food Preserver Volunteer from Cumberland County, helps with a jams and jellies training. Photo courtesy University of Maine Cooperative Extension.

ORONO, ME (March 2, 2023) — Applications for the University of Maine Cooperative Extension’s Master Food Preserver program are available beginning March 1. Master Food Preservers bring Extension’s education programs in food preservation to adults and youth around

the state. They serve as volunteers and resources in the community, providing the public with research-based information from UMaine Extension and USDA.

The 10-part, hands-on program will be held Tuesdays, 5:30–8:30 p.m. June 13–Sept. 5. Some sessions will be held at

Brunswick High School, 116 Maquoit Road, and others at the Cumberland County Extension Office, 75 Clearwater Drive, Suite 104, Falmouth. The course covers food preservation techniques including canning, drying, freezing, fermenting and winter storage, as well as important food safety information.

The class fee is \$300 on acceptance into the program. Limited financial assistance is available. Any Maine resident 18 years or older is eligible to apply. Requests for a hard copy may be made at extension.rreception@maine.edu or 207.781.6099.

Class size is limited and those interested are required to fill out an application by May 5. Participants will be informed of their selection status the third week of May. For more information visit the program website. To request a reasonable accommodation, call 207.781.6099 or 1.800.287.1471 (in Maine).

Sen. Collins Pushes for Housing Security for Aged Foster Youth



WASHINGTON, D.C. (March 2, 2023) — U.S. Senator Susan Collins (R-ME), the Vice Chairman of the Appropriations Committee and a member of the Congressional Adoption Caucus, and Senator Amy Klobuchar (D-MN) urged the Department of Housing and Urban Development (HUD) to provide more housing security to youth who are aging out of foster care. The senators emphasized that transition-aged foster youth often face difficulties and delays in accessing Foster Youth to Independence (FYI) housing vouchers and other housing resources.

“We write to call your attention to delays in the delivery of housing vouchers for youth aging out of foster care,” the Senators wrote to HUD Secretary Marcia Fudge. “We appreciate the work of the U.S.

Department of Housing and Urban Development to address these challenges—including under the Foster Youth to Independence (FYI) initiative—and ask for your help to improve the administration of these programs. We have heard from individuals who have encountered significant barriers and delays to securing FYI housing vouchers, and we urge you to ensure housing resources are delivered to transition-aged youth in an accessible and timely manner.”

“Twenty percent of foster youth become homeless the day they age out of care...Involvement in the child welfare system is a major predictor for future homelessness, with fifty percent of the nationwide homeless population having spent time in foster care,” the Senators continued. “Programs like the Foster Youth to

Independence housing voucher have the potential to change the trajectory of these young adults’ lives, but only if they are accessible to them. That is why it’s so crucial to inform transition-aged youth of housing resources in advance of their transition and ensure those seeking help are able to apply and receive assistance quickly and free of unnecessary red tape.”

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Arts & Entertainment

Last Weekend to See *Pilgrims Musa & Sheri in the New World*



LEWISTON, ME (March 1, 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 unexpect-

ed 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.

– 2023; Thurs-Sat 7:30 pm, Sun 2pm; *Sat March 11 - 3pm & 7:30 pm

\$25 Adult / \$22 Group (10+) / \$20 Student (19+ with ID) / \$10 Youth (13-18)

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March 9, 10, 11*, 12



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Mar 3-12

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Red Cross Honors Local Community Heroes in March

PORTLAND, ME (February 28, 2023) — As climate disasters, blood donation needs and other emergencies upend lives, local community heroes are stepping up to care for one another.

This March, the American Red Cross of Northern New England is honoring those who make its mission possible during the 80th annual American Red Cross Month celebration — a national tradition that began in 1943 when President Franklin D. Roosevelt issued the first Red Cross Month proclamation. Locally, Governor Janet Mills has provided a letter of support — and the following municipalities have declared March as Red Cross Month: Bangor, Skowhegan, Caribou, Presque Isle and Madawaska.

“When help can’t

wait during emergencies, Mainers rally together to provide relief and hope for neighbors in need,” said Stephanie Couturier, chief executive officer, Red Cross of Northern New England. “This humanitarian spirit is at the heart of our community, and we are proud to honor all those who make our mission possible during this year’s Red Cross Month celebration. You can join in their commitment by donating, volunteering, giving blood or taking a lifesaving skills course.”

Participate in Red Cross Month by visiting redcross.org to make a financial donation, give blood or platelets, become a volunteer or take a class in lifesaving skills, such as first aid, CPR and how to use an AED. On March 22, you can also join our

annual Red Cross Giving Day campaign by donating at redcross.org/giving-day to help provide shelter, food, relief items, emotional support and other assistance for people affected by disasters big and small.

CONTINUING CLARA BARTON’S LIFESAVING LEGACY Today’s Red Cross volunteers, blood and platelet donors and supporters are advancing the lifesaving legacy of Clara Barton — one of the most honored women in U.S. history — who founded the American Red Cross more than 140 years ago. Her vision to prevent and alleviate human suffering has never wavered: Generation after generation, people have come together to adapt this timeless mission for their communities’ most urgent needs.

In 2022, the American Red Cross in Maine:

Was supported by 1,056 Maine volunteers who logged 35,167 hours helping those in need

Responded to 274 home fires assisting 948 individuals

Installed 886 free smoke alarms for 664 Mainers in need

Deployed 27 Maine volunteers to disasters in Colorado, Florida (18 volunteers for Hurricane Ian), Iowa, Kentucky, New Mexico, New Jersey, New York, Puerto Rico and Texas.

Enrolled 8,882 people in First Aid/CPR and AED training (FY22)

Collected 43,945 red cell products and 14,576 platelets and held 1,976 community blood drives (FY22)

OUR VOLUNTEERS HELP SAVE LIVES

Home fires are the most frequent disaster response for the Red Cross. They claim seven lives every day in the U.S. Most often, these tragedies occur in homes without working smoke alarms. To help families stay safe, the Red Cross is installing free smoke alarms during its *Sound the Alarm* home fire safety events in at-risk communities. On April 1, our volunteers will be in the Camden, Rockland and Rockport areas for this one-day mass installation event. To sign-up for that event — or to schedule an appointment for free smoke alarm installation any time of year, visit redcross.org/EndHomeFires-NNE.

PREVENT A BLOOD SHORTAGE When volunteer

blood and platelet donors lend an arm this March, they’ll help keep the blood supply from dropping further this spring. All who come to give blood, platelets or plasma March 1-31, 2023, will receive a \$10 Visa® Prepaid Card by email.* Plus, they’ll be automatically entered for a chance to win a \$3,000 Visa Prepaid Card — which could help toward expenses like gas or groceries. There will be five lucky winners.*

Upcoming blood donation opportunities March 1-31

Auburn
3/21/2023: 9 a.m. - 2 p.m., Saint Dominic, 121 Gracelawn Rd

Gorham
3/9/2023: 1 p.m. - 6 p.m., Cressey Road United Methodist Church, 81 Cressey Road.

\$17.9M for Clean Water Infrastructure Upgrades in Maine

BOSTON, ME (February 24, 2023) — Today, the U.S. Environmental Protection Agency (EPA) announced \$17,961,000 to Maine from President Biden’s Bipartisan Infrastructure through this year’s Clean Water State Revolving Fund (CWSRF). The funding will support Maine communi-

ties in upgrading essential water, wastewater, and stormwater infrastructure that protects public health and treasured water bodies. Nearly half of this funding will be available as grants or principal forgiveness loans helping underserved communities across America invest in water infrastructure, while

creating good-paying jobs.

“President Biden’s Bipartisan Infrastructure Law is delivering an unprecedented investment in America that will revitalize essential water and wastewater infrastructure across the country,” said EPA Administrator Michael S. Regan. “Not only will these funds expand access to

clean water and safeguard the environment, but more underserved communities that have been left behind for far too long will be able to access them.”

“The historic Bipartisan Infrastructure Law is funding critical water infrastructure projects across New England, especially in places that

have been historically underserved,” said EPA New England Regional Administrator David W. Cash. “Every community should know that their wastewater services are keeping the environment healthy and supporting the lives of people living nearby. We are proud to work with states, Tribes,

and communities in making these unprecedented investments.”

“From clean drinking water to safe sewage systems, modernized infrastructure is central to the success of Maine communities,” U.S. Senators Susan Collins and Angus King, and U.S.

See *Clean Water*, page 10

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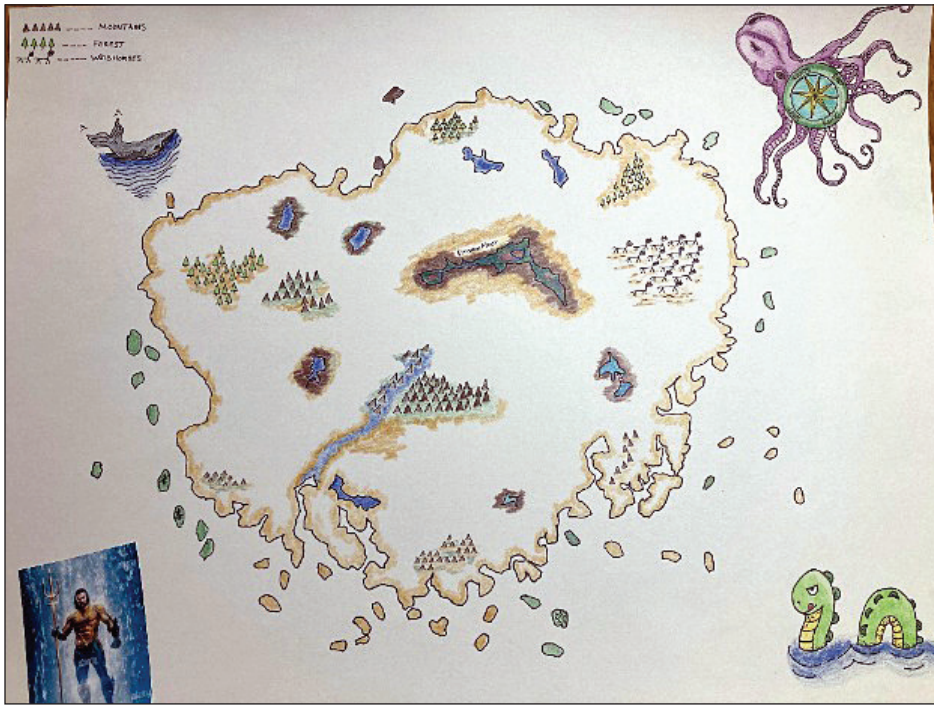
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March Events Held by Gorham's Baxter Memorial Library



GORHAM, ME (February 28, 2023) -- The following events will be held in March at Baxter

Memorial Library: Book Club! Thursday, March 9th: The Indigo Girl by Nata-

sha Boyd; Thursday, March 23rd: South to Americaby Imani Perry We will meet in person



at 10:15am in the Schneider Great Room – Masks optional, No registration necessary. All are welcome!

Creative Rice Maps Wednesday, March 15th 12:30-1:30pm. Visit the library to learn how to use rice to create your own fantasy map. All you need to bring is your imagination and we will provide the rest! Ages 8 and up.

Author Event Joanne Lannin on Women in Sports Journalism on Wednesday, March 22nd 6pm. Women in sports journalism have faced an

uphill battle. They faced colleagues who ignored them, athletes who tried to humiliate them, fans who ridiculed them, and executives who tried to keep them from doing their jobs—challenges many still face today. In *Who Let Them In?* Pathbreaking Women in Sports Journalism, local author Joanne Lannin recounts the stories of the female sportscasters and writers who paved the way for those that followed.

Sustainable Fishing: Explore the science of fishing w/ UMaine Cooperative

Extension 4-H Wednesdays March 22nd, 29th & April 5th, 12th, 3:30-4:30pm. In this series of engaging activities, participants will learn the difference between sustainable and unsustainable fishing practices. Through games, simulations and experiments participants will get to know what species are fished for in Maine, how to find them, and the challenges of maintaining both thriving fisheries and healthy ecosystems. Call the library 222-1190 to sign up.

Campaign Offers Grants to Build Outdoor Fitness Courts

LEWISTON, ME (February 22, 2023) -- Maine-based Community Health Options and National Fitness Campaign (NFC) have extended their partnership through 2023. Now in its third year, Health Options and NFC will award \$500,000 in grants to support new communities interested in joining the statewide campaign to bring community wellness programs and free high-performance workouts to thousands of people, the partnership announced today.

Health Options and NFC launched the statewide partnership in 2021 to expand free access to world class fitness by bringing outdoor Fitness Courts® to communities across Maine. NFC's award-winning initiative is now planning its 500th Healthy Community in America and is poised to deliver important outdoor wellness programs in a time of great need across the country.

The 2022 campaign yielded six public-private investment partners resulting in more than \$400,000 in funding that created new, healthy infrastructure

for over 40,000 residents. The city of Lewiston welcomed Maine's first Health Options Fitness Court® in September 2022, just blocks from Health Options' headquarters in Sismard-Payne Park. The ribbon cutting marked the first launch within the state and brought together partners from across the region including a Fitness Court challenge between local police and fire departments led by YMCA instructors.

The Town of Hampden launched the second Health Options Fitness Court at the VFW Park

and Field and has plans to incorporate the Fitness Court into its existing teen and adult wellness programming—from senior walking and fitness classes to the local high school and recreational programming. "We are excited to bring more Fitness Courts to the state. We hope these courts will encourage free outdoor activity and improve the overall health and wellbeing of Mainers," said Amanda Mc Kenzie, wellness program manager at Health Options.

Added NFC Founder Mitch Menaged, "National Fitness Campaign is proud to extend our partnership with Health Options after

a successful 2022 campaign as the state sponsor in Maine. This continued investment in healthy communities will deliver tremendous resources to combat the rising costs of sedentary living and improve health outcomes as the network of Fitness Courts grows across the state."

NFC has developed the world's best outdoor gym featuring a series of seven-movement workouts with the benefits of digital coaching on the free Fitness Court App, which delivers regular content to keep fitness training fun for adults of all ages, abilities and fitness levels. There

are also opportunities for free fitness classes through an ambassador program featuring local trainers.

Municipalities, schools and other organizations who own accessible public space may now apply to join the program in 2023. Grant recipients will receive a wellness toolkit, education and design resources to assist in planning, funding and launching their outdoor Fitness Court and community wellness campaign.

To learn more about National Fitness Campaign and how to qualify for funding, visit: www.nationalfitnesscampaign.com/maine.



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Curbside Composting to Serve Gorham



GORHAM, ME (March 2, 2023) -- Gorham, Windham, and Sanford can now pre-enroll for Curbside Composting beginning in April! So tell all your friends and share your referral code: Each time a

new account signs up with your referral code, you will both earn a free month of service. Not sure where to find your referral code?
 1. Log into your GtG account
 2. Click 'Get In-

involved'
 3. Click 'Referrals'
 4. ...and share away!
 Limited time promotion for Sanford: The City of Sanford is providing a free curbside bucket and free trial month to the first 1,000 sign ups!

Republicans: Drop Student Covid-19 Vaccination Requirement

STATE HOUSE (March 1, 2023) -- Education Committee Republicans are calling on Maine's publicly-funded University of Maine System to follow the lead of Maine's Community College System and drop the requirement that all students must be fully vaccinated against Covid-19 in order to enroll as students. Republican members of the Legislature's Joint Standing Committee on Education and Cultural Affairs have is-

sued the following public statement:
 "Current science is clear that the policy requiring that all University of Maine System students be vaccinated no longer serves its original purpose and is now detrimental to student learning, student enrollment, and student health. The public recognizes that what we know about science has changed and the public University system must change as well in order to better serve the learn-

ing, health and emotional wellbeing of our students. We commend Maine's Community College System for recognizing this and showing leadership in lifting the vaccination requirement."
 Sen. James Libby (R-Cumberland)
 Rep. Heidi H. Sampson (R-Alfred)
 Rep. Sheila A. Lyman (R-Livermore Falls)
 Rep. Edward J. Polewarczyk (R-Wiscasset)
 Rep. Barbara A. Bagshaw (R-Windham)

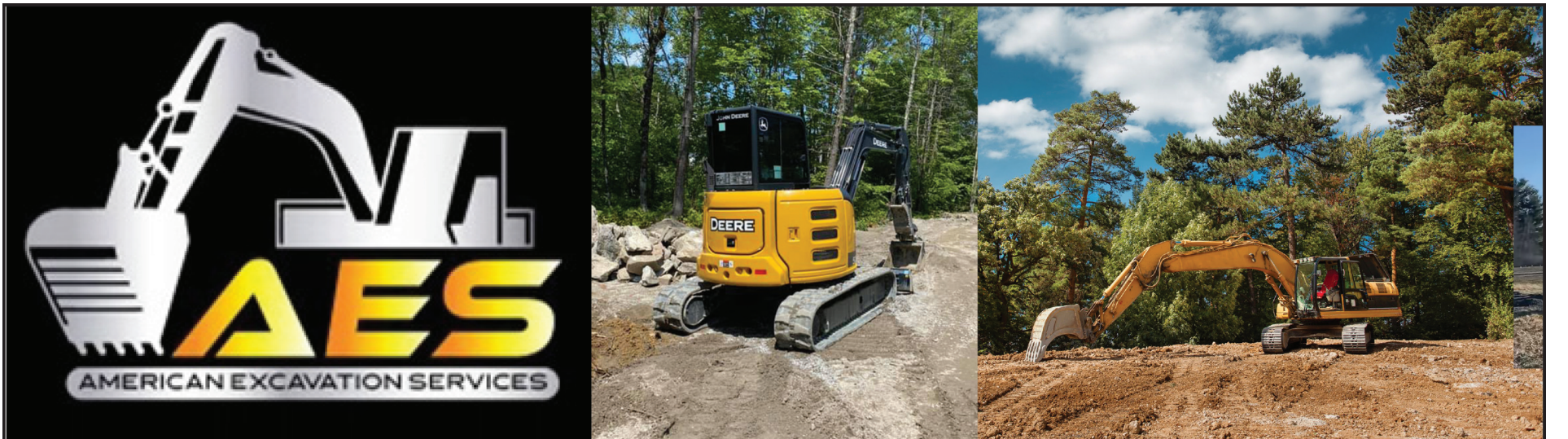
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Windham Commander Testifies to Joint Veterans Affairs Hearing

WASHINGTON, D.C. (March 1, 2023) — Today, U.S. Senator Susan Collins introduced Vincent J. “Jim” Troiola of Windham, the National Commander of the American Legion, at a joint House and Senate Veterans’ Affairs Committee hearing. The purpose of the hearing was to review current veterans programs and ensure that veterans are receiving the care and benefits they earned through their service. Commander Troiola testified at the hearing to present the American

Legion’s priorities for the 118th Congress. Commander Troiola lives in Windham and was elected to be National Commander of the American Legion last year. In his first year in office, he is scheduled to spend 330 days on the road to visit Legion posts in all 50 states and overseas. Commander Troiola enlisted in the U.S. Navy in 1969 during the Vietnam War and was honorably discharged in 1974. He has held a number of leadership positions in the American Legion. “I’m honored to in-



roduce Jim Troiola, a fellow Mainer and the National Commander of the American Legion, our nation’s largest organization of wartime veterans. Needless to say, we in Maine are very proud that Jim has been elected as the National Commander of the Legion. Commander Troiola has served our

nation and its veterans honorably for more than a half century,” said Senator Collins. “I’ve had the opportunity to meet with the commander several times over the years to discuss a wide range of veterans issues,” Senator Collins continued. “I’m certain the committee members

will find him to be an informed, insightful, and totally dedicated individual. It is a great pleasure to introduce the American Legion’s National Commander, Jim Troiola.” In addition to Commander Troiola, witnesses at today’s hearing included Charlie Brown, National President, Paralyzed Veterans of America, Jared Lyon, National President & Chief Executive Officer, Student Veterans of America, Jeremy Butler, Chief Executive Officer, Iraq and Afghanistan Veterans of America, James S.

Hartsell, President, National Association of State Directors of Veterans Affairs, Shawn L. Deadwiler, Interim Director, Black Veterans Empowerment Council, Jack McManus, National President, Vietnam Veterans of America, Christopher J. Slawinski, National Executive Director, Fleet Reserve Association, Angela Pratt, Co-Chair, Veterans Committee, National Congress of American Indians, Brig. Gen. J. Roy Robinson (Ret.), President, National Guard Association of the United States.

Clean Water

Continued from page 7

Representatives Chellie Pingree and Jared Golden said. “This significant funding made available through the Bipartisan Infrastructure Law will make overdue investments to improve public health, address repair backlogs, and increase resilience against the impacts of climate change. We’re proud to see this historic law continue to deliver for Maine people.” “The increased funding provided by the Bipar-

tisan Infrastructure Law will be put to good use across the state to upgrade Maine’s wastewater infrastructure. This infrastructure is critical to protect the waters of the state, protect public health, and support our economy,” said Melanie Loyzim, Commissioner of the Maine Department of Environmental Protection. This new influx of funding from the Bipartisan Infrastructure Law (BIL) will increase monies available for communities to undertake wastewater

infrastructure upgrades in Maine. Project awards are made by state evaluators to ensure they are targeted to the most needed areas. The first year of BIL funding includes a project in Saco which is anticipated for assistance through SRF BIL funding from the state’s SRF programs. Today’s announcement is part of the \$2.4 billion announced as part of the second wave of funding made possible by the Bipartisan Infrastructure Law and builds on the Biden-Harris Admin-

istration’s commitment to invest in America. In May 2022, EPA announced the initial allotment of \$1.9 billion from the Bipartisan Infrastructure Law to states, Tribes and territories through the CWSRF. That money is supporting hundreds of critical water infrastructure projects around the country. President Biden’s Bipartisan Infrastructure Law makes over \$50 billion available for water and wastewater infrastructure improvements across the country between

FY2022 and FY2026. EPA is committed to ensuring every community has access to this historic investment and has centralized increasing investment in disadvantaged communities within its implementation. This investment in water infrastructure is creating jobs while addressing key challenges, including climate change and emerging contaminants like per- and poly-fluoroalkyl substances (PFAS). The implementation of the Bipartisan Infrastructure Law calls for strong

collaboration, and EPA continues to work in partnership with states, Tribes, and territories to ensure that communities see the full benefits of this investment. In addition to today’s announcement, the 2023 Drinking Water State Revolving Fund allocations and program updates are forthcoming, pending the release of the seventh Drinking Water Infrastructure Needs Survey and Assessment. EPA anticipates releasing the information in the coming weeks.

Get Ready for Spring & Summer “Backyarding”

Get Ready for Spring and Summer Backyarding

- Make a Plan**
How will you use your yard? For fun, gatherings, dining, work, relaxing or more? Know your backyarding personality.
- Plant for Purpose**
Know your climate zone and your family and pet needs. Balance the space with trees, shrubs, grass and flowering plants. Know how you'll use the space.
- Have the Right Tools**
Do you have the right equipment to help get yard jobs done? Take stock of outdoor power equipment. Always follow manufacturer guidance on usage and safety.
- Stay Safe**
Clear the area of dead limbs, sticks and debris. Service equipment before use, get fresh fuel, use the right batteries. Follow equipment manufacturer's guidelines—always. Remember: Keep children and pets away from yard equipment.

For more information, go to: OPEI.org

MAINE (March 3, 2023) -- “Backyarding”—the art of taking indoor activities to the outdoors—is a trend that has caught on. As winter begins to wind down, thoughts of playing in and working in our yards often kick into high gear. Perhaps you are already dreaming of family gatherings, grilling and eating in your backyard. Or maybe you wish to add a yoga zone, design an outdoor movie theater, or build an agility course for your pet this year. Or perhaps this is the year you wish to add a pollinator garden or plant a vegetable or flower garden. Or are you hoping to get that outdoor office setup with extended WiFi? Knowing the purpose of your yard and how it will meet the needs of your family and pets is a great

start to getting “backyard ready” for these warmer weather activities. Also, knowing your climate zone and the mix of trees, shrubs, grass and flowering plants that will grow sustainably is key to designing a dream yard. After all, our yards are not only an oasis for family but also for wildlife and important pollinators such as birds, bees and butterflies. Now is the time to start planning. Visit your nursery, plant centers, outdoor power equipment service dealers, and/or contact a landscaper, according to the Outdoor Power Equipment Institute (OPEI). “Think about how your yard can work best for you, your family, pets and community, but do it now,” says Kris Kiser, CEO and President of OPEI. “And while you’re getting it in top shape for warm weather, remember to keep safety top of mind especially with your equipment and tools.”

Here are some tips from OPEI to get your backyard ready, safely and efficiently:

- Take stock of your outdoor power equipment to help you maintain your yard and make big jobs easier. A lawn mower will trim the grass, but perhaps you might need a cultivator for a garden, a chain saw to take down dead tree limbs, or a leaf blower to clear debris. Having the right equipment on hand can help you save time and effort if you don’t want to hire a professional.
- Follow equipment manufacturer’s guidance for safety and usage of all outdoor power equipment. Look over the manual for your equipment for a refresher on how to safely use it, and read the safety information on equipment manufacturer’s web sites. Review how to shut on and off equipment and make sure safety features are working and have not been disabled. Never disengage

or disable manufacturer-installed safety equipment.

- Remember to keep children and pets away from outdoor power equipment. No children on mowers.
- Do not mow in reverse, and avoid starting, stopping or turning a mower on a slope. Follow manufacturer guidance to the letter on mowing on slopes.
- Service equipment as needed and according to manufacturer’s directions. Well-maintained equipment will last longer and run more efficiently.
- Buy fresh fuel for gasoline-powered equipment and be sure you have matched the correct battery with the right charger. Only use batteries that are authorized for your equipment and do not use counterfeits.
- Before working in the yard, clear the area of dead limbs, sticks and debris. Inspect trees for damage and clear the work area.

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Local School Cafeteria Food Waste Study Underway

ORONO, ME (March 1, 2023) – The University of Maine Mitchell Center for Sustainability Solutions launches its Maine School Cafeteria Food Waste Study pilot this week at four elementary schools in Orono, Buxton, Lisbon and Sebago.

According to the American Journal of Preventive Medicine, approximately \$5 million of edible food is wasted every school day in the U.S. In many Maine schools, about three-quarters of the waste in school dumpsters is food. At the same time, Maine leads New England in food insecurity with “on average 1 in 4 children at risk for hunger,” according to the Maine Department of Education website.

The University of Maine School Cafeteria Food Waste Study will

address these major issues with a series of student-directed food waste interventions which have been co-developed over the last few months with their Maine public school Nutrition Director partners.

“We are very excited about this opportunity to identify effective solutions for reducing food waste while improving student nutrition in Maine schools. By focusing specifically on elementary schools, we hope to teach these young students positive food waste behaviors that will continue through their middle and high school years. We also hope that these young influencers will bring those positive food waste behaviors into their homes,” says Susanne Lee, faculty fellow at the Mitchell Center for Sustainability Solutions who



is leading the study. Lee also leads projects like the Maine Home Food Waste Challenge targeting home food waste reduction, a statewide food rescue pilot, a Maine community landfill diversion program and the annual Maine Food Waste Solutions Summit held in April.

The four pilot elementary schools in the two-month study include Asa C. Adams Elementary School, Buxton Center Elementary School, Lisbon Community School, and Sebago Elementary School. Beginning Monday, Mitchell Center student interns and faculty will host special Food

Waste Education Assemblies at the four schools using “What is Food Waste” K-5 slideshow along with student games and activities to help teach food waste solutions that will be put into practice in the school cafeteria. In addition to continuing food waste education, key cafeteria interventions will include signage reminding students to “feed their bodies not the trash bin,” a “Share Basket” to enable students to return packaged items they choose not to eat, and a sorting station to help children separate compostable food from trash.

“Our school feels

very fortunate to be a part of the study,” says Morgan Therriault, food service director at Sebago Elementary. “Working together with the UMaine Mitchell Center will broaden our ability to teach students about the harmful economic, social and environmental impact of wasted food, a much-needed elementary school topic. I foresee a positive outcome for our students.”

Researchers are also tracking daily food waste quantities and conducting detailed pre- and post-study food waste audits in order to measure the impact of these food waste interventions.

“Collecting daily food waste data is incredibly important for our team

to assess whether our solutions to reduce food waste are actually working. In addition, the students are also very excited to see how they are doing, so we will use the data to create a fun and motivational feedback loop for them as well,” says Eddie Nachamie, the Mitchell Center student intern in charge of the School Food Waste Study.

The Maine School Cafeteria Food Waste Study is developed in collaboration with the Maine Department of Education and the Department of Health & Human Services as well as the Maine Department of Environmental Protection. The study is supported by a Sustainability Seed Grant from the Natural Resources Council of Maine. AgriCycle Energy will provide food waste recycling services to pilot schools.

Maine Cancer Foundation Welcomes New Board, President



FALMOUTH, ME (February 28, 2023) – Maine Cancer Foundation (MCF) welcomes four new members to its Board of Directors, bringing the total number of directors to 18. The Board’s newest members bring decades of experience in public health, healthcare policy, law, and lived personal experience. Laura Pfeiffenberger, a board member since 2018, has been appointed to serve as Board President.

New members of the MCF Board as of January 2023 include:

Kate Knox, Election Law Attorney, Bernstein Shur. Kate Knox is an attorney and shareholder at Bernstein Shur, where she chairs the Governmental Affairs and Political Law practice group. She is a cancer survivor and a mom to 3 beautiful children. She lives in Portland with her family and is an avid traveler and a long-time participant in Tri

for A Cure.

Tina Pettingill, Deputy Director, Health & Human Services Dept. City of Portland. Tina is the Deputy Director of the City of Portland’s Health and Human Services Department which provides the most vulnerable populations in Greater Portland with public health, healthcare, and safety net services. Tina has an MPH from Indiana University and lives in Scarborough with her family.

Bethany Sanborn, Senior Director, MaineHealth. Bethany is a Sr Director with MaineHealth, Community Health. Bethany’s passion for prevention and patient-centered care and communication is fueled by her professional training and 20+ years working in public health, as well as her experience as a caregiver to family members with complex medical conditions. Bethany was born and raised in Maine and enjoys spending time with her husband and two kids on or near one of Maine’s many lakes – both in summer and winter.

Mary Warren Libby, Director of Recruiting, Prosearch. Mary is a Maine native and the Director of

Recruiting Services for Prosearch – a Maine-based staffing and recruiting firm. Outside of work, Mary enjoys spending time in the Lakes Region with her husband, kids, pups and large local family.

The newest Board members join an existing slate of volunteer board members, including:

Laura Pfeiffenberger, President. ESOP Client Advisor, Spinnaker Trust; John Benoit, Treasurer. Vice President and Senior Benefits Strategist, Cross Benefits Solutions; Laura Davis Rinck, Secretary. President, Rinck Advertising; Justin Lamontagne, Vice President. Partner/Broker, NAI The Dunham Group; Jay

Collins, Past President. Senior Vice President, WEX, Inc.; Brenda Farnham. Associate VP of Oncology Services, Northern Light Cancer Institute; Devon Evans, M.D. Oncologist & Partner, New England Cancer Specialists; Stephan Bachelder. Of Counsel, Preti Flaherty; Linda Halleran. Community Engagement Manager, Town & Country Federal Credit Union; Dana Lesniak. Program Manager, HomeServe USA; Kathie Marquis-Girard. Retired, Education and Administration; Amy Beveridge. News Director, WMTW; Katie Rutherford. Executive Director, Frannie Peabody Center; Lenroy Shaw. Financial Advisor, Morgan Stanley.

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Ed Benson of Turner Named Firefighter of the Year



Rep. Josh Morris, Ed Benson and Senator Jeff Timberlake

AUGUSTA, ME (March 3, 2023) – On Thursday, March 2nd Senator Jeff Timberlake (R-Androscoggin) was pleased to present Ed Benson of the Turner Fire Department with a Legislative Sentiment for being named the department’s firefighter of the year. Senator Timberlake and Rep. Josh Morris (R-Turner) joined the department’s monthly meeting to present Mr. Benson with the sentiment.

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Every 1st, 2nd, and 3rd Monday

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

Wednesdays through March 22

LEWISTON -- TEEN YOGA, Wednesdays, March 1-March 22, 3:30-4:30pm at the Lewiston Public Library:

The Lewiston Public Library will be hosting a 4 week yoga series for teens in March 2023. Classes

Calendar

Send your submissions to the Editor. More online.

will be held at the library on Wednesdays 3:30-4:30pm from 3/1/2023 to 3/22/2023 in the 2nd floor IDEA Lab. Practice will focus on simple breathing and mindfulness techniques as well as gentle movement.

For more information contact the Adult & Teen Services department at 513-3135 or lpreference@lewistonmaine.gov.

March 10

LEWISTON -- Fill the Plate Breakfast to benefit Meals on Wheels of SeniorsPlus from 7 am - 9 am at Hilton Garden Inn Riverwatch, Auburn. Tickets: \$25 per person (\$30 at the door); available at www.seniorsplus.org or by calling 207 795-4010. Seats are limited. Advance registration encouraged.

A breakfast to benefit the Meals on Wheels program of SeniorsPlus, the Western Maine Agency on Aging, will honor Auburn resident Eloise O'Neill with the Icaria Award for outstanding contributions toward improving the lives of older adults

March 14, April 4, April 25

LEWISTON -- Tuesday, March 14 at 5:30 PM at the Lewiston Public Li-

brary: "WHAT IF COMMUNITY IS THE KEY TO OUR RESILIENCE?" DISCUSSION PROJECT

The Lewiston Public Library will host a three-session Discussion Project on March 14, April 4, and April 25. The program, entitled "What if community is the key to our resilience?" will focus on The Water Knife by Paolo Bacigalupi, Vigil Harbor by Julia Glass, and Parable of the Sower by Octavia Butler.

Free. Books provided. Space is limited and registration is required. Contact info. 513-3135, lpreference@lewistonmaine.gov; www.LPLonline.org

March 15

LEWISTON -- The Ladies of St Anne Sodality of Holy Family, Prince of Peace Parish are planning a General Membership Meeting on March 15, 2023 at the Parish Hall 607 Sabattus St Lewiston at 6 PM. The doors are opened at 5:30 PM. After a short business meeting and Election of Officers, Leo Baillargeon will be doing crafts. Refreshments will be served by Flo Marquis.

Please keep the date open for a Card Party on

April 19, 2023. For tickets contact 782-4516- Anita.

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.

March 16

LEWISTON -- GREAT FALLS FORUM: NEW DEVELOPMENTS IN MAINE AGRICULTURE 12:00 PM - 1:00 PM, Callahan Hall, Lewiston Public Library

This Great Falls Forum panel will explore what they believe are the greatest challenges—and opportunities—for Maine agriculture as 2023 continues to get underway.

Free. Bring your bag lunch. The Zoom link will be posted to the Library website and Facebook prior to the event. 513-3135; www.LPLonline.org

March 18

LEWISTON -- The Midcoast Symphony Orchestra presents "Tried and True, Plus a Newer Crew" with guest conductor Hiroya Miura. The performance, which features Florence Price's beautiful and jazzy Symphony No. 3, is on March 18 at 7:00 p.m. at the Riverside-Franco Center, 46 Cedar St., Lewiston. For info and tickets vis-

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it <https://www.midcoast-symphony.org/tickets> or call 207-481-0790. Tickets \$24.50 (advance) \$25 (cash or check) at the door. Under 18 and college students with ID are free.

March 18

AUBURN -- Androscoggin Historical Society is announcing the first event of their Calendar year. The Genealogy Workshop will feature local author Denis Ledoux and "Turning Memories into Memoirs" as a tool to help with genealogy as well as preserving those precious family memories.

The event will take place March 18 at 1 pm at the Auburn Public Library Community Room. This annual event is held in conjunction with the Mary Dillingham-Burnt Meadow Chapter of the Daughters of the American Revolution, and members will be on hand to answer questions or help with research.

March 21

LEWISTON -- Construction/Manufacturing/Trades Hiring Event in honor of Rosie the Riveter Day on Tuesday, March 21, 2023 from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free and open to the public. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=10431889>

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.

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

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SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's

DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569.

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Email all submissions, including name, address and phone number, to the editor.

Spire 29 in Gorham Hosts Free Family Movie Night

GORHAM, ME (March 3, 2023) – The whole family is invited for a movie night complete with popcorn and cotton candy, all free! Doors open at 6:30pm and the movie Minions: The Rise of Gru starts at 7pm. See you there! 29 School St, Gorham, ME 04038-1008, United States.

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