

Future Healthcare Workers Learn, Network at CMH Job Fair



LEWISTON, ME (March 13, 2023) -- Central Maine Healthcare (CMH) teamed up with Lewiston Regional Technical Center (LRTC) earlier this month to host a healthcare job fair at the LRTC campus in Lewiston.

For two days, CMH healthcare experts staffed booths and spoke with more than 100 high school and adult education students. Team members shared their career experiences and educational backgrounds and offered important behind-the-scenes information about the benefits of working in healthcare at CMH.

“Central Maine Healthcare has always been a very supportive community partner,” said LRTC Director Rob Callahan. “I think the opportunities they offer to students are rich and provide a

meaningful pathway that we’re excited to introduce them to.”

LRTC students were among those who came to inquire about positions in nursing and other healthcare professions. Rachel Storck, health occupations instructor at LRTC and a former CMMC nurse said, “The students loved it. They felt super engaged. They loved that they could ask any question. People were really engaged in wanting to help them.”

The job fair is among several initiatives Central Maine Healthcare has taken over the past year to address shortages in nursing and other healthcare fields. CMH also recently announced a tuition reimbursement program that pays 100% of education costs for eligible nursing and medical imaging students at the Maine College of Health Professions.



LRTC nursing students discuss healthcare professions with Central Maine Healthcare team members.

Sabattus Team Takes First at Irish Road Rover 5K

SABATTUS, ME (March 14, 2023) -- The Sabattus Rec Club Running Club took first place at the Irish Road Rover 5K race in Portland Sunday, March 13. The total time for the top four finishers for Sabattus team was more than 16 minutes lower than the second-place team.

Kyle Simmons (17:39), Molly Schasberger (17:43), Steve Dubois (21:30), and Shawn Vincent (23:12) led the way for Sabattus.

Several other Sabattus runners earned Age Group awards.

The Running Club is open to any and all ages and abilities, for those who would

like to get exercise in a supportive, group setting. From recreational walkers to racers, all ages are welcome. The group-runs happen every Wednesday night at 6 p.m. Participants meet in front of Mixer’s Nightclub on Sabattus Rd., and can match up with similar-ability participants for 30-45 minutes of walking, jogging, or running. There is no charge, and no commitment for attendance.

The group is in its 12th year and is gearing up for a great season.

FMI, email running@sabattusrec.com, or check the Sabattus Rec Club Running Program FB page.

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Newsmakers, Names & Faces

Letter to the Editor: King Pushes to Raise Retirement Age

Angus King is raising Social Security's retirement age, again. He's taking away benefits Congress began increasing the Social Security

age in 2000 to fix Social Security "permanently, and those age increases won't even be finished for five years. If you need to raise it again, that policy

has failed! Angus King is one of the richest members in the Senate. He acts like rich people should have the right to make middle class workers work

till they die, rather than tax CEO pay. King has teamed up with extremist Republicans who want Social Security to "wither on the vine". Raise the age to

100? Most people will die before collecting.

Extremists won't stop until we throw them out. Angus King is a great place to start. He runs in a

3 way general election race and is ripe for a young, energetic, Progressive – Real Democrat – woman to defeat him.

Bob Jean, Lubec, ME

Collins Presses for Improved Access to Primary Care

WASHINGTON, D.C. (March 7, 2023) – U.S. Senator Susan Collins (R-ME), a member of the Senate Health Committee, spoke about the value of Community Health Centers and questioned health care leaders on ways to increase Americans' access to primary care. In Maine, Community Health Centers play a vital role in filling this need by providing services to nearly 210,000 patients, about 16 percent of the state's population. More than 60 percent of patients are low-income, and about 20 percent are over the age of 70. Challenges caused by the pandemic, however, have jeopardized these centers' ability to provide

essential care.

"My largest community health center, the Penobscot Community Health Care, has seen a real drop-off in patients coming back after the pandemic," said Senator Collins. "Is that unique to my state, or have you experienced that?"

"No, I don't think so. I think people's patterns of engagement with the health care system changed off of COVID," responded Ben Harvey, Indiana Primary Health Care Association Chief Executive Officer. "I think we've seen with health centers in Indiana some recovery from that, but it has to be really intentional, intensive work, and you have to develop new service lines, things

like telemedicine, to reach patients from home to provide care in more convenient ways. So, no, I don't think it's unique, but I do think that there's an additional burden on health centers now."

"What I'm hearing now from our Maine health centers is that they fear that a perfect storm is brewing. They're experiencing unprecedented turnover and staff shortages. They feel they're facing threats to the critical 340B drug pricing program. And they're having difficulty in recovering from the pandemic because patients are being slow to return," said Senator Collins. "Given the current workforce crisis and the issues that I've mentioned,

are community health care centers able to meet the workforce needs if we were to dramatically expand funding for them and scale that up rapidly? Are we going to end up with clinics that have more money but simply don't have the staff to serve?"

"It's a fair question," Mr. Harvey replied. "I appreciate that question. I think we've got a long history here of saying if federal funding is increased, you will see concomitant increases in the work that health centers do and the patients that they see in the service sites that they have, and the services they offer. So, no, I don't think the funding would be lost."

"I agree that if we have the adequate funding to continue expanding the services that we provide, we have always stepped up to the plate stood in the gap, we've always done it," added Sue Veer, Carolina Health Centers President and Chief Executive Officer. "Now, it's a pipeline. And so, if we, if people enter the pipeline, now, it may be months, if not years before we have them in place, but as we develop, we will get there."

Senator Collins also noted that workforce shortages continue to plague rural states like Maine where attracting and retaining health care professionals can be difficult. To address this challenge, she

emphasized the need for expanded opportunities for training at local community health centers:

"I think that training opportunities at community health centers are absolutely essential, as we heard from the President of the University of New England," Senator Collins remarked. "The more we can do those connections, the more likely the health care professional is to stay in a rural area and practice there."

Nearly 30 million Americans – including almost 400,000 veterans – receive high quality primary health care at community health centers in 14,000 neighborhoods throughout the United States.

Green Home & Energy Show Coming up in South Portland



GREEN HOME + ENERGY SHOW

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PORTLAND, ME (March 10, 2023) – The publisher of Green & Healthy Maine HOMES magazine is happy to present the third annual Green Home + Energy Show on April 1st at The Point Community Center in South Portland.

The Green Home + Energy Show is a one-day event that brings together the leaders in Maine's sustainable home and energy industries. From solar power to heat pumps, air quality to air sealing, and electric vehicles to green home goods, you'll find endless inspiration for creating your high-performing, green & healthy home—whether you are looking to build, buy or enhance an existing property. Test drive an electric vehicle at the EV Expo, enjoy the food trucks, shop sustainable goods at the Maine Makers Fair, and learn directly from experts at free workshops included with admission!

Come with a specific question about your home or energy project or browse the booths and find inspiration in this thriving industry. Chat with experts, find new products, learn about incentive programs, and get your questions answered.

As home to many nationally recognized building science and design professionals, Maine is leading the way in the high-performing home industry. Don't miss your chance to learn directly from these highly sought out professionals.

The show will host informative workshops featuring a wide range of topics including offsite construction for high performance homes, retrofits to make homes accessible as we age, improving indoor air quality, native plants, accessing Efficiency Maine rebates, and many more. These programs are included with admission. A full list of workshops is available at greenmainehomes.com/show-workshops.

Lead sponsors of the Green Home + Energy Show include Pine Tree Solar, Royal River Heat Pumps, Mitsubishi Electric Trane HVAC, Valley Home Services, Inc., Hannaford Supermarkets and Horch Roofing.

The show takes place Saturday, April 1st from 10am to 4pm. The Electric Vehicle Expo will take place from noon to 3pm. Tickets are \$10 if purchased in advance and \$15 at the door. College students get in free with a valid student ID. Tickets can be purchased online at greenmainehomes.com/show-2023. Ticket sales will benefit Maine Foodscapes, a nonprofit organization with a mission to improve community food security and well-being throughout Southern Maine. Proceeds from ticket sales will directly support the installation of new raised bed vegetable gardens at the homes of low-income families throughout Southern Maine.

Green & Healthy Maine is dedicated to inspiring Maine homes that are comfortable, efficient, healthy, and sustainable through a quarterly magazine, monthly webinars, and the annual Green Home + Energy Show. Please visit greenmainehomes.com to learn more.



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Newsmakers, Names & Faces

Studio Two, Early Beatles Tribute Band, to Play in Riverfront Series

LEWISTON, ME (March 17, 2023)—Studio Two will bring their early Beatles tribute music to the Franco Center stage Friday, March 31, as part of its Riverfront Performance & Event Series. Band members include Stephen Murray who portrays John Lennon, Joshua Jones as Paul McCartney, Robert Murray as George Harrison, and Dylan Verge as Ringo Starr.

Band members are experienced musicians of today’s generation dedicated to preserving the memory and fan culture of The Beatles generation. By recreating the Fab Four’s music, appearance, instruments, and onstage banter, Studio Two performs favorite Beatles hits that will bring people to the dance floor.

At age 11, Steve Murray found an old guitar in the basement and has been playing ever since. A fan of many music genres, he became a Beatles fan after watching The Beatles Anthology documentary series in November 1995.

His grandfather bought him and his identical twin brother (who plays George Harrison in Studio Two) their first guitars: a Rickenbacker and Hofner bass and got them private guitar lessons. By the age of 12, the brothers were winning talent shows and band competitions for playing Beatles tunes.

Throughout high school, Steve played drums in an award-winning percussion ensemble and marching band, but never strayed far from his true passion of Beatles rock. An accomplished musician, Steve attended Berklee College of Music and played jazz and alternative rock music before co-creating Studio Two – The Beatles Tribute with his band mates.

In addition to playing John Lennon, Steve is a live sound engineer and currently serves as the band’s booking agent.

“As a trained musician, I never expected to be playing in a Beatles tribute band, but it has been an amazing experience. I am humbled to have an opportunity to portray John Lennon, who is one of the most talented musicians and composers of all time, and I am thrilled to bring Beatles music to a multitude of different generations. Best of all, I get to do this with my brother and best friends,” said Steve.

Rob Murray picked up his first guitar at age 11 and has never been without one since. Like his twin brother Steve, Rob was turned on to The Beatles by watching The Beatles Anthology documentary series in 1995. He is a Beatles trivia master and is particularly knowledgeable about the equipment The

Beatles used – especially vintage microphones.

As a young musician, Rob played drums in an award-winning percussion ensemble and marching band, and continued to play guitar, often winning talent shows and band competitions for playing Beatles tunes.

A graduate of Berklee College of Music, Rob is a trained guitarist with strong audio engineering skills. For example, he has been involved in helping Beatles documentary filmmakers to sync Beatles audio to rare concert footage.

When he co-founded Studio Two in 2012, all of Rob’s talents were put to use. In addition to playing George Harrison, Rob is the equipment guru, hunting flea markets, estate sales, and eBay to assemble the authentic gear the Beatles used in the early 1960s.

“Playing George Harrison and re-enacting Beatles’ performances from the early years has been a thrill. I love the vintage equipment and raw sound of the Beatles’ Hamburg era, and we take special care to ensure the look and sound is as close to authentic as possible,” said Rob. “Studio Two has been an amazing journey, and every day I look forward to meeting both old fans of The Beatles and new fans of Studio Two!”

Dylan Verge is a



Studio Two will play early Beatles music just right for dancing Friday, March 31, at the Franco Center, 46 Cedar St. in Lewiston’s Riverfront Island district.

Boston native entering his senior year at Berklee College of Music. He was awarded the J. Curtis Warner City Music Full Scholarship to the institution where he is pursuing his studies in the CWP major (Contemporary Writing and Production). Verge has been Influenced by Beatles music since he witnessed footage of the four lads rocking the nation on the Ed Sullivan Show in February 1964 when he was four years old.

Joshua Jones is flying in from Seattle, Washington to perform with Studio Two. Jones will portray Paul McCartney. He is a self-taught left-handed bass player. Jones tours with Beatles tribute bands all over the world.

Support for this concert comes from Central Maine Healthcare, Maple Way Dental Care, Bennett Radio Group, Sun Journal, Turner Publishing, and Uncle Andy’s Digest.

Doors and cash bar open at 6 p.m. Concert

starts at 7 p.m. with dancing all night. Tickets are \$30 in advance and \$35 at the door day of the show and can be purchased online at www.francocenter.org, by phone at 207-689-2000 or in person at our box office between 10 a.m. and 1 p.m. Tuesdays and Wednesdays.

Franco Center is at 46 Cedar St., in Lewiston’s Riverfront Island neighborhood. Parking is available in the mill lot. The building is handicap accessible on the Lincoln St. Alley side.

Lewiston Legislative Delegation to Host Public Office Hours

AUGUSTA, ME (March 16, 2023) – Members of Lewiston’s delegation to the State Legislature will hold constituent office hours at the Lewiston Public Library later this month to provide local residents a chance to meet with their elected officials and discuss legislative and state government matters. The delegation will give updates on their work on various policy areas, including the state budget,

law enforcement, insurance and financial affairs, taxes, transportation and veterans issues. Office hours are scheduled for the fourth Saturday of every month.

WHAT: Constituent Office Hours

WHO: Sen. Peggy Rotundo, Rep. Kristen Cloutier, Rep. Margaret Craven, Rep. Mana Abdi and Rep. Michael Lajoie

WHEN: Saturday, March 25, 2023 from 10:30

a.m. to 12:00 p.m.

WHERE: The Courture Room, Lewiston Public Library, 200 Lisbon Street

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

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Seniors Not Acting Their Age

A Glorious Day on Pleasant Mountain



Hikers negotiate an icy section on the Ledges Trail



Clear skies welcome a hiker to the summit of Pleasant Mountain

By Ron Chase

Pleasant Mountain is one of the most popular mountain hikes in Maine. The 2,006 foot peak is the tallest mountain in southern Maine and certainly

one of the busiest in the area. A network of trails offers several hiking alternatives – most include exceptional views of surrounding lakes and distant mountains.

Consisting of a ten-mile trail system managed by Loon Echo Land Trust, four trailheads ultimately lead to the highest summit where there is a closed fire tower and truly phenomenal views from cliffs facing west towards the White Mountains in New Hampshire. The fine folks at Loon Echo do an outstanding job maintaining the trails, posting valuable signage, and providing as much parking as possible at the trailheads.

I don't recommend hiking alone in winter, but if you're so inclined, Pleasant Mountain is a good choice. On a nice day, you're almost guaranteed to meet a multitude of fellow mountain travelers. I've probably hiked Pleasant over one hundred times during the past forty years. To the best of my recollection (which is suspect at my age), I've never been alone on Pleasant Mountain.

After a succession of early February bad weather days and a seemingly endless succession of old age medical appointments, I was in need of a mountain fix. An exceptional winter mountain forecast sealed the deal. My attempts to recruit friends or family



The top of Pleasant Mountain provides a glorious view of Mount Washington and White Mountains

proved unsuccessful. Unwilling to squander such a beautiful day, I settled on the obvious choice, Pleasant Mountain.

My preferred Pleasant Mountain trails are Ledges and Southwest Ridge. At a distance of 1.8 miles and ascending from the southeast, Ledges offers the shortest route to the summit while Southwest Ridge is the longest. Both are exceptionally scenic. According to my unofficial tally, Ledges receives the heaviest traffic so that was my selection. My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates an early winter traverse of Pleasant via Southwest Ridge and Ledges Trails.

Bluebird skies, seasonably warm temperatures, light winds, and a nearly full parking lot greeted me when I arrived at the Ledges Trailhead. Fortunately, there were a couple of remaining spaces in the recently enlarged parking area. A quick inspection of the trail confirmed what I suspected, the surface was well-packed so it would be a micro spikes day for me. I wore spikes throughout the outing that included icy sections and a few exposed spots on the ledges. A large group was doing their best in bare boots and one family was equipped with

snowshoes. Everyone else I met was wearing spikes.

After climbing icy stone steps and passing a kiosk, I experienced easy hiking on a gradual incline in a sparse hardwood forest. Winter trekking on a snow packed trail is easily my favorite hiking surface. The additional cushion is gentler on my aging joints. Early on, I met a trail runner finishing his arduous workout. Once a rarity, trail runners have become more common in recent years.

Following two narrow stream crossings, I began ascending a series of switchbacks where I met a couple who reported stunning conditions on the ledges and at the summit. Others echoed their observations as I continued my climb.

The often crowded overlook at the lower end of the ledges was devoid of hikers. I stopped to embrace the panoramic view of Moose Pond and the hills beyond. For many years, there was a wooden cross at the overlook erected in memory of a woman who frequented the mountain. It vanished a few years ago. I miss it.

More hikers were encountered as I progressed up the open ledges (for which the trail is named) that offer a continuous view of the south summit. They were carefully

negotiating around potentially hazardous icy sections. Several eagerly volunteered more glowing reports of light winds and marvelous vistas at the top.

Leaving the ledges behind, the trail rose steadily to a junction with Southwest Ridge Trail that connected from the west. Just above, a steep icy sector required careful maneuvering. The gradient diminished as I proceeded towards the top where a trio of hikers cheerfully announced that I would have the summit to myself.

Not for long, two parties of hikers soon joined me to enjoy the wonderful views of Mount Washington and the White Mountains and soak up the sun in a wind-free environment. The verdict was unanimous; ours was an extremely rare truly glorious day on the mountain.

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

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

Youth Art Month Celebrated with Exhibition at MEA Office

AUGUSTA, ME (March 15, 2023) -- The Maine Education Association, along with the Maine Art Education Association held an art show, The Art of Education: A Student Exhibition, at MEA's Augusta office. The art exhibit will remain on display through November.

"Every day educators witness and guide the power of the arts to uplift, hold and sustain students, in their learning and creative journeys. We are so appreciative of all educators' extra efforts to share and support their students' work," said Jesse Hargrove, Vice President of the Maine Education Association who hosted the art show.

The collaboration between MEA and the Maine Art Education Association (MAEA) began many years ago to help celebrate students' art outside of the classroom and in our communities.

Art and Design educators who are both MEA and MAEA members curate, nominate, and submit the students' work, and MEA coordinates professional framing of each piece and then hosts the exhibition in the MEA Augusta office at 35 Community Drive. As a thank you for



the sharing of their work, the professionally framed work is returned to the student artists at the end of the exhibition.

The art exhibition opened for the year on Sunday, with more than 70 educators, family, friends and artists in attendance. MEA Vice President, Jesse Hargrove recognized each artist for sharing their work, and thanked the families for their commitment and support of art education in our public schools, recognizing the importance of the arts for our students.

MEA thanks Horace Mann for funding the pro-

fessional framing of the student art.

About the exhibit: Work is submitted in November, prepared and framed in January, hung in February, opened in March, and celebrated through November. Numerous MEA staff, Maine educators, and legislators view and celebrate the work during this time.

If you are a member of both the Maine Art Education Association (MAEA) and the Maine Education Association (MEA) and would like to participate with this program in the future, please contact Su-



zanne Goulet (Waterville SHS) at (sgoulet@aos92.org).

MAEA/MEA Youth Art Month - 2023 participating schools: Albert S. Hall School, Canaan Elementary School, Clinton Elementary School, George J. Mitchell School, Sylvio J. Gilbert Elementary School, Lincoln Elementary School, Madison Elementary School, Madison Junior High School, Maine Arts Academy, Maranacook Community Middle School, Messalonskee High School, Messalonskee Middle School, Mount Merici Academy, Mt. Vernon Elementary School, Palermo Consolidated School, Readfield Elementary School, Warsaw Middle School, Waterville Alternative High School, Waterville Senior High School,



Waterville Junior High School, Winslow High School, Winslow Junior High School, Whitefield Elementary School,

King: Nuclear Waste Storage the “Worst Solution”

WASHINGTON, D.C. (March 10, 2023) – In a hearing of the Senate Energy and Natural Resources Committee, U.S. Senator Angus King (I-Maine) questioned U.S. leaders and experts in the nuclear energy field about the need and timeline for centralized nuclear waste storage. Pointing to nuclear waste storage at the former Maine Yankee power plant, Senator King highlighted waste build-up as fundamental problem which needs to be addressed.

Senator King began by asking Kathryn Huff, Assistant Secretary for Nuclear Energy, about the need and timeline to consolidate nuclear waste sites. "There are now 21 stranded nuclear waste sites in the country. One of them is in Maine, which is essentially a high-level nuclear waste site. And there are about 80 or 90 others that are operating nuclear plants. So, it's not as if to say, we don't have and we don't have nuclear waste

storage. We've got it. It's scattered all over the country, which is probably the worst solution. When, Ms. Huff, do you do you anticipate having an answer to a question that's been pending since the early 50s?" Senator King asked. Huff responded, "Thank you for this question. It is certainly the case that having 76 locations of interim storage is significantly worse than consolidating and having one or two or just a couple of federal interim storage

sites. We are excited to be actually making progress now, with the appropriations from Congress around consent-based siting, we have released, closed, and are now reviewing applications for a funding opportunity announcement of \$26 million that will be sent out to communities to explore their own interests and understanding of spent nuclear fuel interim storage." "So, there are places in the country that are at least interested in considering hosting one of these

site. Is that correct?" Senator King asked in a follow up question. "Yes," Huff replied. "A couple of years." "A couple of years, okay. You're on record as well," Senator King concluded. A forceful advocate for clean energy solutions, Senator King supports safe extensions of the operations of our nation's existing nuclear reactor fleet, including through tax credits like those provided by the Zero-Emission Nu-

clear Power Product Credit Act which was signed into law as part of the Inflation Reduction Act. At the same time, he has pressed administration officials, including Secretary Granholm, to commit to developing solutions to deal responsibly with nuclear waste and has previously co-sponsored the STRANDED Act which would help communities like Wiscasset offset the economic burden of storing spent nuclear fuel at decommissioned reactor sites.

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Arts & Entertainment

Bates Dance Festival Presents Summer Performances

LEWISTON, ME (March 16, 2023) – The Bates Dance Festival will present four distinctive performances in July at Schaeffer Theater on the Bates College Campus as well as concerts, works in progress, artist talks and other events during the renowned festival, which runs from July 7–29. Tickets go on sale June 1, with a sliding scale from \$5–\$25 to make performance accessible to all.

Of this year’s performance series, Director Shoshona Currier says, “I’m honored to bring these four unique pieces to Maine this summer. Each choreographer invites audiences into their own very rich environments while exploring big ideas like grief, love, lineage, and so much more. As a series, this represents four points on the spectrum of artistic processes that took place throughout the COVID-19 pandemic, bringing fresh energy to the stage that is technical and experimental, playful and serious, definitive and

curious.” Thematically, several of the featured performances tackle issues related to race, including Black love, the racial dynamics associated with postmodern dance itself, and the continuum of Jazz within Black culture. Details about the mainstage performances are below.

A.I.M by Kyle Abraham — An Untitled Love, Schaeffer Theater
Friday, July 7 at 7:30PM; Saturday, July 8 at 7:30PM; Sunday, July 9 at 7:30PM

Drawing from the catalog of Grammy Award-winning R&B legend D’Angelo, this creative exaltation pays homage to the complexities of self love and Black love, while serving as a thumping mixtape celebrating our culture, family and community.

Gerald Casel / GER-ALDCASELDANCE — Not About Race Dance, Schaeffer Theater
Friday, July 14 at 7:30PM; Saturday, July 15 at 7:30PM

A collaborative, choreographic response to the unacknowledged racial politics in U.S. postmodern dance — a form developed in the 1960s whose tropes and aesthetics have endured in the dance field. Despite postmodernism’s popularity, its racial dynamics have gone largely unacknowledged. In **Not About Race Dance**, Gerald Casel and his collaborators occupy a space that has been historically defined by white artists to present a contrasting vision of where Black and Brown bodies belong.

LaTasha Barnes Presents The Jazz Continuum, Schaeffer Theater
Friday, July 21 at 7:30PM; Saturday, July 22 at 7:30PM; Sunday, July 23 at 7:30PM

The Jazz Continuum is an unapologetic celebration of the prolific power of Black American artistry with Jazz as its center. Barnes reaches back nearly 100 years, connecting dances that sprang from America’s Black Jazz music to dance and music

expressions of today such as House, Vogue, Lindy Hop, Hip-Hop, Hand Dances, Line Dances and more! Performed by an all Black, intergenerational cast of dancers and musicians, **The Jazz Continuum** is also a celebration of community and collaboration. Each performer investigates their personal relationship to Jazz as they explore imaginings of its inspirations and applications.

Vanessa Anspaugh — mourning after mornings, Schaeffer Theater
Friday, July 28 at 7:30PM; Saturday, July 29 at 7:30PM

Inspired by a collection of death and grieving rituals, three archetypal female outcasts (facing their own aging) tell an ancient story that is also the present. In recent years, Anspaugh has made four new works, all under the subject of deaths that come too soon, mourning after mornings is the one that wants to wake up. The multi-generational cast explores communal loss and mourning, reclaiming wildness, and attending to the devastating, absurd, and sacred ways we come to care for bodies and ritualize endings.

For a full schedule, please visit batesdancefestival.org. Ticket sales go live online June 1st at Eventbrite

\$1.7M Allocated for Knox County Regional Airport

WASHINGTON, D.C. (March 16, 2023) – U.S. Senators Susan Collins and Angus King, and Representative Chellie Pingree announced that the Knox County Regional Airport in Owls Head will receive a total of \$1,677,812 to make infrastructure improvements. This funding from the Bipartisan Infrastructure Law will support the construction of 800 feet of new taxi lane to expand access to the airport’s new hangar area.

“Maine’s airports are vital pieces of our state’s transportation network that promote job creation and economic development,” said Senators Collins and King and Representative Pingree. “This significant investment will allow Knox County Regional Airport to make much-needed improvements to their infrastructure, improving the safety and efficiency of operations.”

“Knox County is fortunate to have the support of Maine’s congressional delegation who has worked tirelessly to support one of Maine’s most unique airports,” said Jeremy Shaw, Airport and Security Manager for the Knox County Regional Airport (RKD). “This investment into our community will only strengthen the County’s ability to enhance our financial sustainability, and

allow the County to further invest into green and emerging aviation technologies. The ability to construct fifteen additional hangars will alleviate the demand for hangar space at the Knox County Regional Airport while also completing the last major item on the Airport’s Master Plan.”

This funding was provided through the Infrastructure Investment and Jobs Act and provided through the U.S. Department of Transportation’s Airport Infrastructure Grant Program. Senator Collins, the Vice Chairman of the Appropriations Committee, was part of the core group of 10 Senators who negotiated the text of the bipartisan infrastructure law. Senators Collins and King both worked to negotiate and pass this historic legislation in the Senate, while Representative Pingree supported the House-passed version of the bill, which will deliver billions of dollars to Maine for investments in roads, bridges, broadband, and more. Maine airports will receive a total of \$73,765,670 under the law over five years.

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

Cheer your team on as students compete on Maine Public’s High School Quiz Show Maine!

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Maine Playwrights Festival Showcases 2023’s Best Short Plays

PORTLAND, ME (March 14, 2023) -- Performances for the 2023 Maine Playwrights Festival, the state’s most prolific incubator for new plays by local playwrights, have been announced for April 6 - 16 in Portland. This year’s twenty-first annual festival features the world premiere performances of five new plays by Maine playwrights. Public performances will be held at the Studio Theater at Portland Stage (25 Forest Avenue). Festival tickets are available now at www.acorn-productions.org.

“We’re very excited to be premiering these five new plays that feature such a wide range of styles and topics,” says Daniel Burson, the festival’s Artistic Director. “In one evening of theater, audiences will go from a surprise party to a hospital room to an abandoned warehouse; plays set in the future, the present, and the past; and all of them created by terrific writers who call Maine their home!”

The five new plays featured in the 2023 festival (described below), are written by Maine playwrights Todd Brian Backus, Kerri Elissa Becker, Joe O’Donnell, Hollie Pryor, and the team of Nolan Ellsworth & Shannon

Wade. Their plays were selected for the festival by a committee of local theater professionals out of a pool of more than 50 scripts submitted by playwrights from across Maine. The writers are developing and rehearsing their plays this spring working with 2023 professional playwright-in-residence Jule Selbo (Boxes, Isolate) and in collaboration with Maine directors, dramaturgs, designers, and a cast of actors based in Southern Maine.

In addition to the featured mainstage performances, the 2023 Maine Playwrights Festival will include a staged reading of five other new scripts that were semi-finalists during the selection process, to be held on Sunday, April 2, at 7:00pm. There will also be a reading of Playwright-in-residence Jule Selbo’s new full-length comedy *Souls On Ice* held on Tuesday, April 11, at 7:00pm. Both of these nights of readings are open to the public on a Pay-what-you-can basis. “We want to bring as much new playwriting as we can to audiences in the two week festival,” says Burson. “These pay-what-you-can events are a big part of that!”

The final event in the



2023 festival will be a High School Playwriting Showcase to be presented later in May. Thanks to grant support from the Margaret Burnham Charitable Trust and the Onion Foundation, professional teaching artists from Maine Playwrights Festival led intensive new play workshops at two local schools: Gorham High School in Gorham and Lincoln Academy in Newcastle. Short plays written by students at these workshops will be rehearsed and presented as staged readings. Visit www.acorn-productions.org for updates on the performance schedule for this showcase.

2023 Maine Playwrights Festival Plays

-- Performances April 6 to 16, 2023 at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: \$20 or \$18 students/seniors – www.acorn-productions.org

FLIRTING WITH DISASTER by Todd Brian Backus

A hapless guy, Ashley, turns to some unusual speed dating in search of someone he can really trust to ask a really big question.

THE ART OF ELIZA by Kerri Elissa Becker

Beatrice recalls a moment of inspiration that lifts both her teenage self and her embattled mother to rise and speak.

SURPRISE! INC. by Nolan Ellsworth & Shannon Wade

It’s time for the surprise party for Tim... or is it? Will the employees of Surprise! Inc. be able to deliver the guaranteed memorable evening of the Super Surprise Party Package?

KAYE’S GIFT by Joe O’Donnell

When a young physician and an older patient chat about past times during a medical exam, a touching connection between them starts to appear.

AROUND WE GO by Hollie Pryor

When three friends are left broken in the past, who can help them towards a new future?

2023 Maine Playwrights Dramatic Readings -- Reading Sunday, April 2; 7:00 PM at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: Pay-what-you-can, available at the door

WE ALL NEED A LITTLE MAGIC by Dan Bancroft; **MEETING FINGERMAN** by Mark Evan Chimsky; **THE PLAN** by David Susman; **LIVING BONES** by Megan Trialdi; **ON SUCH A FULL SEA** by Stowell P. Waters

2023 Playwright-in-Residence Featured Work -- Reading

Tuesday, April 11; 7:00 PM at The Studio Theater at Portland Stage (25 Forest Avenue; Portland). Tickets: Pay-what-you-can, available at the door

SOULS ON ICE by Jule Selbo

A comedic romp into the paranormal in which Enoch Cavitt, the world’s most prominent Extrasensory Perception guru, invites other ESP practitioners to a party to meet his newest hire. Past lives begin to collide, and Cavitt needs to roll out the Rel-aCavitt-Edison Time Machine to discover how true love cannot be stopped.

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CLT Holds April Vacation ‘Shadow Puppet Camp’



Local youth Jacob Anderson is pictured here working on his own shadow puppet. The Community Little Theater is presenting a ‘Shadow Puppet Camp’ for youth ages 8-12 during the April school vacation.



AUBURN, ME (March 13, 2023) -- The Community Little Theatre will hold its first ever “Shadow Puppet Camp” for youngsters aged 8-12 during school vacation week, April 17-22, 2023. The camp will be held every morning from 9:00 – 11:30 a.m. at the theater on Academy Street in Auburn. Partici-

pants will learn about the history and performance techniques of shadow puppetry, create puppets and scenery, rehearse, and ultimately produce their own show, which will be an original adaptation of H.C. Andersen’s Thumbelina. No experience is required, although campers should have some experience with using scissors.

The camp will culminate with a performance of Thumbelina at 2:00 p.m. on Saturday, April 22. The public will be invited to attend, and tickets will be available at the door for \$5.00. All application forms and full payment of \$75.00 per child are due by April 3. The application is available online at www.laclt.com/shadow-puppet-camp. Please email info@laclt.com for more information. L/A Community Little Theater, located at 30 Academy Street in Auburn, has been producing live theater since 1940. A volunteer, non-profit organization, our goal is to provide affordable and quality entertainment in the performing

arts as well as education, training, and experience in theater for area youth.

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2023 Indoor Homestead Goods & Farmers Market

AUBURN, ME (March 13, 2023) -- After a two-year hiatus, the Auburn Public Library Homestead Goods & Farmers Market is returning this year! For this family-friendly event, the APL will welcome many great vendors who will offer a variety of home-

grown and homemade foods, treats, and crafts for sale. (We also are expecting a baby animal or two to join us!) The Auburn Public Library’s Homestead & Farmers Market is one way the library thanks all our community members and community business-

es for their wonderful support. This event will take place on Friday, March 24, 2023, from 4:30-6:30 p.m. This year’s vendors will include The Chef’s Cupboard, ChiGoBee Farm, Comfort Canning, Lorelei’s Loaves & Treats,

Mama G’s Homemade Baked Goods, Meadow Muffin Pottery, Norma Warden Photography, Parris House Woolworks, Valley View Farm, and Warden Family Farm. Local musician Justin Carver will be on hand, and local author Peggy DeBlois will be here selling

and signing copies of her new book, “The Toll Road North.” And before you head home, don’t forget to stop downstairs at Cibo Pizza to pick up dinner! For more information on this or other upcoming programs offered by the Auburn Public Library, visit our web-

site (auburnpubliclibrary.org), our Facebook page (Auburn Public Library Advocates), or call the Reference Desk at 207-333-6640, ext. 4. When: Friday, March 24, 2023 -- 4:30-6:30 pm, Where: Auburn Public Library, Contact: Donna Wallace, 333-6640, ext. 4



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Registration Is Open for Androscoggin’s Hike for Hospice

LEWISTON, ME (March 9, 2023) -- Androscoggin invites all Mainers to Hike for Hospice on Saturday, May 13th at Pineland Farms to raise awareness for the importance of end-of-life care, emphasizing the support, kindness, and compassion that hospice services offer to patients and their families throughout Maine. Hike for Hospice aims to help ensure that high-quality hospice services are available to all individuals and their families through-

out the state. The event will include a traditional or ADA compliant trail, live music, face painting, and family fun. Although the event is scheduled from 9am-1pm, there is no designated start time – participants are encouraged to come to hike and enjoy all that Pineland Farms has to offer at their own leisure. “We invite everyone to join us for this meaningful event,” said Androscoggin’s Community Relations and Development

Manager Elif Mogensen. “Hike for Hospice is more than just a walk. It’s an opportunity for people to celebrate the lives of loved ones who have passed away, whether in Androscoggin’s care or elsewhere.” To register or learn more, please visit <https://androscoggin.org/events/hike/>. For more information about the Hike for Hospice, please contact Elif Mogensen at elif.mogensen@androscoggin.org.

Boothbay Harbor Police Department

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- Includes membership to our local YMCA and Fish and Game Club.

Job description: Under general direction from the patrol sergeant and in accordance with established policies and procedures, incumbent assumes responsibility for the protection of life and property, through enforcement of laws and ordinances. Work normally consists of routine patrol, preliminary investigation, answering complaints, and traffic enforcement.

Please visit The Town of Boothbay Harbor website to access application.

Make Recycled Graphic Novel Picture Frames at LPL



LEWISTON, ME (March 5, 2023) -- On March 29th, 2023, at 5pm, the Lewiston Public Library Children's Department will be hosting a program where children will be able to create a decoupage picture frame using pages of discarded graphic novels and comic books. This activity will allow partici-

pants to express themselves creatively while creating a functional piece of art from recycled materials. The program will take place in the Children's Department and is best suited for children ages 10-14. This is a free activity and all necessary materials will be provided. There is no registration required.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Children's programs and events is available by contacting the Lewiston Public Library Children's department at 513-3133 or LPLKids@lewistonmaine.gov.

Crafts 'N Creations: Painting On Canvas at APL



AUBURN, ME (March 17, 2023) -- The Auburn Public Library has again partnered with local artist Melanie Therrien from Wicked Illustrations to offer another painting

class. The class will take place in person on Friday, March 31, 2023 from 3:00-5:00 p.m. During this class, Melanie will guide you step by step to create a beautiful painting of a bird's nest using acrylic paint. All materials will be provided. This program is open to adults and teens (ages 12 and up) and will take place in person, in the Androscoggin Community Room. Space is limited,

and registration is required. For more information or to register, visit APL's Events page at <https://www.auburnpubliclibrary.org> or call the Reference Desk at 207-333-6640, ext. 4.

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

What Exactly Is Seeds of Peace?

LEWISTON, ME (March 16, 2023) -- In a world so divisive and violent, there are still people and programs dedicated to bringing us together - working toward a world of Peace. Tim Wilson from the Seeds of Peace Camp is one of them. Senior College Food for Thought is proud to be hosting him as our next speaker.

A former Peace Corps volunteer, Tim Wilson has more than 50 years of experience in education, public service and athletic coaching. Currently, he serves as Senior Advisor to Seeds of Peace, an organization that he has been with since its founding in 1993. Until 2006, Tim was the Director of both the Seeds of Peace Camp in Maine and the Seeds of Peace Center for Coexistence in Jerusalem. He is still filling that role at the camp here in Maine. Tim has worked at several schools here in Maine both as a teacher and a coach. His awards include recognition in football, and wrestling as well as the Gerd Haas Award for Excellence in Human Rights Education and Leadership from the Holocaust and Human Rights Center and a Medal of Honor from the late King



Hussein of Jordan. Tim has five children and eight grandchildren, all of whom have contributed to Seeds of Peace's success over the years. His wife, Jacquie, is a long-standing and dedicated supporter of Seeds of Peace and served as the Director of Food Services at Camp for a number of summers. On April 11, at 11 AM Tim will be speaking at the Lewiston/Auburn campus of USM. The presentation is free and open to the public. You may come in person at 51 Westminster Street room 170, or ask for a Zoom link to watch at home. We will not serve food, but the cafe at the college is open and you are welcome to bring food in while you watch. To attend please send an email to laseniorcollege@gmail.com by noon on April 10. Be sure to mention the name of the program and whether or not you will be using Zoom



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Call for Art for Hallowell Mural Project on Climate Resilience



Hallowell Wheat Paste Mural Committee member Peter Precourt (left) installs his wheat paste mural of E.A. Robinson on the back side of Art Dogs in Gardiner in 2016 with Kirsten Gilg assisting on the right. Photo courtesy of Peter Precourt.

HALLOWELL, ME (March 16, 2023) — The Hallowell Arts & Cultural Committee and Hallowell Climate Action invite Maine artists to submit work on the theme of “Climate Resilience” to be displayed as wheat paste murals in the City of Hallowell. Wheat pasting is a process of applying paper art to a wall using glue made from flour mixed in water, resulting in a temporary mural. Our committee has selected multiple sites for art to be installed this spring in and around downtown Hallowell. Usually, the work is made at a smaller scale, digitized at high resolution, and sent to a printer to be printed at a scale appropriate for the installation site. The committee will work with selected artists to prepare images and will handle the printing. Artists can create

original work to be pasted; if the artist chooses this method, lighter weight paper is encouraged.

The theme of Climate Resilience challenges artists to create work that inspires reflection, conversation, and both individual and collective action on the myriad of climate challenges facing our communities, while centering the power of climate optimism and the importance of resilience and regeneration.

Selected artists who can direct and assist with installation of their work will receive a stipend of \$100 to cover travel and other expenses. The installation date is Saturday, June 3rd, 2023, with a backup date of Sunday June 4th. The Hallowell Arts and Cultural Committee will cover the costs of printing artwork and make all arrangements

relating to the installation and deinstallation of the murals.

The deadline to submit work is April 24, 2023. Submissions may be single works of art, or they may consist of multiple related artworks. Submissions will be reviewed by the project steering committee and artists will be notified of our decision May 9th.

Please submit your work via email with jpg, pdf or png files attached (not pasted into the body of the email please), or include a link to a Dropbox or Google Drive folder in your email. If selected, you will need to submit a high quality, larger scale PDF image of your work, to be printed at full scale for installation.

Please provide the following information in the body of your email and send your submission to:

hallowellarts@gmail.com

Artist’s Name;
Phone; Town of residence in Maine; Title(s) of submission(s) with the dimensions that you would like the work printed; Any information you’d like the committee to know about your submitted art or concept or any thoughts on its installation; If selected, would you be able to come to Hallowell for the installation of your mural?;

***Will you need help making a large format PDF of your work?**

***Your answer here will not impact the selection; however, it will facilitate the planning process.**

For more information visit the project blog at <https://hallowellwheat-pastemurals.blogspot.com/> or contact Deb Fahy, Chair of the Hallowell Arts & Cultural Committee at hallowellarts@gmail.com.

Sweetz & More Unveils New England’s Largest Sweet Shop

WICASSET, ME (March 16, 2023) -- Sweetz & More is proud to announce the opening of their newest location, April 1st in Wiscasset, ME. With 8,100 square feet of pure sweetness, Sweetz & More is New England’s largest sweet shop.

Visitors to Sweetz & More can indulge in 835 varieties of retro glass bot-

tle soda, 550 pouches of bulk candy, 300 baskets of pick-a-mix candy, 48 flavors of Jelly Belly gourmet jelly beans, 80 flavors of salt water taffy, 48 flavors of cotton candy, 100+ PEZ characters, 30 flavors of ice cream, and 28 sweet and savory variations of popcorn. Sweetz & More is a must-visit destination for anyone with a sweet

tooth.

Sweetz & More also offers candies from around the world including spicy candy from Mexico, chocolates from Europe, gummies from Germany, and sweet confections from Japan.

Sweetz & More features an extensive selection of Maine maple products, gifts, and souvenirs,

making it the perfect destination for both locals and tourists alike.

Sweetz & More offers something for everyone, from classic sweets to the latest trends. Visitors can indulge in their favorite candy or try something new.

“We are thrilled to bring Sweetz & More to the Wiscasset community,

and to be filling the void left behind by the closure of Big Al’s Super Valu” said owner Steve Jackson. “We’re excited to offer our customers a one-of-a-kind shopping experience filled with delicious treats and unique gift items.”

Sweetz & More is located at 298 Bath Rd, (Rte 1) Wiscasset, ME. Next to Big Al’s Fireworks Out-

let. The store is open daily from 10:00 am to 8:00 pm.

About Sweetz & More

Sweetz & More offers a wide variety of sweets, treats, and unique gift items. With 4 locations in New Hampshire and now 1 in Maine, Sweetz & More is dedicated to making the world a sweeter place, one customer at a time.

Report Finds Growing Caregiver Burden In Maine

MAINE (March 15, 2023) — The Alzheimer’s Association 2023 Alzheimer’s Disease Facts and Figures report finds the burden on Maine Alzheimer’s and dementia caregivers is growing. The new report released today shows there were an estimated 51,000 dementia family caregivers across the state in 2022, providing 87 million hours of unpaid care valued at \$1.9 billion.

The new report also reveals that Maine caregivers and those across the country face significant emotional, physical and health-related challenges as a result of caregiving

as well. Dementia caregivers report higher rates of chronic conditions, including stroke, heart disease, diabetes, and cancer compared to caregivers of people without dementia or non-caregivers. In Maine, 60.8% of caregivers reported at least one chronic condition. The prevalence of depression is higher among dementia caregivers when compared to caregivers for other conditions. In Maine, 30.8 % of caregivers reported depression.

“This year’s Facts and Figures report underscores the considerable physical and emotional and toll Mainers experience

when caring for someone living with Alzheimer’s,” said Drew Wyman, Executive Director of the Alzheimer’s Association Maine Chapter. “It clearly underlines the need for caregiver support right here in our state. The Alzheimer’s Association offers free local support throughout our state including support groups, education as well as the Association’s 24/7 Helpline. This support can be a lifeline to caregivers.”

The annual Facts and Figures report provides an in-depth look at the latest national and state-by-state statistics on Alzheimer’s disease prevalence, mor-

tality, caregiving, dementia care workforce and costs of care. According to the report, there are 6.7 million people 65 and older living with Alzheimer’s dementia in the United States, including 29,000 in Maine.

The year’s report also finds a shortage looming for direct care workers across the country. Direct care workers, including nurse aides, nursing assistants, home health aides and personal care aides play a vital role in caring for people living with Alzheimer’s and other dementia in private homes, community-based settings such as adult day services and residential care, skilled nursing homes and other settings. According to the report, an estimated 1.2 million additional direct care workers will be

needed between 2020 and 2030 — more new workers than in any other single occupation in the United States. In 2020, there were an estimated 17,380 home health and personal care aids in Maine, according to the report. By 2030, 18,710 will be needed — a 7.7% increase.

Although more direct care workers will be needed in the years ahead, the long-term care field is already struggling to fill existing direct care positions. Turnover rates are high in this workforce — estimated at 64% annually for direct care workers providing home care and 99% for nursing assistants in nursing homes, according to the report.

“The report sounds an important alarm on the urgent need to attract and

retain these essential frontline care workers,” said Wyman. “These valuable professionals are not only providing direct care to people living with Alzheimer’s and other dementia, but they are vital in supporting family caregivers, particularly for those providing in-home care.”

According to the report, most states, including Maine will have to nearly double the number of geriatricians to effectively care for those 65 and older who are projected to have Alzheimer’s dementia in 2050. In 2021, there were only 36 geriatricians in Maine. By 2050, an estimated 71 geriatricians will be needed to care for residents across the state living with Alzheimer’s dementia — a 97.2% increase.

Full text of the 2023 Alzheimer’s Disease Facts and Figures report, including the accompanying special report, “The Patient Journey In an Era of New Treatments” can be viewed at alz.org/facts. The report will also appear in the April 2023 issue of Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association.



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

March 25
GRAY -- First Congregational Church of Gray, Saturday Night Church Supper, 5:00 PM at the Parish House, 5 Brown Street, Gray. Handicapped Accessible. Meals are single sized and are \$10.00 each. Please pay at the door. The Menu includes: Variety of Casseroles and Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts and Beverages. 207-657-4279

March 25
BUXTON -- Had-dock Supper Buffet - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

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.

March 29
LEWISTON -- RE-

Calendar

Send your submissions to the Editor. More online.

CYCLED GRAPH-IC NOVEL PICTURE FRAMES

The LPL Children's Department will be offering a program on Wednesday, March 29th, 2023, at 5pm when participants will be able to create a decoupage picture frame from discarded graphic novels and comic books.

This program is free and best suited for children ages 10-14. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

March 29
LEWISTON -- 11 am at the Lewiston Public Library: THE STATE OF MAINE'S LOONS

In a free program entitled "The State of Maine's Loons," learn from Maine Audubon conservation staff about loons in Maine and Maine Audubon's efforts to protect them. Contact info. 513-3135; www.LPLonline.org

April 1, May 6
WESTBROOK -- Prides Corner Community Church, 235 Pride St. Bean Supper \$10 per person: Two kinds of baked beans, mac and cheese, ham, coleslaw, bread and brownie. Eat in at 5:00PM or Take Out from 4:30-

5:30PM. Call 207-415-9260 to reserve your individual meal today.

April 4, April 25
LEWISTON -- Tuesday, March 14 at 5:30 PM at the Lewiston Public Library: "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, lplreference@lewistonmaine.gov; www.LPLonline.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. Cost: See below. Loca-

tion: 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.

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 Ho-

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meschool 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

Second and fourth Thursdays
LEWISTON -- YOUTH TRADING CARD GAME CLUB held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

Wednesdays
LEWISTON -- Knit-

ting Group, Dates: Wednesdays, Time: 4:30-7:30 p.m., Facilitator: SeniorsPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit seniorsplus.org.

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Men's Dress Coats almost new - One London Fog, dark tan size 42 R \$50, one 3/4 length with zip in lining - tan \$40. 1 pair new Timberland work boots size 9W \$50. Call 207-782-4228

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Recumbent bike with heart & mileage monitor \$75. Lt oak coffee table with 4 glass panes & shelf. Call 782-1456

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Briggs & Stratton Elite series 7000 Watt generator - Key start- 25 foot 10 gauge rigid power cord included. Used 63 hours. Asking \$650.00 cash - serious inquiries only, please call 207-929-1575

LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer
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a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: www.defendify.com/careers.

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Looking for a kind petsitter for myself in the Oxford area. Willing to pay milage and base rate.

Experience preferred. Please contact- Melissa 207-539-3204

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.

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

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Binnie Media Raises \$500K for Children’s Hospital

PORTLAND, ME (March 13, 2023) -- Binnie Media Maine, WFNK & WTHT Portland, and WBQX & WBYA Rockland, wrapped up their 18th annual Cares for Kids radiothon Saturday with a grand total of \$503,298! The Binnie Media airstaff devoted 35 live hours of programming to help raise funds for the Barbara Bush Children’s Hospital at Maine Medical Center. BBCH is Maine’s only full-service children’s hospital, and provides critical care for children and families in all of Maine’s sixteen counties.

Funding from events like the Radiothon & benefit concert have helped BBCH grow in many ways: from acquisition of specialized transport units designed specifically for children and premature (NICU) patients, to a critical expansion of the Pediatric Intensive Care Unit (PICU), to supplies like toys and games for patients through the hospital’s Child Life department, every dollar contributed has a direct



benefit to local Maine families.

Binnie Media Vice President of Programming Michael Czarnecki said, “To say I am proud of this team and our listeners is an understatement. I am continually impressed by them. This is such a great example of the power of local radio.”

WTHT Program Director Chris Clare added, “I’ve always believed in the power of local radio and what it can do to bring a community together, and every year the team at The Wolf uses that power to do amazing things this for a world class hospital and great cause. I could not be prouder of them and of the communities that answered the call. This is truly amazing.”

WFNK Program Director Leif Erickson said, “These three amazing on-air days were the culmination of weeks of hard work by our dedicated airstaff who get “local” like no one else in the market.”

This is the second of two major events held in support of BBCH. Last week WTHT (99.9 The Wolf) raised 50,000 in two days with a special benefit concert at Erik’s Church in Windham featuring national recording artist, Joe Nicols.

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