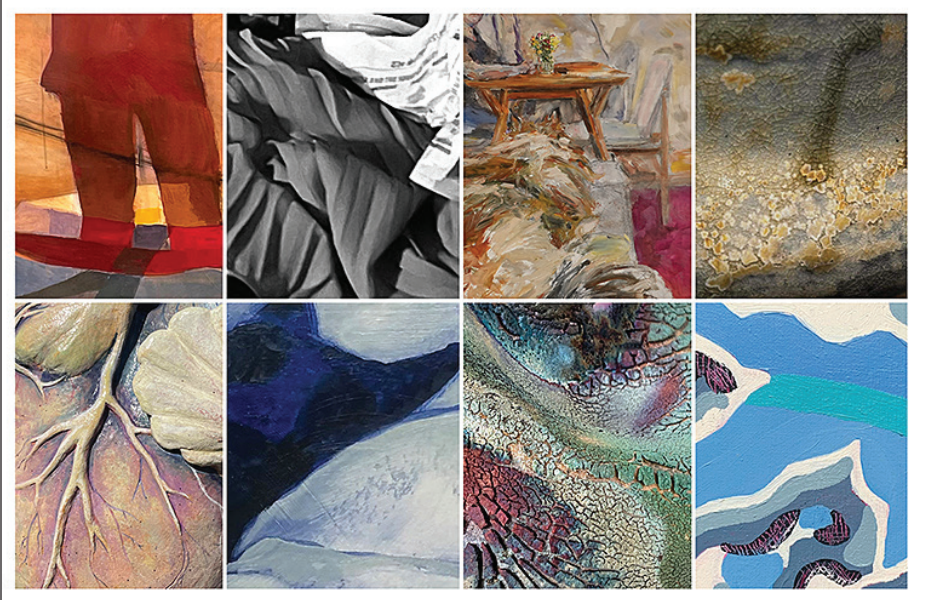


BFA & BA Exhibition Opening at USM Gorham's Art Gallery



GORHAM, ME (March 30, 2023) -- The BFA & BA Exhibition is the annual culmination of what USM's Art Department seniors have been working on. Hung and curated by the students, this exhibition is a reflection of the concepts and media they have investigated during their time at the University. Come celebrate all that

they have accomplished, and see what is on the cutting edge of contemporary art. Join us for the opening!

Featuring work by:
Gloria Steiger Bachelor of Fine Art (BFA) in Studio Arts with a concentration in Painting and Drawing, Minor in Art History

Shalyssa Hamberger Bachelor of Fine Art (BFA) in Studio Arts with a concentration in Sculpture

Kristin Golden Bachelor of Fine Art (BFA) in Studio Arts with a concentration in Painting and Drawing

Annika Soderberg Bachelor of Art (BA) in Studio Art with a concentration in Ceramics

Rose DiMuzio Bachelor of Fine Art (BFA) in Studio Arts with a double concentration in Ceramics and Painting and Drawing, Minor in Psychology

Anna M Bruner Bachelor of Fine Art (BFA) in Studio Arts with a concentration in Painting and Drawing, Minor in Art History

Krystal Yavicoli Bachelor of Fine Art (BFA) in Studio Arts with a double concentration in Ceramics and Painting and Drawing

Ali Dion Bachelor of Fine Art (BFA) in Studio Arts with a concentration in Painting and Drawing, Minor in Game Design

Details: April 6, 2023, 6:00 PM – 8:00 PM at 5 University Way, Gorham, ME 04038 United States

Khmer New Year Festival & Parade with Watt Samaki Temple

WESTBROOK, ME (March 31, 2023) -- Saturday, April 15th, from 10:00am-4:00pm at Riverbank Park in Westbrook, Mainem the Khmer New Year 2023 Festival & Parade will feature traditional Buddhist blessings, ceremonies, and chants from 10am-12pm, free Khmer food offered by Watt Samaki volunteers, street food for sale by Khmer Maine volunteers (proceeds to benefit Watt Samaki), and the chance to meet and access resources from our sponsors and community vendors. A small walking ceremony will commence at 1pm followed by music and dance performances and remarks from event organizers and public officials.

Khmer New Year is a widely celebrated holiday among the Cambodian population and marks the end of the traditional harvest season. In Cambodia, it is a time of rest and leisure for farmers who return to their home communities to celebrate with relatives. Although not exclusively a religious holiday, many Cambodians observe the New Year through purification ceremonies, visits to the local temple, parades, and by playing traditional games.

Unlike other Cambodian holidays that follow the lunar calendar, Khmer New Year is set in April according to the Gregorian calendar. The official dates for observation are Tuesday, April 14 thru Thursday, April 16.

Popular "Homilies on Canvas" Series Returns to Gorham

GORHAM, ME (March 29, 2023)---All are invited to attend one of the free sessions of the popular "Homilies on Canvas" series, presented by Fr. Lou Phillips, pastor of St. Anthony of Padua Parish in Windham, Westbrook, and Gorham. The focus of these sessions will be "The Supper at Emmaus."

"While the overwhelmingly most common setting of artists depicting the mystery of the Eucharist has been the Last Supper for obvious reasons, the other significant Biblical eucharistic event took place after Christ's resurrection in a small town named Emmaus," said Fr. Phillips. "And so, the Supper at Emmaus, like the Last Supper, has captured the imagination and creativity of artists like Caravaggio and others who have used their artistic gifts and skills to deliver their 'homilies on canvas' about the true presence of Christ in the Eucharist."

The sessions, which are 90-minute presentations that will offer the same information, are set for:

Windham Monday, April 17, 6 p.m. Hall of Our Lady of Perpetual Help Church on 919 Roosevelt Trail

Westbrook, Friday, April 21, 11 a.m. Hall of St. Hyacinth Church on 268 Brown Street (complimentary light luncheon to follow the presentation)

Gorham, Saturday, April 22, 9:30 a.m. Hall of St. Anne Church on 299 Main Street

Windham, Sunday, April 30, 11:15 a.m. (after 10:15 a.m. Mass) Hall of Our Lady of Perpetual Help Church on 919 Roosevelt Trail

Participants will look in depth with eyes of faith at the painter's "homily" and compare and contrast three other similar yet significantly different artistic depictions.



"As a post-resurrection event, the Easter season is a fitting time to prayerfully consider and contemplate Caravaggio's stunning work," said Fr. Phillips.

No advance registration is required. For more information, call 207-857-0490.

Injured on the job?
We should talk.
(207) 333-5103
Help@BilodeauLaw.me
BILODEAULAW.ME
BILODEAU LAW

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

Follow us on Facebook!
Don't miss our weekly giveaways!

CLEAN BOOKS LLC
BOOKKEEPING AND PAYROLL SERVICES
9 North River Road Suite 232 Auburn, ME 04210
Olivia Ouellette, Owner (207) 370-9292 cleanbooksmaine@gmail.com
www.cleanbooksmaine.com

Newsmakers, Names & Faces

Letter to the Editor: Life without Parole Lacks Compassion, Mercy

Life without Parole (LWOP) in our prisons is a reflection of the inhumanity that is in all of us. LWOP is designed to be harsh and final, less than 1% overturn this sentence. This is a punishment that lacks compassion and says more about the hate, resentment and darkness

in society than it does about the person serving the sentence. Until we acknowledge that we are using hate to fight hate, we will always have crime. As Gandhi said, "an eye for an eye, makes the world blind."

The prison population is mostly made up of those who suffer from

trauma, addiction, mental illness, PTSD, and other hardships such as: poverty, lack of education, lack of employment, and improper medical care. These are people that need help to heal, not to die within prison. With treatment many will recover and be able to safely return to society.

The sentence of LWOP is based in hate towards people, and shows that our belief in change is hopeless. States that don't offer parole to all are run by the cold hearted and inhumane. The lack of compassion and mercy that comes with LWOP shows that the darkness within people that causes

crime, is also within those who choose the punishment and the people that support it. I choose love, even for those who may not deserve it. Parole does not mean everyone goes free, it means that we acknowledge that some people can go against all the odds to grow and change.

Cecilia MacMillan
New Gloucester,
ME

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

CMH Announces Job Fairs for Rumford and Bridgton regions

BRIDGTON AND RUMFORD, ME (March 31, 2023) -- Central Maine Healthcare will be holding three job fairs in April to fill positions at Bridgton Hospital, Rumford Hospital and Rumford Community Home.

At all three events, candidates will have the opportunity to meet with hiring leaders for on-the-spot interviews and offers.

The Rumford Hospital job fair is scheduled for April 13, 2023 from 12:00-4:00 p.m. at Rumford Hospital, 420 Franklin

Street, Rumford.

On the same day, April 13, there will be another job fair at Rumford Community Home, from 12:00-4:00 p.m. at 11 John F. Kennedy Lane, Rumford.

The Bridgton Hospital job fair will take place on April 20 from 12:00-4:00 p.m. at Bridgton Hospital, 10 Hospital Drive, Bridgton.

"Central Maine Healthcare is a terrific place to work and advance your career," said Dick Kropp, EdD, SPHR,



SHRM-SCP, senior vice president, chief people officer, Central Maine Health-

care. "Currently, there is a great need to fill so many of these critical positions, and

Central Maine Healthcare offers very competitive pay and other outstanding benefits. I highly recommend anyone who is considering a new job to attend one of these job fairs. We have many open positions in healthcare, and in other less clinical roles that are important and desirable."

Among the open positions are:
Registered nurses
Certified nurse's assistants
Medical assistants
Sonographers
Radiological techs

Patient services representatives
Patient access specialists
Phlebotomists
Medical technologists
Unit secretaries
Certified residential medication aides
Personal support specialists
Physical therapists
Residential activity coordinators
Residential CAN/Med techs
Residential dietary aides
Security officers

Free Money Management Classes for Financial Literacy Month

MAINE, STATE-WIDE (March 24, 2023)—New Ventures Maine has announced free classes scheduled for April—Financial Literacy Month—that focus on managing money:

My Money Works: Thursdays, April 6 – May 4, 6:00 – 7:00 p.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set financial goals with a plan to achieve greater financial stability. (Also offered in person in Brunswick, Mondays, April 24 – May 22, 10:00 a.m. – 12:00 p.m.)

Let's Talk About

Credit: Tuesday, April 11, 6:00 – 7:00 p.m. Online. Learn how to reduce your debt, improve your credit, and maintain a good credit score. Create your own step-by-step plan to pay down your debt.

Build Your Savings: Tuesday, April 25, 6:00-7:00 p.m. Online. Setting money aside helps you plan for the future and reach your goals. While saving can be challenging, taking small steps can make a difference. (Also offered April 11, 6:30 – 7:30 p.m.)

Additional NVME workshops and classes for April are designed to help people in Maine build a career and start a business. Self-paced classes in-

clude:

My Next Career Move: April 3 – June 30; enroll by June 2; work at your own pace. Assess your skills, interests, and experiences and relate them to career options. Identify high-growth job fields. Explore education and training options. Strengthen your resume for a targeted job search.

Grow Your Business Online: Self-paced, enroll anytime, complete by May 31, 2023. Gain the skills, knowledge, and confidence to create a compelling web presence & website for your small business. Work online at your own pace through self-guided courses covering branding, GoDaddy tools, website

design and content, SEO & marketing, ecommerce, and more. Interactive remote sessions and labs are included. Made possible by Empower by GoDaddy in partnership with New Ventures Maine.

Additional interactive, online classes for starting businesses and building careers include:

Tax Readiness for the Self-Employed: Thursday, April 6, 12:00 – 1:00 p.m. Online. Learn how to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors.

Work for Yourself

@50+: Tuesday, April 11, 10:00 – 11:30 a.m. Online. Gain the knowledge, support, and resources you need to make informed decisions about working for yourself and take the right first steps toward successful self-employment.

Making Career Choices: Wednesday, April 12, 6:30 – 7:30 p.m. Online. Ready for a career change but don't know where to start? This workshop will help point you in the right direction. We will cover what to consider when making a career choice and the resources available to help you succeed.

Job Search Classes: Wednesdays, April 12 - 26, 6:00 – 7:00 p.m. On-

line. Ready for a new job or a career change? Join us for one, two, or all three of these workshops. April 12: Job Search Strategies; April 19: Resume Strategies; April 26: Interview Strategies.

Changing Jobs: Finding Work That Fits: Wednesdays, April 19 – May 3, 10:00 – 11:30 a.m. Online. Are you considering a job change? This online class designed for women will help you identify work options and benefits that align with your interests, skills, and values.

For the full schedule of upcoming classes and to sign up, visit bit.ly/NVMEClasses or call toll-free in Maine: 800-442-2092.



Affordable Washing Services of Maine

VETERAN OWNED AND OPERATED

SPECIALIZING IN:
HOUSE WASH * ROOF WASH
ROOF CLEANING * SOFT WASH * POWER WASH
DECKS * FENCES * SIDING * DRIVEWAYS

Greene, Maine
207-240-9103 Affordablewashingservices.com

Like us on 




Save \$\$ on your business phone!

Call today for a demonstration!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us



Buck Buchanan
A+, MCP Certified Technician

Newsmakers, Names & Faces

USM Gorham Husky to be Honored with Jersey Retirement

GORHAM, ME (March 31, 2023) – Husky legend Vinnie Degifico will have his jersey retired by the University of Southern Maine Department of Athletics on April 22, 2023.

Honoring one of its all-time greats with a special ceremony in-between its Little East Conference doubleheader versus UMAss Boston, Huskies' baseball and USM Athletics will celebrate Degifico's tremendous intercollegiate career, and his long term service to Huskies' Athletics as an assistant coach and USM Ice Arena manager.

Degifico's No. 23 jersey will be the first uniform retired by the University of Southern Maine Department of Athletics, signifying the enormity of Degifico's legacy with the Huskies. In 2022, Degifico tragically passed away

from cancer.

"Vinnie is and will remain a key figure in the success of our program both as a player and as a member of the coaching staff," said veteran head coach Ed Flaherty. "He is one of the all-time greats to wear a University of Southern Maine uniform."

In addition to the ceremony and retired number, USM baseball is honoring Degifico during the 2023 season by wearing a No. 23 patch on their uniforms.

Inducted into the Husky Hall of Fame in 1996 and a member of the Maine Baseball Hall of Fame, Degifico was a two-time All-American during his three-year playing career at the University of Southern Maine. Setting nine program records during his time as a Husky, Degifico led the nation – across all NCAA Divisions – in batting average hitting



a remarkable .526 in 1986. The next season, Degifico hit .390 and knocked out 13 home runs to lead the team to the first of a string of 15 NCAA tournament berths.

Following his 1987 season with the Huskies, Degifico was selected by the Boston Red Sox in the 17th round of the MLB draft. He played five years within the Red Sox minor league system, advancing to the AA level in New Britain, Conn. After an injury ended his professional

playing career, Degifico returned to Gorham and joined the Huskies' coaching staff and worked along side of head coach Ed Flaherty for 28 seasons. Degifico played a critical role in developing the numerous ABCA All-American, All-Region and Little East Conference performers, and he was a member of the Huskies' coaching staff for a number of Little East Conference Championships, NCAA tournament runs, and its 1997 NCAA Division III National

Championship team.

In addition to his coaching duties, Degifico was a member of the Athletic Department's administration for 24 years, running all aspects of the USM Ice Arena. An avid supporter of all of Huskies' athletic teams and student-athletes, Degifico was a fixture during the men's and women's hockey season and helped ensure a first class experience for USM student-athletes, fans and opponents.

"Vinnie was a larger than life character who had a booming voice, an infectious smile and was simply a very enjoyable person to be around. He loved to be in the center of things, help out others and he took pride in whatever he did," said Athletic Director Al Bean. "As a baseball player, he remains one of the most powerful hitters I

have ever seen. His home runs and exit velocity are legendary. His contributions to USM Athletics as a player, assistant coach and ice arena manager were immense. I'm so pleased that we are retiring his number. It is clearly a fitting tribute for a very deserving individual. Like so many others, I miss Vinnie every day."

Committed to Husky Athletics, and the local community throughout his playing and professional career, Degifico and his wife Cynthia established a scholarship program in his honor through South Portland HS.

Degifico earned his bachelor's degree in history from the University of Southern Maine in 1994. His son Anthony played for the Huskies, and his daughter Maria is a member of the women's basketball team.

Healthy Lawns, Author Events, April Activities at Gorham's BML



April Vacation



GORHAM, ME (March 30, 2023) – The following are activities hosted by Baxter Memorial Library in Gorham. Check them out!

Healthy Lawn Care Made Easy

Tuesday, April 11th 6-8pm

FREE WORKSHOP from the Cumberland County Soil & Water Conservation District. Do you want a lawn that's safe for families, pets, and the environment while saving time and money? Learn how to build healthy soil for healthy lawn with tips on fertilizing, weed and pest management, watering, renovating an unhealthy lawn, and more. Whether you maintain your lawn or hire a professional, round up your neighbors and join us! This class is compatible

with Falmouth, Portland, and South Portland ordinances. Attend in person at Baxter Memorial Library, or online!

To register for in-person or online attendance, please go to www.cumberlandswcd.org/workshops

Author Event—S.R. Clark

Wednesday, April 19th 6pm

Join us to hear local author S.R. Clark discuss her new book Mrs. Robinson: The Inspiring Story of a 20th Century Muse.

Book Club!

Thursday, April 6th: The Other Einstein by Marie Benedict

Thursday, April 20th: The Stranger in the Woods by Michael Finkel

We will meet in person at 10:15am in the Schneider Great Room – Masks optional. No regis-

tration necessary. All are welcome!

April Vacation with Youth Services

LEGO for Littles (ages birth to 7), Tuesday, April 18th 10-11am. Come play with our Duplo collection!

LEGO Challenges (ages 10+), Tuesday, April 18th 1-3pm. Challenges for our older builders!

Percy's B-Day Party (all ages), Wednesday, April 19th 10-11:30am. Crafts, games, a story (read by dragon master Jeff), a song, and cupcakes.

Hands-On Science (ages 7+), Thursday, April 20th 10-11am. Come learn about seeds and create seed balls with us.

Baxter

MEMORIAL LIBRARY

April Break @ the library

Tuesday, April 18: LEGO Building
Duplos for ages 0-7, 10-11AM
Building Challenges for ages 10+, 1-3PM

Wednesday, April 19: Percy's Birthday Party!
All ages, 10-11:30AM

Thursday, April 20: Hands-on Science, Seed Balls
Ages 7+, 10-11AM

Jason Hodsdon Masonry

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

We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

Gorham WEEKLY

(207) 558-8488
Info@GorhamWeekly.com

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

©TWIN CITY PUBLISHING, INC 2022® FOUNDED IN 1998
All materials found in GORHAM WEEKLY, INC. are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.

FREE e-subscriptions at
www.GorhamWeekly.com

Advertising
For advertising information email
ads@GorhamWeekly.com or call 795-5017.

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

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

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

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

News Center Maine Holds Sixth Statewide Red Cross Blood Drive



Bangor Blood Drive

PORTLAND/BANGOR, ME (March 28, 2023)—Every two seconds someone in the U.S. needs blood. That is why NEWS CENTER Maine was proud to join forces once again with the American Red Cross for a statewide blood drive held Wednes-

day, March 22. The first blood donation was at 8:00 a.m. with the final donation at 5:30 p.m. In all, 200 units were collected.

A single donation can possibly help save up to three lives, so Wednesday's donors will potentially help save 600 lives. Kim-



Kennebunk Blood Drive

berly Murphy of Lisbon Falls is one of those lives. Three months ago, Kimberly gave birth to her first child, Lucien. His delivery didn't go exactly according to plan. During delivery, her placenta ruptured, and she started hemorrhaging. Murphy said she needed

to have two blood transfusions. Murphy is lucky to still be here. She said she was grateful that blood was available when she needed it.

In the six years NEWS CENTER Maine has partnered with The American Red Cross, 1,140



NCM producer Luke Saccone donating blood at the Portland Drive

units of blood have been collected with the potential to save up to 3,420 lives. In Maine, the Red Cross needs to collect 152 pints of whole blood every day to meet patient demand. That means 1,064 Mainers each week need to roll up a sleeve to keep the blood supply viable. Once you donate, you need to wait 8 weeks before you can donate again so it's critical that all eligible Mainers continue to give blood.

On March 22, Main-



Paulo Costa is a first time donor

ers came out to give the gift of life and NEWS CENTER Maine is grateful for their generosity. There were five donation sites including The Holiday Inn in Portland, St Martha's Church in Kennebunk, Flanagan Community Center in Rockland, Waterville YMCA in Waterville, and the Bangor Blood Donation Center in Bangor.

Spring Break: Soak up the Sun, not the Screen

By Emily Wiper, Vice President & General Manager – AT&T New England

(March 31, 2023)— Spring break is an opportunity for families to escape their monotonous daily routine and indulge in relaxation. And whether your family is jetting off for spring break or has a staycation planned close to home, spending some qual-

ity time together is likely high on your list.

But how do you accomplish that when everyone (even you, parents) is glued to their phones and tablets 24/7?

Let's face it: our phones are an extension of our hands. It's hard to imagine taking a trip to the store without a device, much less a full vacation, even if your goal is to

spend more time with your family.

During an ideal vacation, your family would be so busy with activities, no one would have time or a free hand for a device. However, let's be real. Even the most fun-filled itinerary has downtime.

Maybe you can relate. After a long day at the beach, watching the sunset around the camp-

fire together would top off the experience. Unsurprisingly, your kids are yards away, staring at their mobile devices, sucked back into the digital world as if by magnetic force.

Our kids are more connected than ever before. Finding a balance between screen time and family time can be a struggle, especially on vacation when kids are out of school and rules may be more relaxed. While there is no one-size-fits-all solution, there are ways to keep your family engaged and present with each other.

Give yourself permission to unplug

If you want your family to unplug while on vacation, it starts with you. Before you depart, share your intention to temporarily step back from technology with friends and close contacts. Consider setting expectations and boundaries with your employer about your accessibility during your time off.

Get on the same page ahead of time

It can be hard to stick

to plans when you are around people who haven't made the same commitment. Call a family meeting and talk about your vacation goals, concerns, and overall approach as a family. Instead of shaming your loved ones for their tech usage, try sharing your goals for the trip and why unplugging matters to you.

Tech-free zones

Just like at home, creating screen-free zones on vacation is key to capturing family time. Involve your kids in brainstorming tech-free areas or times you will commit to as a family on vacation. For example, mealtime and outdoors.

Start small by suggesting a phone-free dinner (a basket could hold everyone's phones). Think of topics you want to talk about during that device-free time. Perhaps you can agree on a screen-free activity to do together every day. Establishing a clear plan and reasonable time limits are good ways to avoid a meltdown when it is time to put away the devices.

Carrier apps

For a little help, or if you're feeling overwhelmed because you recently got your child their first phone, most wireless carriers offer an app with content filtering, screen-time regulation, and location services.

AT&T's Secure Family® allows you to pause your child's internet access instantly or set schedules for Wi-Fi access during specified times, including internet use limits. You can customize several features, like choosing from three different content filter levels based on age range.

Our vacation time is precious, most of us would rather spend it focused on our families, rather than on our phones. So, wherever your time off takes you, with some conscious planning and family buy-in, you'll be off to a good start in enjoying quality time with those who matter most.

Find additional resources for keeping your family connected responsibly at screenready.att.com.

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

**Our premium grade sealer inexpensively
adds years of life!**

**Protect your investment with our
wide range of products!**

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

State AG Frey Files Lawsuit Against 3M, DuPont

AUGUSTA, ME (March 30, 2023)— Today, Attorney General Aaron M. Frey announced that the state of Maine is currently filing two lawsuits against the manufacturers 3M and DuPont. The lawsuits allege that both manufacturers, among others, have known for decades that PFAS poses a serious risk to human health and the environment, but advertised their PFAS products as safe and appropriate for widespread use in Maine.

Defend Our Health has been advocating for the elimination of PFAS chemicals since 2017 after contamination was discovered on the farmland of farmer Fred Stone in Arundel, Maine. Defend Our Health director of advocacy, Sarah Woodbury, responds:

“The defendant manufacturers knew of the science of PFAS toxicity decades ago but concealed that information from the public and continued to manufacture, sell and profit from

their products containing these chemicals. Therefore, we commend the actions taken by Attorney General Frey and the state of Maine in holding manufacturers accountable for the destruction that they have inflicted on the livelihood of Mainers across the state due to PFAS contamination. Maine has been at the forefront in dealing with the PFAS crisis, spending millions of dollars for testing and cleanup. It is about time that those responsible are held accountable.”

Seniors Not Acting Their Age

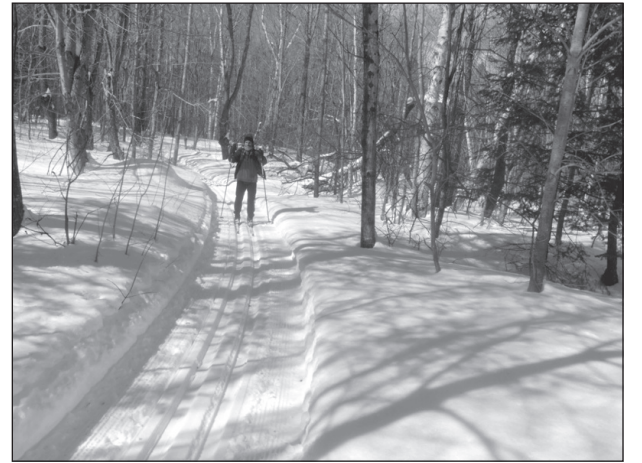
Adventurous Skiing at Mount Blue State Park



A fast track was encountered leaving Mount Blue State Park Headquarters on Central Trail



A skier tries to hold a snowplow on a steep pitch



One of many exhilarating downhill sections in Mount Blue State Park

By Ron Chase
Mount Blue State Park offers one of the finest Nordic Skiing opportunities in western Maine. Located in the mountainous region of Weld, the park has about fifteen miles of trails groomed for classic skiing. Consisting of five loop trails of varying length and difficulty, there is something for virtually every cross country ski enthusiast. My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* includes a chapter about skiing Mount Blue State Park and two additional Nordic ski trips.

I've been skiing at Mount Blue for over thirty years. During that time, I've learned ski conditions can vary from superb to downright scary. Having experienced scary several times, I carefully watch for the right combination of snow, its consistency, and weather. I always check with the park for a status report prior to making the almost two hour drive from Topsham.

After a recent snowstorm, I researched the conditions prior to announcing a Penobscot Paddle & Chowder Society club ski trip at Mount Blue. The park received

about a foot of powder and had groomed the trails the day after. However, temperatures had risen and fallen in the interim. My concern was an icy ski surface. Based on the forecast for Weld, the temperatures were predicted to rise above freezing in the middle of the following day. I posted a club trip meeting in the park at 11:00 assuming the snow would begin to soften by then.

Two of the usual suspects, Ken Gordon and Eggman DeCoster, agreed to join me for the proposed skiing adventure. On a clear day, skiers are guaranteed some of the finest views in Maine when approaching Mount Blue State Park Headquarters situated high on Center Hill Road in Weld. When entering the large parking area, visitors are greeted with a multi-faceted outdoor complex that includes an ice-skating rink and a warming hut. Snowshoe, snowmobile, and Nordic ski trails begin there.

The sky was clear and the temperature seasonably warm when we arrived. However, unanticipated gusty winds resulted in a sub-freezing chill factor. An inspection of the trail indicated

the surface was icy. I decided to use backcountry skis while my companions chose touring skis. The reason for my choice was twofold: backcountry skis provide more stability and control on an icy surface and the out-going facilitated an excellent training opportunity for my upcoming Baxter State Park expedition. There are downsides to backcountry skis; they're heavier and slower than touring skis.

From the parking area, we followed Central Trail on a fast recently groomed surface. Our goal was to connect with Maple Trail, a ten mile loop according to park literature.

After crossing Center Hill Road, we climbed steadily to the rim of a bumpy, precipitous pitch that is the steepest descent in the trail system. Eggman ran a mostly successful probe attempting to hold a snowplow in the attenuated path. His exciting escapade ended with a dramatic crash. Ken and I opted to take advantage of the much more forgiving deep powder next to the trail.

Shortly beyond, we arrived at the junction for the Maple and Birch Trail Loops. Proceeding left

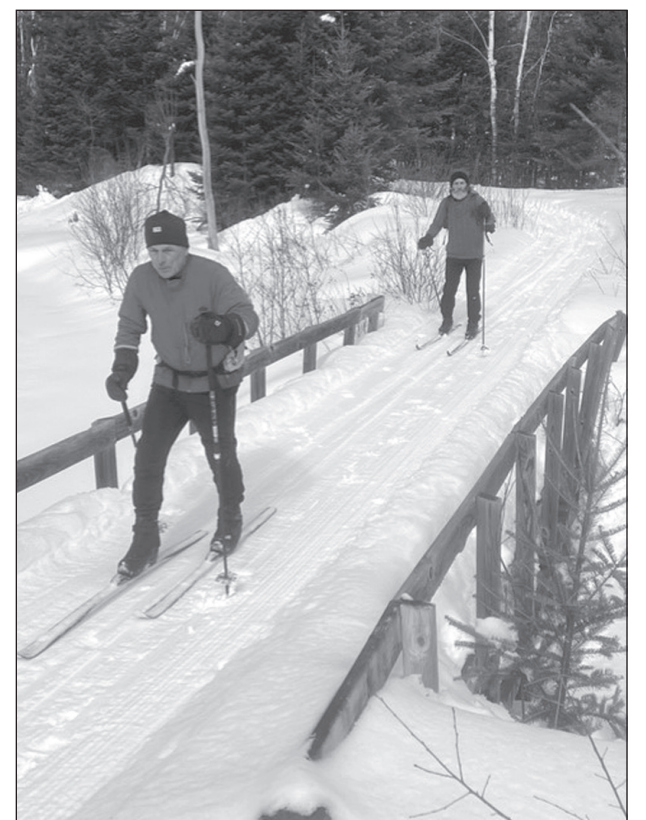
on Maple, we ascended steadily before progressing through a long, winding downhill sector in a dense hardwood forest to another Center Hill Road crossing.

A brief climb preceded another challenging descent. This one contained a couple of humps with the potential for some airtime. The scene of numerous mishaps in the past, we carefully negotiated down the gnarly slope without any upsets.

Gradual downhill skiing followed through a circuitous route in a mixed hardwood and conifer forest. Inattentive when approaching a narrow bridge, I took a dive. Fortunately, no cameras captured the blunder.

While climbing an elongated uphill grade, the snow began to soften. By the time we connected with a junction leading to Hedgehog Hill, two of us were collecting sticky snow on our skis. Adding Glide alleviated the problem and slower snow moderated our speed going forward.

Forgoing a side trip to Hedgehog Hill, the best downhill skiing of the day ensued. Long stretches of exhilarating double poling continued



Skiers cross the bridge over Fran Brook on the Maple Loop Trail

to a bridge over Fran Brook.

Rolling hills in a mixed conifer and hardwood forest were encountered as we progressed back to the Maple/Birch Trail junction. After one final arduous climb, our eventful day ended with a pleasurable cruise back to Park Headquarters.

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 ronchase-outdoors@comcast.net

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 ronchase-outdoors@comcast.net

GRIDIRON
Restaurant
LEWISTON, MAINE

FRIED MUSSELS
with fries and coleslaw



ONLY \$12.99

1567 Lisbon Street Lewiston, ME 207-777-6353 -- 207-777-6354
INDOOR SEATING - TAKE OUT Open Daily 11am - 9pm

We Deliver.



Uber Eats GRUBHUB Postmates DOORDASH

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

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



American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 | W www.jctbowl.com
Gorham, ME 04038 | P 207.222.7600

Arts & Entertainment

Gorham: Check Out WMPG's 18th Bluegrass Spectacular

PORTLAND, ME (March 30, 2023) -- After a three year hiatus, the WMPG fundraiser - Bluegrass Spectacular is back! Join WMPG at Portland's listening room, One Longfellow Square for an eve-

ning of local Maine bluegrass bands including: The World Famous Grassholes; Breakin' Strings; and Pejepsot Station. Pejepsot Station is a Maine band based in the village of Pejepsot

in Topsham, Maine. They have been playing music and performing as a band since 2011. Their love of bluegrass, Americana, folk and country songs reflects the range of interests of the five members of the band.

Pejepsot Station's sound encompasses a diverse mix of broad harmonies, lively Bluegrass instrumentals, and compelling tunes.

After a 10 year hiatus ... Breakin' Strings returned in 2022 and didn't waste any time! As soon as they rejoined they started writing new material and headed south to Nashville from Maine to record at the legendary Blackbird Studio. The result, "Hangovers & Heartaches," is a collection of 12 tunes sure to recall the greats of the high and lonesome and recently reviewed in Bluegrass Unlimited. Fronted by Cliff Gelina, who's been playing bluegrass with his family's band since he was 8 years old, Breakin' Strings continue a great tradition of Maine bluegrass.

After two decades, the World Famous Grassholes are among the most

storied bluegrass bands in Maine's well-stocked country-music history, with dozens of collaborators who have made their way through the band and four well-received albums. For the past decade, however, the current five-piece lineup of Heather Kahill (fiddle), Merrill Marsh (guitar), Flann O'Brien (bass), Sam Pfeifle (guitar), and Field Rider ("deadly" banjo, according to one Dublin nightclub owner) have taken the band to new heights, with four-part harmonies in the traditional style infused with contemporary songwriting that draws from pop to indie rock to punk and the blues. Their latest album, "Gently Used," produced with Jonathan Wyman and Chris "CS" Burns, takes you on a journey from a burning Monroe-style picker in "Walk Right Out" to an Eagles

crooner in "Colorado" to the strutting blues of the Mickey Newbury classic "Why You Been Gone So Long."

Proceeds from the Bluegrass Spectacular benefit WMPG Community Radio, a volunteer-driven listener-supported non-commercial radio station broadcasting locally on 90.9FM and globally via streaming on the WMPG app and at wmpg.org More info at: Grassholes: <https://worldfamousgrassholes.com/> Breakin' Strings: <https://breakinstrings.net/> Pejepsot Station: <http://www.pejepsotstation.com/> One Longfellow Square: <http://www.onelongfellowssquare.com>
Thursday April, 13th 2023 One Longfellow Square, 181 State Street, Portland, ME Doors 6:00pm Show 7:00pm \$25 Advance \$35 Door

KHMER NEW YEAR DANCE PERFORMANCE

APRIL 29
3:30-5PM
DOWNTOWN LIBRARY



FREE AND OPEN TO THE PUBLIC

Join **Khmer Maine** for a special performance by **Angkor Dance Troupe** as part of a larger celebration of the Cambodian New Year. People from all backgrounds can learn about Cambodian culture and arts through movement and the history of each dance



PORTLANDLIBRARY.COM/EVENTS →  

KHMER NEW YEAR 2023 SPONSORS

<p>PREMIER SPONSORS</p>  	<p>CORPORATE & NONPROFIT SPONSORS</p>        
---	---

What Do Middle School Students Say About Gorham Schools?

GORHAM, ME (March 30, 2023) -- Want a little insight into what our Gorham schools are re-

ally like from the perspective of students? Head to Gorham Schools' website at gorhamschools.org to

check out this great video from Devon Paradis, a 6th grade student at Gorham Middle School.



Boothbay Harbor Police Department

We are accepting applications for new and experienced officers. These benefits listed are for the full-time position (s). Also hiring reserve officers starting at \$30.00/hr.

Starting Pay \$47,040 – \$64,960 yearly

Come join a team of officers who have created a family atmosphere with a great community to back them.

- Work schedule is two days on, two days off and every other weekend. Plenty of overtime offered.
- Outstanding medical, vision, dental, and life insurance.
- Town pays 100% for single employee health, 85% for all other plans.
- We also offer a Flex Spending plan.
- Generous PTO package.
- ME PERS 2C (25 years / no age requirement.)
- Uniforms and boots provided.
- 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.

Urban Edge Hair Studio

(207) 212-9440

1117 Center Street
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3
Evenings by Appt. Only

Like us on Facebook!



MICHAEL G.

DACF Increases Access to Maine-Grown Foods for Older Adults



AUGUSTA, ME (March 28, 2023) – The Maine Department of Agriculture, Conservation and Forestry (DACF) announced today that it will utilize an \$800,000 Federal grant to expand the Maine Senior FarmShare Program. The program provides low-income older adults the opportunity to receive up to a \$50 share of fresh, local produce at no cost directly from Maine farmers.

DACF estimates that the additional funding will expand the program by up to 3,000 more low-income older adults and authorize more Maine farmers to join over the next two years. The funding comes from the U.S. Department of Agriculture, with the goal of expanding and modernizing similar programs across the country.

“We are very pleased that this new funding al-

lows the expansion of the MSFP to include a broader range of our low-income neighbors and involve more Maine Farms,” said DACF Commissioner Amanda Beal. “Our department staff are eager to play a role in steering this effort to increase access to fresh food from local farms as we pursue the vision and goals of Maine’s Roadmap to End Hunger by 2030.”

“MSFP is beginning its third decade serving Maine’s low-income older adults. I am excited at this infusion of financial support to ensure that this vital program continues, adapts, and improves,” said G Cherichello, Maine Senior FarmShare Program Manager. “One-quarter of our funding will support partnerships and training to ensure that MSFP serves adults in communities that experience disproportionate rates of hunger, including people of color and members of the LGBTQ community.”

To participate in the program, a person must be a Maine resident; be 60

years old or older, or 55 years old or older for Native Americans; and meet income guidelines. More than 100 farms in Maine, distributed across all 16 counties, are authorized to participate in MSFP.

Eligible adults can contact an authorized farm to sign up for MSFP now. Participants must re-enroll yearly and may only sign up with one farm annually. To learn more, including for those interested in becoming an authorized MSFP farm, go to www.maine.gov/dacf/ard/seniorfarmshare, call (207) 287-3491, or email SeniorFarmShare.AGR@maine.gov. Eligible adults can also call their Area Agency on Aging at 1-877-353-3771.

USDA’s Food and Nutrition Service works to end hunger and improve food and nutrition security through more than 15 nutrition assistance programs, such as the school breakfast and lunch programs, WIC, and SNAP. Together, these programs serve 1 in 4 Americans over a year.

Downeast Exploration Fund Application Opens for Students

NORTHEAST HARBOR, ME (March 30, 2023) — Beginning April 1, young adults living in Washington and Hancock counties, and on Maine’s outer islands, can apply for the Downeast Exploration Fund. The Fund provides financial support to eligible applicants wishing to explore their own passions and pursue experiences not otherwise available to them. Created by Gigi Georges, author of Downeast: Five Maine Girls and the Unseen Story of Rural America, and her husband, Jeff Oxman, the Downeast Exploration Fund is administered by Maine Seacoast Mission. The couple actively involved the five young women in developing the Fund.

Any student in grades 6 through 12, including rising 6th graders and just-graduated seniors, within the Mission’s service areas may apply for an award. The Downeast Exploration Fund provides up to \$1,500 for awardees’ participation in camps, outdoor learning experiences, and lessons in music, art, sports, or equestrian pursuits. Additionally, the scholarship covers registration fees for enrichment activities or programs as

well as materials, equipment, or supplies.

In 2021, Gigi Georges published the non-fiction book, Downeast: Five Maine Girls and the Unseen Story of Rural America, with HarperCollins. Following the first edition printing, Georges and Oxman founded the Downeast Exploration Fund with Maine Seacoast Mission to celebrate the continued strength and resilience residing in the young people of the Downeast region of the state. Georges says, “The Fund honors of the book’s five young women. They played a central role in developing the Fund’s objective, which is to expand opportunities beyond the classroom for Downeast children.”

Maine Seacoast Mission President John Zavodny says, “The Downeast Exploration Fund is a result of Gigi’s and Jeff’s generosity and their appreciation for the incredible spirit of Downeast young people. We’re excited to hear about and help fuel their passions. The Mission’s education and youth development work in Downeast Maine makes the Fund a perfect fit.”

Interested appli-

cants ages 11-18 may apply through Maine Seacoast Mission’s website at <https://seacoastmission.org/downeast/scholarships/> or through a school guidance counselor. Applications are accepted on a rolling basis until funds for the 2023 award year are exhausted.

Rooted in a history of compassionate service and mutual trust, Maine Seacoast Mission seeks to strengthen coastal and island communities by educating youth, supporting families, and promoting good health. For more information, please visit <https://www.seacoastmission.org/>

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

Follow us on Facebook!
Don’t miss our weekly giveaways!

PROTECT YOUR PROPERTY WITH EXPERT ROOFING!

Special Offer!

10% OFF

YOUR NEXT INSTALLATION

Expires in 30 days. Restrictions apply. Call for details.



NEW ROOFS • ARCHITECTURAL SHINGLES • METAL • LIFETIME WARRANTY

AMERICAN BUILDERS
Custom Building & Remodeling



CALL TODAY FOR A FREE ESTIMATE
(207) 500-8100

AmericanBuildersMaine.com
No Money Down • Financing Available



Aspire Gorham's Career X Events Bring Experts to Students

GORHAM, ME (March 30, 2023) -- Aspire Gorham's Career X events are designed to expose students to people who use the skills and knowledge gained in a particular content area in their career and community life. So far GHS has hosted "Math X", and "Science X"...Coming up on April 13 & 14 we'll be hosting "English X" and in May will be "Social Studies X"...Check out the incredible presenters lined up for our English X event!

 <p>CORPORATE LAW</p> <p>ENGLISH X</p> <p>Thursday, April 13th PERIOD 2 & 3 HOST: MS. T-F</p>	 <p>FICTION WRITING & LAW</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIOD 2, 3, 5 & 7 HOST: MS. HATCH</p>	 <p>SCREENWRITING</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIOD 1, 3, 5, 6 & 8 HOST: MS. ALLEN</p>	 <p>INVESTIGATION & DETECTION</p> <p>ENGLISH X</p> <p>Thursday, April 13th PERIOD 1 HOST: MS. HATCH</p>	 <p>JOURNALISM</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIODS 1, 3, 5, 7 & 8 HOST: MS. STONE</p>
 <p>ADVOCACY</p> <p>ENGLISH X</p> <p>Friday, April 14th PERIODS 7 & 8 HOST: MS. T-F</p>	 <p>FICTION WRITING & DANCE</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIOD 2, 3, 5 & 7 HOST: MS. PAUL</p>	 <p>FILM & TV PRODUCTION</p> <p>ENGLISH X</p> <p>Friday, April 14th PERIOD 5 & 7 HOST: MR. CHABOT</p>	 <p>TV JOURNALISM</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIOD 1, 3, 5, 6 & 7 HOST: MS. ZARRILLI</p>	 <p>STRATEGIST BUSINESS & LIFE</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIODS 1, 2, 6, 7 & 8 HOST: MS. STEIN</p>
 <p>ACTING</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIOD 2, 3, 6 & 7 HOST: MR. PATTERSON</p>	 <p>STATE POLITICS</p> <p>ENGLISH X</p> <p>Thursday, April 13th & Friday, April 14th PERIOD 7 & 8 HOST: MS. WYATT</p>	 <p>BROADCAST JOURNALISM</p> <p>ENGLISH X</p> <p>Friday, April 14th PERIOD 5, 7 & 8 HOST: MS. BOWERS</p>	 <p>IMMIGRATION LAW</p> <p>ENGLISH X</p> <p>Friday, Feb 17th PERIOD 1, 2 & 3 HOST: MS. WYATT</p>	 <p>REAL ESTATE</p> <p>ENGLISH X</p> <p>Thursday, April 13th PERIOD 2 & 3 HOST: MR. CHABOT</p>

Habitat for Humanity Looking for Families to Own New Homes



FREEPORT, ME (March 30, 2023) -- Habitat homes are for affordable, energy-efficient and for people who never thought they could own a home!

Think you don't qualify? A family of four can earn up to \$89,000 in Freeport or \$73,000 in Standish!

Future homeowners must make a minimum of \$30,000 but no more than 80% of the area median

income and demonstrate a need for affordable housing, an ability to pay a low interest mortgage, and a willingness to partner with Habitat. You can apply for either or both towns – we just need a separate application for each location.

How to Apply:

1. Download an application or request a mailed copy online at habitatportlandme.org/apply OR pick it up at 659

Warren Avenue, Portland, ME

2. Ask questions and get help filling out your application - group sessions or one-on-one meetings available.

3. Completed applications due by noon on April 19, 2023 for Freeport.

Questions? Email Family Services Director, Molly, at molly@habitatme.org or call 207-772-2151 x 104.

Follow us on Facebook!
Don't miss our weekly giveaways!



Insulate. Be comfortable. Save money.

Rebates up to \$8,000 for income-eligible households



Start today by scanning this QR code and see if you prequalify.

It takes less than 5 minutes.



Visit efficiencymaine.com for program details or call 866-376-2463.



Prime Minus 1%

Home Equity Line of Credit

For Life!



egcu.org/equity
Online Anytime

Evergreen
Credit Union

*APR = Annual Percentage Rate. APR is adjusted monthly and based on the Wall Street Journal Prime. Max APR is 18%. Minimum floor rate = 3.50% APR. Property insurance is required. Equal Housing Opportunity.

USM Gorham's McKim, Chagnon Named NEHWA Division III All-Stars



GORHAM, ME (March 31, 2023) – University of Southern Maine junior goaltender Haley McKim (Moncton, NB, Canada/The Mount Academy) and sophomore forward Madison Chagnon

(St. Albans, Vt./Rice Memorial) have been named New England Hockey Writers Association (NEHWA) Division III All-Stars for their efforts during the 2022-23 season. McKim, the New En-

gland Hockey Conference (NEHC) Goaltender of the Year for each of the past two seasons, set a program record for saves in a season with 766. The junior netminder won 13 games and posted three shutouts

over the course of the season and finished with a .939 save percentage and a 2.15 goals against average.

Chagnon finished the NEHC regular season tied for the conference lead in goals with 22 and third in points at 31. In the first round of the conference playoffs, she scored a goal and had an assist in a 3-1 win over UMass Boston. Chagnon finished the

season with 23 goals and 10 assists for 33 points. During the season she recorded hat tricks in wins over Plymouth State and Castleton University.

McKim and Chagnon each earned First Team All-NEHC honors and were key contributors to a Southern Maine team that reached the conference semifinals before being defeated in a tight 2-1 game

by Norwich University. The Huskies went 14-12-1 overall and 11-6-1 in conference play and earned the number three seed in the conference tournament.

The New England Hockey Writers Association will host an awards reception on Wednesday, April 19, at the Prince Restaurant in Saugus, Mass.

Opening on the Town of Gorham Board of Appeals--Apply Today!

GORHAM, ME (March 30, 2023) -- The Town Council Appointments Committee is still seeking citizen volunteers for an opening on the Board of Appeals

in applying to serve on the Board of Appeals, or for more information, please visit the Town Clerk's office. To apply, complete and submit a Committee Volunteer Application available online at the

Town of Gorham's website. You may also contact the Town Clerk at 222-1670 or email her at Inordfors@gorham.me.us.

Applications will be accepted until April 7, 2023.

Follow us on Facebook!
Don't miss our weekly giveaways!



Saturday, May 13 • 7:30 pm
Sunday, May 14 • 3:00 pm
FRANCO CENTER • LEWISTON



Our Pops Concert will be a collection of music from movie musicals. Join us as we take you through decades of music theater and celebrate a true American art form.

Tickets: 207-333-3386 or mainemusicsociety.org



**Lot Clearing • Excavating Foundations
Septic Systems & Design • Driveways & Roads
Tree Removal • Culverts & Ditching**

**No Money Down
Financing Available**

**CALL TODAY FOR A
FREE ESTIMATE
(207) 500-8100**

A division of **AmericanBuildersMaine.com**

Mitchell Center to Host Maine Food Waste Solutions Summit

MAINE, STATE-WIDE (March 31, 2023) -- The Maine Food Waste Solutions Summit, Maine's annual food waste education event, is scheduled for Friday, April 14, from 10 a.m. to noon via Zoom. The event is free and open to the public. Registration is required.

Food waste has economic, social, environmental and climate impacts. Nearly 40% of food produced in the U.S. is never eaten, costing the country \$285 billion in 2019. Nationwide, \$5 million per day is spent on food that is wasted in schools. In Maine, 97%

of food waste goes to landfills, contributing to harmful pollution and climate change. Meanwhile, 1 in 8 adults and 1 in 5 children in Maine go hungry every day.

"Food waste is a major financial, social and environmental problem that impacts all Maine people, but the great news is that there are simple solutions," says Susanne Lee, faculty fellow at the Senator George J. Mitchell Center for Sustainability Solutions at the University of Maine. "We host this free online event so that everyone can attend and learn to reduce wasted food."

The summit brings together key food system participants—residents, farms, food businesses, charitable food partners, community leaders, nonprofits and state representatives—to learn about Maine's food waste problem and solutions. This year's keynote speakers include Claudia Fabiano from the Environmental Protection Agency's "Food: Too Good To Waste" peer network and Congresswoman Chellie Pingree, Maine First District Representative, a leading sponsor of bi-partisan legislation to help end food waste. Linda Breggin and Margaret

Badding from the Environmental Law Institute will also present about the connection between food waste and climate change, and how communities can work to solve both at the same time.

The "MaineSuccess Stories" segment will recognize inspiring food waste initiatives across the state. Leaders from Preble Street Food Security Hub, Scrap Dogs Community Compost and Hannaford's Zero Food Waste program will detail their food waste solutions.

A highlight of the summit is the presentation of the latest food waste pilot solutions by

Mitchell Center student interns. Students Halle Rogers, Andrew MacMaster, Kate Flynn, Eddie Nachamie and Hannah Mathieu will talk about reducing, recovering, and recycling food waste with key stakeholder partners including Northern Light Health, Rockland AIO Food Pantry, Maine Dept. of Corrections and select Maine elementary schools in Buxton, Lisbon, Orono and Sebago.

As first-year food waste intern Eddie Nachamie explains, "Our stakeholder-driven research process really teaches you to integrate multiple perspectives

in order to develop successful solutions to food waste. Seeing our solutions in action and measuring their real-world impact – that's a unique and exciting aspect of this internship."

The third annual Maine Food Waste Solutions Summit is hosted by the Mitchell Center and Food Rescue MAINE. This online event is free and open to the public. Register online by April 7 to receive Zoom connection information.

For more information or to request a reasonable accommodation, contact Susanne Lee at susanne.lee@maine.edu.

Young Maine Catholics to Present Living Stations of the Cross

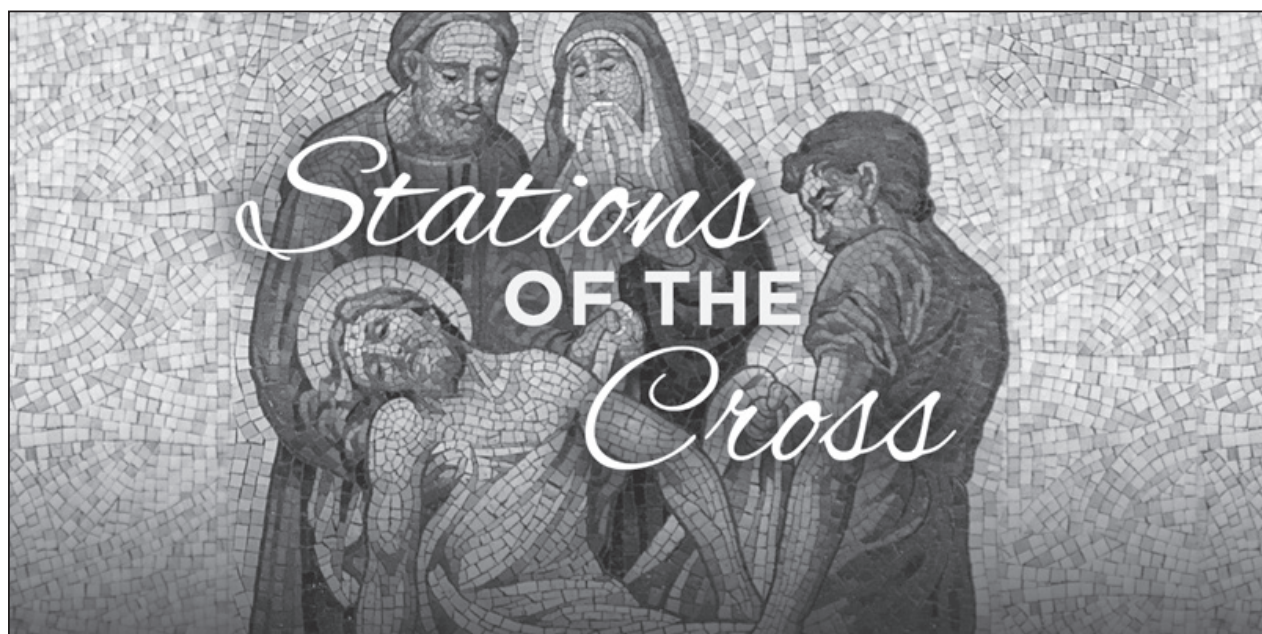
PORTLAND, ME (March 28, 2023) -- Students at Maine Catholic schools and in parish faith formation programs will present the Living Stations of the Cross around the state leading up to Easter Sunday. The Stations of the Cross began as the practice of pious pilgrims traveling to Jerusalem to retrace the final journey of Jesus Christ to Calvary. They have been prayed for centuries, allowing Christians who are unable to make a pilgrimage to the Holy Land to spiritually follow in the steps that Jesus took from his arrest and judgment to his crucifixion, death, and burial. Here is a list of the presentations scheduled:

Students at Saint Dominic Academy will present the Living Stations of the Cross in the Callahan Memorial Gym of the academy's Auburn campus on 121 Gracelawn Road. The presentation will begin at 10:45 a.m.

Augusta Students from St. Michael School will present the Living Stations of the Cross at 9 a.m. at St. Mary of the Assumption Church on 41 Western Avenue.

Bangor Students from All Saints Catholic School will present the Living Stations of the Cross at noon at St. John Church on 207 York Street.

Portland Students at St. Brigid School in Portland will present the Living Stations of the



Cross at 8:30 a.m. at St. Joseph Church on 673 Stevens Avenue.

South Portland Students from Holy Cross School will present the Living Stations of the Cross at 10:30 a.m. on Good Friday at the Church of the Holy Cross on 124 Cottage Road.

In addition, traditional presentations of the Stations of the Cross are scheduled multiple times at parishes across Maine. Parishes often include the Stations of the Cross in their Lenten observances because it is a season in which we are called to deeper prayer and reflection on Christ's Passion and death. For a list of those presentations in Maine churches, visit www.portlanddiocese.org/stations-cross.



Holy Week, the most solemn week of the entire year, will begin with Palm Sunday of the Passion of the Lord and culminate with the Sacred Triduum, during which Catholics commemorate the Lord's Supper on Holy Thursday, the Passion and death of Christ on Good Friday, and the resurrection during the Easter Vigil and on Easter Sunday. A special Holy Week section is avail-

able on the Diocese of Portland website that includes Mass times and locations at all Maine parishes, listings of parish events, daily prayers and reflections, and many other resources. The section can be found at www.portlanddiocese.org/holy-week-2023.

In addition, stories from many Masses and services, messages, and other resources throughout Holy

Week will be posted on the diocesan website (www.portlanddiocese.org), the diocesan Facebook page (www.facebook.com/PortlandDiocese), the diocesan Twitter page (www.twitter.com/PortlandDiocese), myParish App, and on Bishop Deeley's personal social media pages on Twitter (@BishopDeeley) and Instagram (@BishopDeeley)

Kids Book Club: Maxi's Secrets

Free copy of the book and snacks!

The Lewiston/Auburn 2023 Read

April 11, May 2 and May 16

4:00PM

LYNN PLOURDE

Children's Department

MAXI'S SECRETS
(OH, WHAT YOU CAN LEARN FROM A DOG)

Lewiston PUBLIC LIBRARY

FARRIS
Lawn Care
L.L.C.

207-344-5212

FULLY INSURED

LANDSCAPING

HARDSCAPING

SNOW REMOVAL

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

207-344-5212

Basement, Attic, Garage & Apartment Cleanouts

THE DUMP GUY

JUNK REMOVAL

Boat, Vehicle & Camper

ACCREDITED BUSINESS

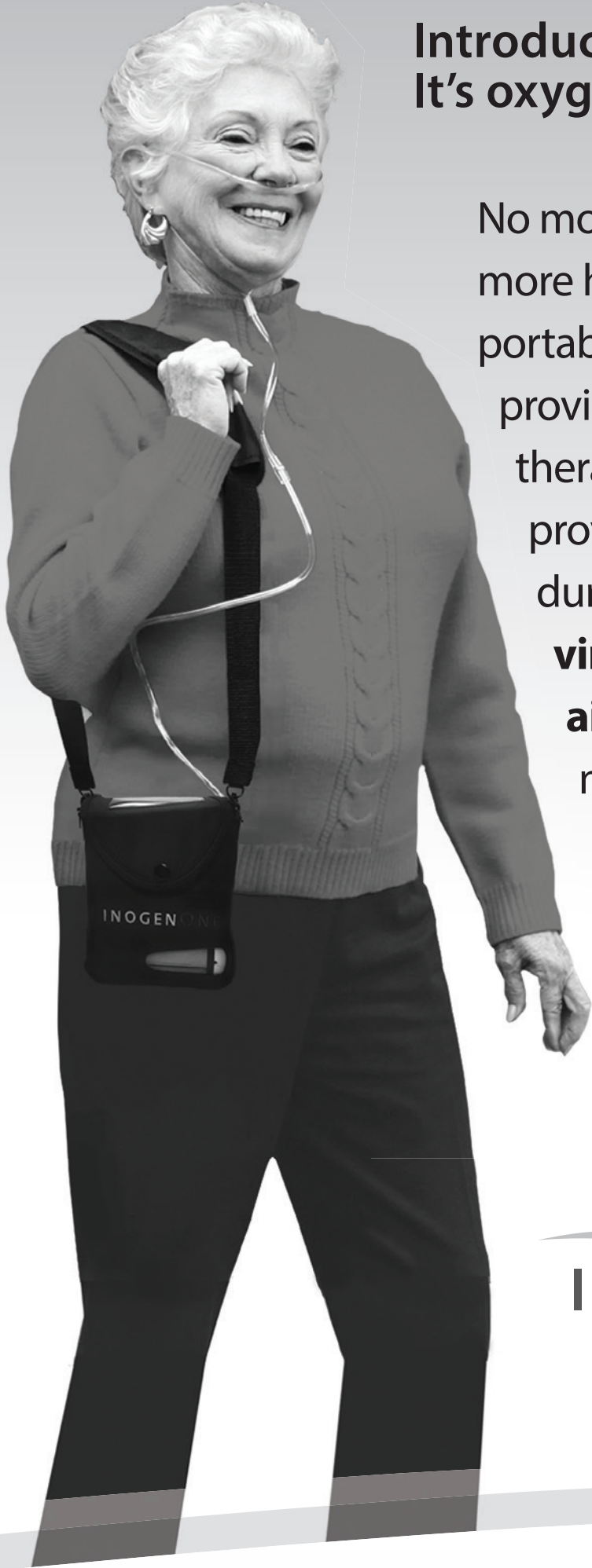
Angie's list

(207) 450-5858 • www.thedumpguy.com Fully Insured

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

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

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



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

Reclaim Your Freedom And Independence NOW!



Call Inogen Today To Request Your FREE Info Kit 

1-877-402-1909



Experience the World Without Leaving Your Home

NEW YORK, NY (March 30, 2023) - In an age when international relations are often tenuous, AFS-USA, a leader in international high school student exchange for 75 years, is focused on providing opportunities for intercultural exchange that can help lead to a more just and peaceful world.

AFS-USA invites families and individuals from the Maine area and surrounding communities to become hosts for international students for 12 weeks, a semester, or an academic year.

Hosting provides individuals, families, high schools, and communities with opportunities to learn about the unfamiliar by exploring a diversity of cultures, all while sharing their own culture with a young person from a different country.

"AFS-USA nurtures active global citizens who make the world a better place," AFS-USA

President and CEO Tara Hofmann said. "Every new AFS student is another global citizen in progress—an individual primed to help build a more just world that reflects peace and fellowship. The impact doesn't stop with the students. Host families' lives are transformed by students from across the globe and host communities gain greater cultural diversity."

Exchange students represent nearly 80 countries and cultures, including Kenya, Ukraine, Egypt, Türkiye, Italy, Germany, Chile, Thailand and more. They are among the more than 1,000 international AFS students hosted in the U.S. each year.

AFS-USA host families represent a broad range of U.S. cultures, including individuals and families of multi-national/ethnic backgrounds, those with and without children, those who are members of the LGBTQ+ community, and more.

In addition, AFS-USA has a more than 50-year partnership with the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA), which offers numerous sponsored scholarships for international students to study abroad in the U.S. including the following programs:

Kennedy - Lugar Youth Exchange and Study (KL-YES):

Through the U.S. Department of State's YES program, high school students from countries with significant Muslim populations live and study for an academic year in the United States. Participants live with a host family, attend an American high school, acquire leadership skills, and engage in activities to learn about U.S. society and values; they also help educate Americans about their home country and culture.

Congress-Bundestag Youth Exchange

(CBYX): Jointly funded and managed by the U.S. Department of State and German government, CBYX provides full scholarships for German students to live and study abroad in the U.S. for an academic year. Participants live with a host family, attend an American high school, acquire leadership skills, and engage in activities to learn about U.S. society and values; they also help educate Americans about Germany and German culture.

Future Leaders Exchange (FLEX):

Through the U.S. Department of State's FLEX program, high school students from Europe and Eurasia live and study for an academic year in the United States. Participants live with a host family, attend an American high school, acquire leadership skills, and engage in activities to learn about U.S. society and values; they also help educate Americans about their

home country and culture.

Once students and host families are matched, they receive ongoing support from trained staff and are welcomed into their local chapter of dedicated volunteers, alumni, and fellow host families. One thing that sets AFS-USA apart is the network of almost 3,000 volunteers throughout the U.S. Many volunteers have hosted international exchange students or studied abroad with AFS and will support families, students, and schools in gaining the most from their hosting experience.

Hosts are expected to provide their student(s) with a bed, meals, and support and encouragement throughout their program. Students arrive with their own spending money and medical coverage.

"These students attend local high schools, participate in local community life, and are encouraged to share aspects

of their culture," Hofmann said. "They also discover first-hand what it's like to live in America and form lasting friendships that create enduring links between the U.S. and other countries. In many cases, the bonds that form between AFS students and their host families last a lifetime."

AFS-USA is the largest organization within the international AFS network that includes 54 partners around the globe.

For More Information

Those interested in hosting an AFS Exchange Student are encouraged to contact 1-800-AFS-INFO or visit www.afsusa.org for more information. For those interested in studying abroad please browse our programs and apply now to start your journey. You can also get involved as an AFS-USA Volunteer. Visit www.afsusa.org/volunteer to get started or learn more about opportunities to make a difference.

Alzheimer's Foundation Promotes Ten Steps for Healthy Aging

NEW YORK (March 28, 2023)— It's never too soon to practice healthy aging; the things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. To help individuals be proactive about protecting their brain health, the Alzheimer's Foundation of America (AFA) is providing these 10 steps for successful aging.

"Lifestyle choices play a vital role in healthy aging and brain health, and it's never too soon to start," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Eating right, exercising the body and mind, getting proper sleep, and being socially active all contribute to healthy aging and good brain health,

and can potentially reduce the risk of developing a dementia-related illness."

AFA offers the following 10 steps for healthy aging:

Eat Well-Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are "heart healthy" are also "brain healthy."

Stay Active-Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

Learn New



Things-Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you have not done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.

Get Enough Sleep-Getting a consistent sleep every night is key;

at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

Mind Your Meds-Medication can affect everyone differently, especially as you age. When getting a new medication or something you have not taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

Stop Smoking and Limit Alcohol-Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

Stay Connected-Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

Know Your Blood Pressure-Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

See Your Doctor-Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak

with your physician about any concerns or questions you have about your health.

Get a Memory Screening-Our brains need regular checkups, just as other parts of our bodies do. Memory screenings are quick, noninvasive exams for our brains. AFA offers free virtual memory screenings every weekday—visit www.alzfdn.org or call AFA at 866-232-8484 to learn more about getting a free virtual memory screening. You can also talk to your doctor about getting a screening as part of your annual wellness exam.

Individuals who would like to learn more about healthy aging, brain health, or memory screenings can contact the Alzheimer's Foundation of America's Helpline by phone (866-232-8484), web chat (www.alzfdn.org), or text message (646-586-5283) seven days a week, or visit www.alzfdn.org.



**Jay's
Lawn & Garden**

207-713-6090

Delivery Available

Also offering residential & commercial lawn mowing services

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

1294 Sabattus Street
Lewiston

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

Jason Hodsdon Masonry

We install stainless steel liners



215-3557
North Monmouth

Jasonhodsdonmasonry@gmail.com

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

**Your
Hometown Paper.**

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

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

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



PortraitEfx of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

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

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

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

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

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

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



evergreen
custom printing
SINCE 1984

Locally Owned

(207) 782-0525 phone
(207) 782-2327 fax
63 Broad Street • New Auburn, ME 04210
e-mail: info@evergreencustomprinting.com

- PRINT
- COPY
- FAX SERVICE
- DESIGN SERVICES
- VARIABLE DATA
- BINDERY
- INVITATIONS
- LETTERHEAD
- ENVELOPES
- BUS.CARDS
- LABELS & TAGS
- UPS

CD'S

Discover The Truth About CDs!

CD Interest Rates Are At An All Time Low.
There IS A Safe, Guaranteed Alternative To
Increase Your Income.

Call now for a **FREE Guide:**
"10 Secrets Your Banker Doesn't
Want You To Know"

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY MerCruiser
OMC
VOLVO PENTA
Perkins
YANMAR Velvet Drive

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

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychiro.me.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

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

SHIPPING



GOIN' POSTAL
Your Friendly Neighborhood Shipping Center

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

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

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

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

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS
Custom Building & Remodeling

Call 207-500-8100
For **FREE Estimates**

Call Tyler 500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

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

WEB HOSTING



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

MAINE HOSTING SOLUTIONS

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

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.

April 6

LEWISTON -- Thursdays 3-5pm and Saturdays 1-3:30pm, starting Thursday, April 6th at 3-5pm at the Lewiston Public Library: **PRE-SCHOOL PLAYDATES**

Get ready to **PLAY!** The Lewiston Public Library will be offering Preschool Playdates for children between the ages of 2-6 and their families in the Children's Department starting April 6th. The playdates will take place from 3-5pm on Thursdays and 1-3:30pm on Saturdays. Participants are invited to drop-in, socialize, and play with an assortment of toys and activities.

The programs are free and all families with children between the ages of 2-6 are welcome to participate. Siblings are also welcome to attend. There is no registration. 513-3133, LPLKids@lewistonmaine.gov

April 12

LEWISTON -- The April meeting of the Androscoggin Retired Edu-

Calendar

Send your submissions to the Editor. More online.

cators' Association will be held at 10:30 a.m. on Wednesday, April 12, 2023 at the Green Ladle at Lewiston High School. The program for this meeting will be presented by Marge Clifford and her committee. They will talk about the new Androscoggin Historical Society now relocated from Auburn to Lewiston.

You need not have taught in Androscoggin County or even in the State of Maine. We welcome all educators and anyone who has worked in education including guidance counselors, librarians, secretaries, teacher assistants, custodians, bus drivers.

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

April 14-15

AUBURN -- Pop-Up Estate Sale, 8:30am - 3pm. Art and antiques - cash only! Lunch @\$6. First Universalist Church of Auburn, 169 Pleasant St. Parking; accessible. FMI Ginstar38@aol.com

April 25

LEWISTON -- Tuesdays, 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

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.

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. Location: Education Center, 8 Falcon Road, Lewiston

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

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-

FLAGSHIP CINEMAS
Premium

Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!

AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

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

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 -- Knitting 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.

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or

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

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

Classified Ads

BOOKS

Spiritual Books to Learn From. New! Open Up and Find Yourself – the Treasure Chest of My Existence. New! Song of the Climate Change – Every Country has Its Stanzas. New! I Pray to the Power of Love www.gabriele-publishing-house.com Toll-Free: 844-576-0937

CLEANERS

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

MJ's- Cleaning Over 10 years experience. Reasonable rates. Available to work with your schedule. Call: 207-539-3204.

FIREWOOD

Dry 18 and 16 inch firewood. Ready to burn. Will load your pick-up or trailer. Must be picked up at Dyer Road, Lewiston. Call Ed 577-5878 Small and Large quantities available.

FOR SALE

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

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

Turboclean Powerbrush Pet Pro
Turboclean Powerbrush Pet Pro carpet cleaner. Brand new. Used once. Asking \$80. Call 893-8851. Gorham.

Back Hoe
Back hoe Attachment

for tractor. 3 point hitch, category two, 12 foot long \$3,500 . 782-5539

Exercise Bike, Coffee table

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

GENERATOR

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
Defendify is looking for

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

PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

PET SITTER WANTED

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

TRAVEL TRAILER

2020 Keystone Sprinter Limited. Excellent condition. Located at KOA Naples Maine seasonal site. 3 slide outs, 2 air conditioners, 2 refrigerators, gas stove with oven, 2 TV's, fireplace, king size bed, queen couch, 2 recliners, furnace, automatic stabilizer jack, 50 amp service. Valued at \$43,900. Will negotiate. Call 207-784-6815.

Classified Ads UP TO 40 WORDS!

\$25 PER WEEK
EACH ADDITIONAL WORD 25¢

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

Visa Master Card

Card #

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

 3 digits #

--	--	--

 on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____

Eggs & Issues is Next Week!

PORTLAND, ME (March 30, 2023) -- The pandemic disrupted how we travel. More people worked from home, which brought less traffic, but, paradoxically, more crashes. Transit ridership plummeted, as did activity in downtowns. More people hopped on bikes and got outdoors, but this was accompanied by more serious injuries and

fatalities on our roads. In this panel discussion, we'll learn how the pandemic changed Greater Portland's travel patterns and its impact on employers and businesses. We'll explore which changes will likely persist, and what we need to do to keep downtowns and villages vibrant, walkers and bikers safe, and public transportation healthy.

Our Panelists:
Kristina Egan - (Moderator) - Greater Portland Council of Governments
Adam Causey - Town of Falmouth
Chris Chop - Greater Portland Council of Governments
Greg Jordan - Greater Portland Metro
Dick Woodbury - Maine Trail Coalition

Scholarships Available to Women Seeking Science, Business Degrees



PORTLAND & ELLSWORTH, ME (March 31, 2023) — The Maine Community Foundation (MaineCF) is currently accepting applications for the Lydia R. Laurendeau Scholarship Fund.

Established in 2013, the Laurendeau Fund provides renewable scholarship support to young women who are graduating seniors from high schools in Maine pursuing post-secondary education in science or engineering at a four-year university. There is a

preference for applicants demonstrating an interest and/or actively participating in their Franco-American heritage.

The deadline for applications is June 1. For more information or to apply, visit www.mainecef.org.

A panel discussion featuring:

The Future of Transportation

Changes in How We Move Around the Region

April 7th, 2023 | 7:00 - 9:00am
Holiday Inn By The Bay | 88 Spring St, Portland, ME

Moderated by: Kristina Egan
Greater Portland Council of Governments

- Explore how the reducing need for a daily commute impacts public transport.
- Discuss how these changing travel patterns effect downtown businesses.
- Learn how to keep modern transportation safe and healthy for all.

Eggs & Issues

Thank You to Our Presenting Sponsors

Register at Portlandregion.com

Follow us on Facebook!

Don't miss our weekly giveaways!

LeafFilter GUTTER PROTECTION

No more cleaning out gutters - guaranteed!

ACT NOW 15% off
Your Entire Purchase*

+ 0% APR For 24 Months!*

★ Trustpilot **70,000+**
★★★★★ 5-STAR REVIEWS

1-844-440-9814

Call Us For a Free Estimate!
www.LeafFilter.com/15off
Promo Code: 1MAI003

Additional Senior & Military Discounts!

*See Representative for full warranty details.
*One coupon per household. No obligation estimate valid for 1 year.
**Wells Fargo Home Projects credit card is issued by Wells Fargo Bank, N.A., an Equal Housing Lender. Special terms for 24 mo. apply to qualifying purchases of \$1,000 or more with approved credit. Minimum monthly payments will not pay off balance before end of promotional period. APR for new purchases is 28.99%. Effective: 01/01/2023 - subject to change. Call 1-800-431-5921 for complete details.

Water that just works.

GOODWIN

WELL & WATER INC.

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

207.224.7861 goodwinwellandwater.com

We can insure your winter toys, snowmobiles, side by sides and more

CHAMPOUX INSURANCE
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue ~ Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com