

Gorham HS students volunteer at North Gorham Public Library



dimension to our library family. With their help, we have instituted a routine of checking the order of books on the shelves and assessing any that haven't been borrowed in more than 10 years. We are also delighted to hear their views on books and authors.

Many schools require high school students to complete social service hours



to graduate. If your school does and you're looking for a place to volunteer or if you just love books and libraries, please reach out to us.

GORHAM, ME – We at the North Gorham Public Library have a wonderful group of Student Volunteers from Gorham High School and Windham Christian School who have added a whole new

Clothes Galore at Gorham's Mission of Hope Clothes Closet

GORHAM, ME (April 29, 2023) -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

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

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are Welcome!

Gorham kindergarten parent information meetings scheduled

GORHAM, ME -- Gorham Kindergarten Parent Information Meetings for our incoming 2024 Kindergarten students are coming up soon! If you have not pre-registered yet, please do so as we will be sending reminder emails and future communication to those that have pre-registered!

Parent information meetings will be held on Thursday, March 7th at 5:30pm at your neighborhood school. At this meeting, parents will meet school staff, learn

about a day-in-the-life of a Kindergarten student, and receive information about the enrollment process. This meeting is for parents/guardians ONLY! You will pick up enrollment packets, receive information on how to schedule your student for a Kindergarten screening, and learn about a future date to bring your student in to see the school!

Please click on your neighborhood school on the Gorham school district website and pre-register using the kin-

dergarten registration link. All families that have a student entering Kindergarten should pre-register (even if they are currently in the PK program at Narragansett this year).

Get ready for spring, Gorham!

GORHAM, ME -- Looking to get some new seeds or plants before spring? Come to our Seed and Plant Swap on Saturday, March

9th from 10:30am - 12:30pm. Bring your house plants, cuttings, seeds, and seedlings to share with other plant enthusiasts!

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Newsmakers, Names & Faces

MaineCF awards \$271K to arts initiatives across the state

PORTLAND & ELLSWORTH, ME — The Maine Community Foundation (MaineCF) has awarded \$270,919 to 41 nonprofit arts organizations and programs across the state.

The foundation's Maine Expansion Arts grant program awarded \$176,975 to 23 organizations and programs. Donors with advised funds awarded an additional \$5,000. Maine Expansion Arts supports organizations and programs that serve communities with limited or no access to the arts, as well as Black, Indigenous and people of color.

2023 Maine Expansion Arts grantees include:

Veterans Writing Project, to provide creative and performing arts education and performance opportunities for veterans, family members, and the community

United Youth Empowerment Services, to use the visual arts as a medium to unfold, honor and celebrate the stories by refugees and asylum seekers in the Lewiston area

Wabanaki Cultural Preservation Coalition, to support traditional arts workshops for members of Wabanaki communities.

MaineCF's Maine Theater grant program awarded 18 nonprofit theater companies and programs a total of \$88,944.



Barn Arts in Tremont received a grant to expand **Vintage Classroom** to outer islands. **Vintage Classroom** is a reenactment of a day-in-the-life for students and teachers at a 19th century schoolhouse. **Barn Arts** photo

Maine Theater supports nonprofit professional and community theaters in the production and presentation of live theater.

2023 Maine Theater

erating support **Portland Stage Company**, to produce its 2023-2024 season.

The Maine Expansion Arts Fund is the result of a collaborative effort of the National Endowment for the Arts, Lillian M. Berliawsky Charitable Trust, MaineCF and the Maine Arts Commission to strengthen and ensure the future of artistic traditions in Maine. Additional funding has been provided through the Elizabeth Laughlin Anderson Memorial Fund at the MaineCF and a significant gift in 2021 from philanthropist MacKenzie Scott and Dan Jewett. For more information and a complete list

of grantees, visit www.mainecef.org/mea.

The Maine Theater Fund was established in 2005 by an anonymous couple who love live theater and recognize the connection between vibrant communities and support for the arts. For more information and a complete list of grantees, visit www.mainecef.org/mainetheater.

The Maine Community Foundation brings people and resources together to build a better Maine through strategic giving, community leadership, personalized service, local expertise and strong investments. To learn more about the foundation, visit www.mainecef.org.

French trailblazers honored with Lewiston concert



"The Women Who Risked Everything for Freedom" concert program featuring soprano Malinda Haslett, Scott Wheatley on piano, and a slideshow of women composers is a collaboration between Franco-American Collection at University of Southern Maine, the Franco Center, and the University of Southern Maine's Osher School of Music. The program starts at 6 p.m. Friday, March 1. Admission is free but RSVP your seat at 207-689-2000 or www.francocenter.org/shows. Submitted photo.

PORTLAND, ME — The Franco-American Collection at the University of Southern Maine, in collaboration with the Franco Center, and the University of Southern Maine's Osher School of Music and Bates College Department of Music, will host "Celebrating French Music, the History Makers, the History Changers" at the Franco Center in Lewiston at on Friday, March 1. The program will highlight the lives, music, and struggle for freedom of trailblazing French women composers who have been forgotten in history.

Doors open at 5:30 p.m. There is no admission fee, but seats must be reserved. The music will begin at 6 p.m., with a reception to follow at 7:15 p.m.

Soprano Malinda Haslett, director of USM's Voice Program, and Osher

School of Music seniors Josephine Lawrence, Bella StCyr, and Caroline Wood will honor the work of underrepresented musicians, including female Jewish composer and member of the French resistance, Claude Arrieu.

Haslett's research and performances related to Arrieu earned her the USM Trustee Professorship in 2022-23. Arrieu was a founding member of the Front National des Musiciens, whose mission was to save artists and art from annihilation while preserving French culture and lifting morale. When the war ended, their music fell into obscurity. Yet, as Dr. Haslett's work illuminates, Arrieu's music lives on through her connection to Maine native, Dame Alice Esty, a soprano, philanthropist, and resident of Lewiston, who commis-

sioned Arrieu to write for her after the war.

The evening program will celebrate Arrieu, Esty, and Maine's contribution to the classical vocal music canon, and showcase the work of current young vocal artists here in Maine.

In honor of those who passed away after the tragic Lewiston shooting in October, the program will conclude with a rendition of Gabriel Fauré's Requiem. In collaboration with friends and colleagues from Bates College, members of the USM Voice Program and students and faculty from Bates will come together to sing the Requiem as a musical memorial.

Conductor duties will be shared by Scott Wheatley, who serves on USM's voice faculty and as a collaborative pianist, and Joëlle Morris, singer,

choral conductor, music educator at Bates.

Following the event, there will be a reception and presentation by students who will share their research on undervalued women pioneers in music.

Support for this concert program comes from Maine Community Bank; Maine Advisory Associates; a Friend; TempleShalomAuburn.org; UMaine Judaic Studies; DentalLace.com; and UMaine Women's, Gender, and Sexuality Studies. Season Underwriter is Maple Way Dental Care; Media Sponsors are Sun Journal, Turner Publishing, Uncle Andy's, Bennett Radio Group.

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

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

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Newsmakers, Names & Faces

MOFF presents celebratory film event for Int'l Women's Day

PORTLAND, ME
 -- Join The Maine Outdoor Film Festival at Toad & Co. in East Bayside to celebrate International Women's Day with a two hour program of women-driven* outdoor adventure and conservation short films. It's our 2nd Annual WOMEN IN THE WILD.

Friday, March 8 (International Women's Day),
 Venue Name: Toad & Co, East Bayside, Portland, ME

Street Address: 31 Diamond St B, Portland, ME 04101

Time: Doors at 6:00PM, films begin at 7PM, end approximately 9PM

Tickets: \$15 Advance / \$18 at the Door

Nonprofit Partner: The Maine chapter of the Pink Boots Society – who aims to assist, inspire and encourage women and non-binary individuals in the fermented/alcoholic beverage industry to advance their careers through education – will be offering beer samples with any donations going directly toward their mission. Please read about the Pink Boots Society expected behavior at events.

Screening Sponsor and Host: Toad&Co, committed to designing clothes that make you feel good, inside and out. The



Toad&Co Portland location features our pre-loved program, ToadAgain as well as a curated selection of vintage apparel, locally made goods, and sustainable clothing from our 2024 spring collection.

Festival Sponsor: The 2023 Maine Outdoor Film Festival is presented by Re-Vision Energy

Other Info: The film program will last about two hours, including a 15-minute intermission. The screening will be inside the Toad & Co warehouse and seating is limited. Seltzer, Cider, Beer and Wine samples are for 21+ individuals with ID. Film program is subject to change.

*MOFF strives for an inclusive and equitable world where all genders and identities experience a

sense of belonging without fear or judgment.

Film Program:
 # M O C R A - ZYSTRONG – 18 minutes – by Jamie MoCrazy, Mark Locki – from Utah – Short synopsis: Professional skier Jamie MoCrazy suffered a serious traumatic brain injury following an accident at World Tour Finals 2015, but following years of rehab, her miraculous recovery helped revolutionize TBI treatment and charted her on a course to help others with TBI challenges. #MoCrazyStrong tells the important story of family involvement, losing and regaining your identity and working through the challenges that traumatic brain injuries present on the path to recovery.

IF THE ISLAND

COULD TALK – 29 minutes – by Katie Fisher – from New York – Short synopsis: A mile off the coast of Boston Harbor in Massachusetts lies a tiny island coined Peddocks, home to a tight-knit, working-class community that is a relic of a century-old Portuguese fishing village, maintaining and passing down their humble cottages since the 1800s. Now, the state has claimed the island for parkland, and the current generation is the last to own their beloved summer escape. The film takes a look at the islanders' efforts to preserve its traditions and ruminate its history.

CHICAS AL AGUA – 17.99 minutes – by Liz McGregor – from Maine – Short synopsis: You can count the number of fe-

male paddlers in Futaleufu, Chile on one hand... and they want to change that. After many riverside matés and floating conversations, the idea to create a kayak course for local teenage girls was hatched. Thanks to a committed group of women from around the globe, what started as a dream is now an inspirational contribution to the local community.

INTERMISSION ELEVATED – 15 minutes – by Palmer Morse – from California – Short synopsis: Effective communication is a challenge every climber faces. It's a sport that requires intense focus, dedication, and overcoming fear. For Deaf climber Sonya Wilson, communication and community is of vital importance. Elevated is a non-verbal film sharing Sonya's experience as a Deaf woman and outdoor advocate working to bridge the gap between the Deaf community and the outdoor industry, one crag at a time.

ADAPTIVE ADVENTURE – 14 minutes – by Meg White – from United Kingdom – Short synopsis: While navigating her way through an arduous journey with lupus, Kate Appleby continually engages and wholeheartedly immerses herself in outdoor adventures. Spread-

ing awareness of hidden illnesses, Kate has become a powerfully inspiring woman among those in the outdoor community. This documentary examines the psychological and physical benefits yielded through thoughtful and respectful engagement with one's environment and explores the human connection to nature.

WHATEVER FLOATS YOUR GOAT – 5.66 minutes – by Jack Lewis Elder – from Colorado – Short synopsis: Nico is a woman in her late 20s who lives in her sprinter van with 2 goats, 3 chickens and a dog. In this quirky 6 minute film you'll spend a day with Nico goat-packing a raft up to a high mountain lake. We take a dive into her lifestyle, the goats' personalities, and Nico's deeper mission to use her unique lifestyle for sustainability education.

LOVE – 14.68 minutes – by Tara Reynvaan Kerzhner – from Colorado – Short synopsis: After a miscarriage and a historic ascent of the famous sport climb Dreamcatcher, Paige Claassen follows her own path as a professional athlete training through pregnancy, finding new meaning in strength and identity through the early days of motherhood.

RPG Club meets at Gorham's Baxter Memorial Library

GORHAM, ME
 -- Our second meet up of Baxter's new RPG club is coming up on Saturday

February 24th! Everyone is welcome! Children under 8 years old need an adult present with them.

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Maine Cabin Masters star seeks fan input



MAINE -- Ashley Morrill, the Maine-based star of the popular Magnolia Network reality television show *Maine Cabin Masters*, is requesting fan input as she expands her popular Rustic County home décor line – and she’s designing new products based on customers’ requests. Since Ashley and the Rustic County team want to give their custom-

ers what they want, they’re asking fans on social media what they’d like to see in terms of new Rustic County products, styles, and colors.

The most popular request – by far – was for images of dogs, so Ashley is prioritizing that, with these new products coming soon. Fans also requested more Maine images, like moose, lakes, and blueber-

ries – which are all in the works – to join the current Rustic County collection of lobsters, loons, crows, pinecones, birds, daisies, and sunflowers.

Rustic County products – including pillows, tea towels, trays, tote bags, and note cards – were inspired by Ashley’s true loves: nature, florals, animals, and Maine. New products are being steadily added to the collection, and Ashley plans to release new products every month or so.

Ashley designed these products so people can easily update their

spaces without a heavy lift. If they don’t have the time, energy, or budget to do a full overhaul of their space, they can use Rustic County products to freshen things up, accessorize for a new season, or try something new without a big commitment.

Fans of *Maine Cabin Masters* – and stylish, upscale home décor – have been loving the stunning, rustic-chic products, which launched last fall. The fans are excited to bring some rustic cabin chic to their homes, no matter where they live!

In fact, Rustic Coun-

ty products have been featured in *Maine Cabin Masters* cabin reveals beginning last fall, and fans will continue to see more Rustic County products in upcoming shows. Fans are truly loving this “cross-over” between *Maine Cabin Masters* and the Rustic County product line. In the coming months, there will be events where fans can come buy Rustic County products and meet Ashley, the cast of *Maine Cabin Masters*, and the Rustic County crew.

Ashley’s high-quality, rustic-chic items are available on her website,

and some Rustic County products can be purchased at Kennebec Cabin Company, 915 Western Ave, Manchester, ME.

Rustic County is a women-owned, women-run business, and the company’s executives are close girlfriends of Ashley’s. Each of the businesswomen bring their own superpower to the company, including design, web and marketing, and business expertise.

For more information and to buy Rustic County products, please visit <https://www.rusticcounty.com/>.

VA Maine recognizes hospitalized veterans

AUGUSTA, ME — Last week, VA Maine

Healthcare System, Augusta ME, recognized

and honored hospitalized Veterans during Nation-

al Salute to Veteran Patients by facilitating visits to hospitalized Veterans, promoting volunteer opportunities, and accepting Valentine’s Day cards to be given to all Veterans.

Since 1978, VA has designated the week of Valentine’s Day to provide a weeklong commemoration for Veterans. Local commemoration efforts include National Salute luncheons, Popcorn distribution, Valentine’s Day handouts, Therapy Dog Parades, Ice Cream Socials, and more!

“We are honored to host Veteran Service Organizations, community partners and the general public to give thanks to

our Veterans during National Salute to Patient Week,” said Tracye Davis, VA Maine Medical Center Director. “If you are not able to schedule a visit, we would encourage you to mail Valentine’s Day cards to our medical center to show your gratitude for their service.”

In fiscal year 2023, schools, community groups and youth organizations nationwide sent more than 150 valentines to VA Maine, which were distributed to Veterans. Additionally, more than 30 volunteers and community organizations contributed to events and activities recognizing hospitalized

Veterans.

To send Valentine’s Day cards or greeting cards to Veterans mail to VA Maine Medical Center, 1 VA Center (135) Augusta, ME 04330.

In addition to donations and as a compliment to in-person volunteer assignments, VA also provides volunteers with virtual and remote assignments which allows them to safely support Veteran inpatients during the pandemic.

Learn more about volunteer opportunities by visiting www.volunteer.va.gov or calling VA Maine Healthcare System, Augusta Maine at 207-621-4886.

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Seniors Not Acting Their Age

Nordic Skiing Finally Arrives at Harris Farm



A classic skier glides along on Joe Buzzell Lane

By Ron Chase
Fans of Nordic skiing at Harris Farm are legion. I'm one of them. After weeks of waiting through a succession of rainstorms and unusually warm weather, I was pleased to learn the family farm in Dayton was receiving heavy snowfall on January 7th.

I checked the Harris Farm website during the day of the storm. Their home page announced they were carefully monitoring the progress of snow accumulation and would post an update the following day.

Early the next morning, they reported about a foot of white powder had fallen and trail grooming was underway. Most of the trails were open and the wait was finally over. My gear was quickly packed and I was off to Dayton for an invigorating day of skiing. In advance of my departure, I sent an email to the usual skiing suspects informing them of my intentions.

There is much to like about Harris Farm skiing. For me, its relative proximity to my home in Topsham

as opposed to a much longer drive to the mountains is an important factor. Another big attraction, I can ski the perimeter trails in a predominantly wilderness setting for in excess of two hours without once repeating a section of trail.

When I arrived at the Ski Hut on Buzzell Road, the main parking lot was full. Fortunately for me, a car was leaving as I entered. There was no sign of my friends but I clearly wasn't going to be lonely. When I bought a pass, the hut manager suggested applying maxi-glide to my skis as the fresh powder would likely slow my speed. The folks at Harris always proffer good ski advice so I dutifully followed her recommendation.

It was cold and sunny when I crossed Buzzell Road and began skiing Joe Buzzell Lane in an open field. Thanks to the hut manager's advice, I enjoyed a fast kick and glide while proceeding on well-groomed classic tracks.

I turned right onto Cold Water Brook Trail and passed into a thickly wooded area on a twisting



Bobcat Loop passes through an open field

path. Snow clinging from trees added a magical quality to the surroundings. Early on, a wet sector needed to be skirted but the remainder of the trail was in good condition. After leaving the forest, I crossed a field and reentered Joe Buzzell Lane.

Several skiers were met while traveling over gentle hills in a mixed hardwood and conifer forest. I continued skiing the west-side perimeter on Buzzell Extension and Libby Lane Trails. At one location, a giant smiling snowman provided an entertaining distraction.

After circling a spacious sloping field next to Waterhouse Road, I entered the hilly Farm Forest trail system. Undulating Gaze Trail led to the steepest decline of the day, Express Way. I held a firm snowplow for much of the precipitous descent and then rejoined Joe Buzzell Lane and followed it back to the Ski Hut.

Two vehicles belonging to friends were parked in the lot but they were out on the trails when I began skiing the east-side net-

work. The afternoon excursion started with a steep climb up Maternity Loop followed by a rolling ride through an expansive pasture to Bobcat Loop.

Expertly groomed Bobcat Loop continued over a wooded hill to David's Pasture Trail where I met an acquaintance at the junction. He reported my friends had been looking for me at the Ski Hut. We remarked on the excellent ski conditions, reminisced about previous kayak adventures and skied on.

Unfortunately, outer Bobcat Loop and Sokokis Woods Trail were ungroomed beyond David's Pasture. Unable to complete my usual routine, I returned on Bobcat to the junction for Pole Barn Run on the right. I ascended to the top of a hill on Pole Barn and waited for a skate skier who was vigorously climbing the other side. After finishing the arduous effort, she expressed delight at being back on the Harris Farm Trails.

I continued gliding through a sizeable field back to a cow barn next to the Ski Hut completing



A skate skier climbs a hill on Pole Barn Run

what I hope is the first of many Harris Farm visits this winter. My friends were still out having fun.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* relates two more entertaining ski adventures and numerous winter expeditions.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.north-countrypress.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.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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

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Arts & Entertainment

Red Cross: Gorham can give blood as winter threat continues

PORTLAND, ME — The American Red Cross urges donors to give blood or platelets now to continue to strengthen the national blood supply this month. The public can book a time to give by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS. People of all blood types — especially type O blood donors, the most needed blood group by hospitals — and platelet

donors are needed daily to ensure blood products are available for hospitals at a moment's notice.

As February continues, so does the potential for additional weather systems to disrupt blood drives and the ability to provide critical blood products to hospitals. While thousands of donors have answered the call to donate in recent weeks to combat a significant drop in the blood supply, more donors are needed now to

ensure the blood supply remains ready for those in need of lifesaving medical procedures.

Don't wait — make an appointment to give blood or platelets by visiting RedCrossBlood.org, downloading the Red Cross Blood Donor App, or calling 1-800-RED CROSS. In thanks for helping, all who come to give in February will get a \$20 Amazon.com Gift Card by email. Details are available at [\[Blood.org/Heart\]\(http://Blood.org/Heart\).](http://RedCross-</p>
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Upcoming blood donation opportunities Feb. 12-29:

Cumberland
Bridgton
2/22/2024: 12 p.m. - 5 p.m., Masonic Hall, 166 Harrison Road, Route 117
Brunswick
2/24/2024: 9 a.m. - 2 p.m., United Masonic Lodge #8, 65 Baribeau Dr
2/28/2024: 12 p.m. - 5 p.m., Elks Lodge, 179 Park Row
Falmouth

2/29/2024: 11 a.m. - 4 p.m., TideSmart Global Falmouth, 380 USRoute 1
Gorham

2/27/2024: 10 a.m. - 3 p.m., Nappi Distributors, 615 Main Street

2/27/2024: 12 p.m. - 5 p.m., St. Annes Church, 299 Main Street

North Yarmouth
2/23/2024: 9 a.m. - 2 p.m., Wescustogo Hall and Community Center, 120 Memorial Hwy

Scarborough
2/27/2024: 12 p.m. -

5 p.m., Saint Maximilian Church, 150 Black Point Rd

South Portland
2/22/2024: 9 a.m. - 2 p.m., Eastpoint Christian Church, 345 Clarks Pond Pkwy

2/28/2024: 11 a.m. - 4 p.m., Southern Maine Community College Campus Center, 2 Fort Road
Westbrook

2/23/2024: 12 p.m. - 5 p.m., Westbrook Community Center, 426 Bridge Street

CASH Greater Portland offers free tax preparation services

PORTLAND, ME — CASH (Creating Assets, Savings, and Hope) Greater Portland has launched free tax preparation services for the 2024 tax season. Households that earned \$64,000 or less in 2023 and meet all eligibility requirements can get their taxes filed for free with the help

of an IRS-certified volunteer.

Taxpayers can also learn about programs in their community that can increase their income, reduce debt, and build savings. 9% of households in Cumberland County live below the Federal Poverty Level, while another 28%

are ALICE (Asset Limited, Income Constrained, Employed). ALICE earns more than the FPL but still struggles to afford the high cost of living in our community. 53% of people under 25 in Cumberland County are also ALICE.

CASH Greater Portland offers four free and convenient options for filing taxes.

Option 1—In-Person Appointment: Schedule an appointment for in-person services at United Way of Southern Maine's Portland office by visiting uwsme.org/taxseason or calling 207-347-2335 and leaving a message with your name and phone number.

Option 2—Fully Virtual Service: Visit getyourrefund.org/gpmaine to start the online intake process. Answer a series of questions, upload documents, receive phone calls from the CASH team, and e-sign before the return is e-filed.

Option 3—Online DIY: File taxes independently (with access to helpline support) at myfreetaxes.com.

Option 4—Scan & Go: Visit a Scan & Go Site to pick up an intake packet and return to have documents scanned into GetYourRefund. A list of Scan & Go sites is available at uwsme.org/taxseason.

Through services like free tax preparation, CASH Greater Portland empowers people to achieve long-term financial stability, build assets, and thrive—not just survive. In 2023, CASH Greater Portland filed 526 federal and state tax refunds and returned \$740,043 in federal tax refunds to the community. Filers saved an estimated \$122,304 in tax preparation fees.

CASH Greater Portland is supported in part by United Way of Southern Maine.

About CASH Greater Portland

CASH Greater Portland is a partnership

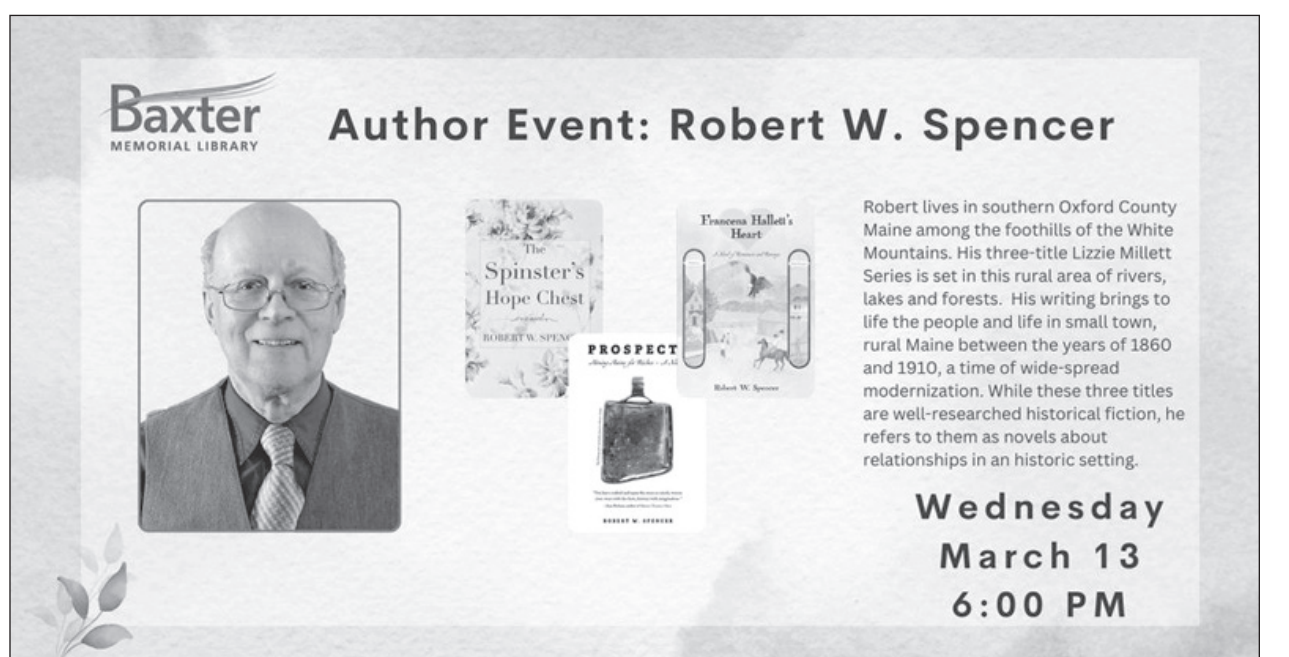
of community non- and for-profit partners working together to help empower individuals and families to achieve long-term financial stability. Since 2004, we have offered free tax preparation to qualified filers during tax season; helped employers bring financial education tools to their employees; and educated hard-working families and individuals about programs in the community that can increase their income, reduce debt, and build savings. CASH is a year-round resource, providing outreach and education about ways you can make the most of your money. Cashmaine.org



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Robert lives in southern Oxford County Maine among the foothills of the White Mountains. His three-title Lizzie Millett Series is set in this rural area of rivers, lakes and forests. His writing brings to life the people and life in small town, rural Maine between the years of 1860 and 1910, a time of wide-spread modernization. While these three titles are well-researched historical fiction, he refers to them as novels about relationships in an historic setting.

Wednesday March 13 6:00 PM

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Maine author releases leadership book based on *Ted Lasso*

P O R T L A N D , M E -- John Brubaker, award-winning author is pleased to announce the launch of his new book, "The Lasso Way: Leadership Lessons From The World's Favorite Football Coach". Now available for purchase, the book, based on the hit TV series

Ted Lasso, was written to highlight the interpersonal qualities leaders and managers need in order inspire and build a winning team.

"As I watched the show, I was struck by how much leaders outside of sports could learn from Coach Lasso's humility, humanity and communi-

cation skills. So much to the point that I felt compelled to put together a resource highlighting the many lessons," says Brubaker.

"This book is a must-have resource for every leader", says Jon Rennie, CEO of Peak Demand and best-selling au-

thor in Wake Forest, North Carolina. In *The Lasso Way* Brubaker provides an example of how to lead with optimism and inspire in your personnel through challenging times. This book should be an essential part of leader's professional development library."

For more information about John or to purchase visit www.CoachBrubaker.com. The Lasso Way is also available at Amazon and wherever books are sold.

About the Author
John Brubaker is a prolific author having published 18 books in the past

12 years. He is best known for his business books that teach leaders how to build high performance teams. His book *Seeds of Success* won 2013 business book of the year at the Hollywood Book Festival and has been adapted to a screenplay for a major motion picture.

Small changes mean better health for Maine seniors

By Dr. Steven Angelo, chief medical officer, UnitedHealthcare Medicare & Retirement of New England

February is Heart Health Awareness month, a great time to start on the path to better heart health and wellbeing and to understand the risk factors that can contribute to heart problems.

Late last year, the America's Health Rankings (AHR) 2023 Annual Report highlighted a startling fact: heart disease is one of eight chronic conditions that has reached record highs since the report began tracking health and wellbeing in the United

States.

Despite a decline in deaths tied to heart disease,¹ it remains the leading cause of death among men and women.² Heart disease costs the U.S. health system \$216 billion per year, according to the CDC, not including an additional \$147 billion in lost wages and productivity.³

Risk factors for heart disease include conditions like high blood pressure, high cholesterol and obesity as well as unhealthy behaviors such as physical inactivity, smoking and alcohol abuse.

In Maine, 35.1 percent of adults over age 65 qualified as physically in-

active while 27.5 percent are obese and 7.8 percent smoke, according to the America's Health Rankings 2023 Senior report.⁴

What's more, the report shows strong disparities exist across geographic, racial, and economic groups, putting certain people at greater risk of developing heart problems.

The prevalence of heart disease, like overall health and wellbeing, is influenced by the "social determinants of health" such as lack of access to transportation, healthy foods, and safe housing. Talk to your health plan and your health care provider about resources that may be avail-

able to you to help improve your health and wellbeing.

According to the American Heart Association (AHA), there are immediate steps you can take to help you live a longer, healthier life and help reduce your risk of heart disease and stroke.

First, eat a healthier diet. Center your eating plan around vegetables, fruits, whole grains, legumes, nuts, and fish. Limit sweetened drinks, added sugars, processed meats, sodium and saturated fats.

Second, be physically active and keep any eye on your weight. Adults should aim for at least 150 minutes of moderate-inten-

sity aerobic activity or 75 minutes of vigorous activity each week.

Lastly, Live Tobacco Free. If you don't think you can quit for good on your own, ask for help and talk to your healthcare provider.

For more helpful health and wellness information, visit UHCMedicareNewsroom.com.

This information is for educational purposes only and is not a substitute for the advice of a doctor. Consult your doctor prior to beginning an exercise program or making changes to your lifestyle or health care routine.

1 Centers for Dis-

ease Control and Prevention, Heart Disease Deaths, <https://www.cdc.gov/nchs/hs/topics/heart-disease-deaths.htm>

2 Centers for Disease Control and Prevention, Heart Disease Facts, <https://www.cdc.gov/heartdisease/facts.htm>

3 Centers for Disease Control and Prevention, Health and Economic Costs of Chronic Diseases, <https://www.cdc.gov/chronicdisease/about/costs/index.htm>

4 America's Health Rankings 2023 Senior Report, <https://www.americashealthrankings.org/learn/reports/2023-senior-report>

UMaine Extension hosts gardening webinar

ORONO, ME - The University of Maine Cooperative Extension is offering a series of gardening webinars that will offer information, practical knowledge and insights for gardeners of all levels. The webinars will focus on the backyard growing of

food in Maine, including cranberries, blueberries, and potatoes, and will feature expert speakers from UMaine Extension.

The first webinar "Home Grown Cranberries" will be held on March 26. Led by Charles Armstrong, Extension cran-

berry professional, the webinar will provide step-by-step instructions on everything from site selection to harvesting backyard cranberries.

The second webinar "Harvesting Hidden Gems: Practical Insights for Growing Potatoes and

Sweet Potatoes" will be held on April 2. Led by Brett Johnson, Extension agriculture educator, and Tom Witwicki, Cumberland County master gardener volunteer, the webinar will share practical strategies for growing po-

tatoes and sweet potatoes that will save time and improve yields. It will also provide updates on favorite varieties and pest management suggestions.

The third webinar "Backyard Blueberry Growing Tips from UMa-

ine Experts" will be held on April 9. Led by Lily Calderwood, Extension wild blueberry specialist and assistant professor of horticulture, and David Handley, vegetable & small fruit specialist at *See Gardening, page 12*



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Baking with Maine maple for kid chefs

This March we'll be teaming up again with our friends at @mepoweredpastries to host a maple-themed

baking class! March boasts one of our favorite Maine activities - Maine Maple Sunday - and we are excited

to kick off this month with a maple inspired baking class. Kid chefs will learn how to make maple infused

treats then stay and play in our playspace!

Register on our website under special events!



little chefs

MAINE MAPLE BAKING CLASS

for littles 1-5 and their sous chefs

SATURDAY, MARCH 9TH
10 AM
AT GROWING LITTLES

\$45




Norway Savings Bank food drives assist Gorham pantries



Previous food drive at Standish Branch.

GORHAM, ME--- During February, the Gorham and Standish Branches of Norway Savings Bank will celebrate Valentine's Day with month-long food drives to benefit local food pantries and, in the spirit of the month, spread love throughout the community.

To help, participants can drop nonperishable food items off at either branch during business hours:

Gorham Branch
65 Main Street
Mon. - Thu., 8:30 a.m. to 4 p.m.; Fri., 8:30 a.m. to 5 p.m.; Sat., 8:30 a.m. to noon

Standish Branch
88 Ossipee Trail East
Mon. - Thu., 8:30 a.m. to 4 p.m.; Fri., 8:30 a.m. to 5 p.m.; Sat., 8:30 a.m. to noon

Donations for Gorham Food Pantry
There is a special need for boxed macaroni

and cheese, Ramen noodles, peanut butter, baked beans, canned pasta, canned soup, canned vegetables, tuna, chicken, coffee, tea, and cocoa, but all non-perishable food items will be gratefully accepted.

"Norway Savings Bank views initiatives like these as its responsibility," said Dan Walsh, President and CEO of Norway Savings Bank. "At all of our branches, efforts to confront challenges being faced by community members are in the forefront of planning and operation. The Bank believes that our communities work best when we all work together, and these food drives are another way we can engage our customers in joining us to help many in need."

For more information or to discover additional ways to assist, call the Gorham Food Pantry at 207-222-4351 and the Standish Food Pantry at 207-358-0359.

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Students traverse New Hampshire, southern Maine on foot



Marlow, NH: High school students send powerful climate message by embarking on 500-mile fossil-fuel-free journey through New Hampshire and Maine.

On the heels of the hottest summer on record and unprecedented natural disasters impacting New England communities, a group of 12 students, ages 15-19, are sending a bold climate message as they traverse northern New England under their own power - without the use of fossil fuels. Instead the students, who are part of Kroka Expeditions Full Circle Semester program, will ski, bike, canoe and trek through the backwoods of New Hampshire and Maine, connecting New England's rural landscape to the main streets of our cities and towns.

The group has been gathered for the past month at Kroka Expeditions in Marlow, NH, a non-public school that operates a Sustainability Education Center and a working farm.

They have been studying renewable energy, forest ecology, and community resilience, as well as learning to ski, making their own knives, and preparing for their expedition. Each student holds an integral role in expedition prep, including packing several million calories of food.

The group departed today on foot, carrying in their backpacks a week's worth of food and all the equipment they need to live outdoors for the remainder of the winter. They will travel north on skis through the White Mountains to western Maine.

As snowmelt courses into the rivers and spring awakens the land, they will travel by canoe down the Kennebec River and out to sea, finally returning to Marlow by bicycle in the beginning of June. Al-

though their journey will take them through wild places, they will also pass through towns and villages as they navigate the rural New England landscape, including Hanover, Lyme, Bartlett, Jackson, Wentworth, Warren and Woodstock, NH, and the towns of Bethel, Farmington, Augusta, Bath and Portland, ME.

Academic subjects, taught at basecamps and on the trail focus on the relationship between people and the land, and on our changing climate. Students will cultivate connections with people along the way who are working to build resilience in their local communities. They are weaving together deep observation with action, the past with the present and future, and academic studies with active hope.

This is a 500 mile journey for the future of people and the planet, undertaken by a group of teens under their own power. Kroka Expeditions is a non-profit wilderness school based on a farm in Marlow, New Hampshire. We believe that consciousness and altruism can be brought forward through a living relationship with the natural world, and by taking our places within the circle of community. Kroka offers year-round programming for young people ages 9 - 21, including semester and gap-year programs, summer trips, weekend workshops, and programs for school groups. Kroka is accredited by the Association for Experiential Education and is a NH non-public school. Learn more at www.kroka.org.

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

GHS Theater Presents

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BY DW GREGORY

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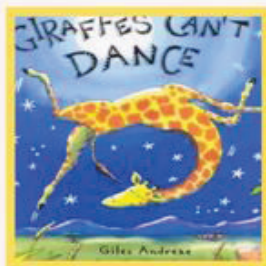
Tickets: 207-333-3386 or mainemusicsociety.org

February 27th 5:00-6:00pm

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Bangor veteran, family get keys to new home

BANGOR, ME – Daniel Farrow of Bangor has the keys to his new home. The United States Marine Corps Veteran won a contest from Maine Woods Townhouses which awarded him and his family with the new home. The surprise announcement was delivered to Daniel on Veterans Day weekend, and the family is ready to move in on Valentine's Day.

"It is wholly appropriate to turn over the keys to this new townhome to Daniel and his family on Valentine's Day because we have just fallen in love with them," said Emily Ellis, owner of the Maine Woods Subdivision. "They are hard workers who are looking to get more involved in their community, and they are the perfect first residents of this neighborhood. Not only that, Daniel's service and story make this family more than deserving of this home, and it's an honor to present it to them."

In addition to the Emily Ellis Team, a number of local businesses chipped in to make the townhome prize a reality, including

Ron's Moving & Storage, Dunnett Appliance, and Hammond Lumber.

Veterans and their immediate family were encouraged to enter the contest in the fall of last year by writing an essay describing why they wanted to make Maine Woods their home. After dozens of worthy entries, a committee chose the winner to be Daniel Farrow. According to his essay, Daniel and his wife Marie were married in September of 2023. They have a son, both work, and Marie is actively pursuing her MBA through the University of Maine at Augusta. "Of all the blessings, mine would be the greatest of all; I would get to watch as my family's dreams come true around me," wrote Farrow in the essay.

"This is a once in a lifetime thing," said Farrow after being awarded with the house on Veterans Day Weekend. "I don't even really know what to say."

"It's life changing," added Marie.

The Maine Woods Subdivision is a forthcoming development located

off Lancaster Avenue in Bangor, near Essex Woods & Bangor Dog Park. Once finished, the development will consist of thirty duplexes, each with two 3-bedroom/2 bath townhouses, with fiber internet connectivity and services including lawn care and snowplowing for all residents. The Maine Veterans' Home and the Career-Center Veterans Services are both nearby, offering specialized support and resources for veterans.

A report released in early October by MaineHousing, the Governor's Office of Policy Innovation and the Future, and the Maine Department of Economic and Community Development declared that Maine will need an additional 38,500 homes to meet its expected housing demand by 2030. This would be about a 5% increase in the state's home stock.

"We are hearing more and more stories about the housing crisis not just in Bangor, but in Bar Harbor, Rockland, Belfast, Western Maine - really, all over the state," said Ellis. "This subdivision is a small at-

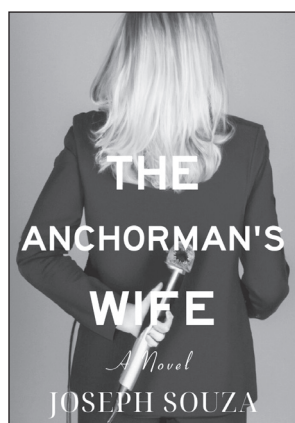


Contest winner and United States Marine Corps Veteran Daniel Farrow speaks about winning a new townhome as his wife, Marie, and Emily Ellis of Maine Woods Townhomes look on. Farrow and his family won the townhome in an essay contest for Veterans. The family was surprised on Veteran's Day Weekend with the news, and received the keys during a ceremony on Valentine's Day. The family plans to move in the next day.



tempt to add housing to a market that needs it. The first resident of this subdivision is a very deserving family that has already done so much for this area and this country. It is a great way to bring new life and new residents into this subdivision. I know they are excited about their new townhouse and we really are honored to bring them home."

Thriller from award-winning Maine writer Joseph Souza



PORTLAND, ME – Shay appears to have the perfect marriage to Gideon Wells, Boston's most popular news anchor. But their lives are ripped apart when she is attacked outside the soup

kitchen where she volunteers. Depressed and struggling to remember who assaulted her, Shay hires a new maid to help her around the house while she recovers from her injuries. But this new maid is not what she seems and things go from bad to worse, causing Shay to revisit a painful childhood past that she's been desperately trying to forget.

The Anchorman's Wife, published by Level-Best Books, is available in paperback from the bookshop.org or as a paperback or e-book on Amazon.

Joseph Souza's award-winning short stories have been published in various literary journals throughout the country. Winner of University of Southern Maine's Andre Dubus Award for short fiction, he also received Honorable Mention for the Al Blanchard Award. In 2013 he won the Maine Literary Award and in 2020 he was a finalist for the same award for Best Crime Novel. His novels The Neighbor, Pray for the Girl, and The Perfect Daughter (finalist for the Maine Literary Award) were published by Kensington Books.

Sparks: An anthology – Catholic music ministry in Maine

MAINE -- A new book focusing attention on music ministry in Maine's Catholic diocese has been released by Reindeer Press and is now on sale to the public.

SPARKS is the title of the anthology (inspired by the 1969 post-Vatican II song by Kurt Kaiser, "Pass It On") and features individual contributions by Ed Boucher, Father Reggie Brissette, Helene Fortier, Daniel Ladner, Lynn Desmond LeVasseur, Jean Minitier O'Keefe, Louis Philippe and Pam Vaillancourt.

"Follow the journeys of eight people as they reflect on their years of serving in music ministry in the Catholic Church in Maine. Stories of successes and failures in liturgical music resound through the pages. In their stories we glean wisdom through their experiences," states the back cover tease.

According to Lou-

is Philippe, who amassed the team of writers and facilitated the production process, "it's no secret that the Catholic Church is under attack globally and nationally, a trend that has left the Diocese of Maine in the wake of a major identity crisis. In light of societal, financial, ideological, and dogmatic challenges, more Catholics have more reasons to not practice their faith. As a result—generally speaking—Catholic Masses in Maine have low attendance, poor participation, lackluster music, and mere hints of spiritual joy."

"So, perhaps it's time for a revival in the Catholic Church, reminiscent of when Vatican II literally turned the Church around in the '60s," Philippe suggested. "But that takes passionate individuals of all ages and persuasions, with God-size dreams, to think outside the box, step outside the tent, and use their God-given talents to bring people back in the pews and get them excited about the Liturgy and participating in lively, meaningful, powerful, praise and worship. Fortunately, there are such individuals."

SPARKS is designed to give the reader a "behind-the-scenes" look into the state of Catholic music

ministry in Maine—the good, the bad, the ugly—through the real-life accounts of eight writers whose ministry service to the Catholic Church is well noted.

"We hope the book will be a spark that lights a fire of inspiration under pastors, music directors, cantors, choirs, and congregations as they look for ways to improve participation in the celebration of the Mass in their parishes," Philippe said, adding: "The goal is to empower and motivate readers to become sparks in their own communities by getting their own spiritually-anointed fires going that will bring change, hope, joy, and love to their parishes."

The books lists for \$14.95 (+\$5 S&H) and is available online by visiting Rudy's General Store, reindeer-group-inc.square.site, or by calling (207) 857-9002 or emailing reindeer@maine.rr.com.

All proceeds will be used to establish a fund to help new music ministry projects exclusively in the Roman Catholic Diocese of Maine. Reindeer Press is part of Reindeer Group, Inc., a non-profit 501(c)(3) Maine organization; charitable donations are tax-deductible.

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Maine counselor writes memoir of experiences with addiction

BELGRADE, ME -- Legacy Books Press LLC has released its latest memoir, *I Can't Do This Anymore* by Karen Hardy. *I Can't Do This Anymore* documents a year in the life of Karen Hardy and Bryan Massey. It was written in real-time over the course of a year while Bryan was in active addiction, in and out of rehabs, jail, and living on the street. Karen started writing in July 2016 not knowing how the year would end and committed to documenting whatever happened.

Hardy talks about how she got into writing this specific story, "In April 2016, my husband and I were away on vacation. I received a call that my son was going to jail and that was when the

idea to start writing about our experiences took hold. We had been on this addiction journey for some time by now, and this was new territory and I was terrified for what would be next."

She goes on to talk about her experience with her personal life in regards to what she was dealing with, "Friends and family didn't know what to say about the ups and downs of our life and often acted surprised to know when Bryan left treatment; they weren't part of our daily life. I decided to write daily about what was happening and wanted people to get a sense of the 'roller coaster' experience that comes with this experience."

In regards to documenting both hers and Bryan's story, It felt im-



portant to note both of our experiences; we both said at different times, 'I can't do this anymore,' and that stood out to me that we were both struggling in our own ways and wanted to depict that. This book was written in real-time; I wrote every day about each of our experiences and committed to writing not knowing whether Bryan would live or die during the course of that year."

Karen Hardy is a mental health and addiction counselor with a private practice in Belgrade, Maine. Born in New Haven, Connecticut, she worked as a correctional counselor in the Connecticut state prison system for 20 years. She earned an addictions certification while working in prison, and then earned a master's

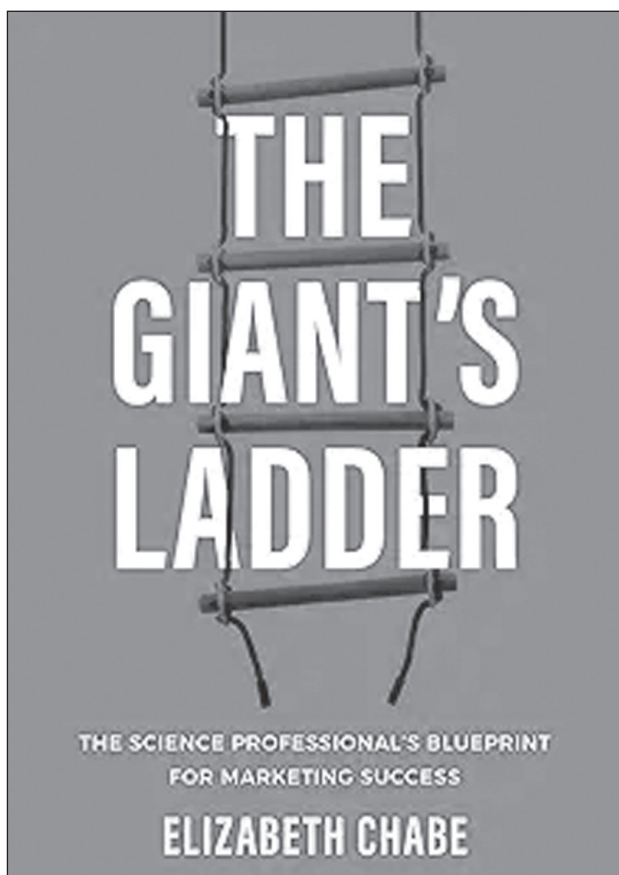
degree in counseling psychology upon retirement. She has a strong interest in helping the families and loved ones of with people with addiction. She and her husband have four children and a dog. In 2019 Karen and Stephen did some section hiking on the Appalachian Trail for overdose awareness. Karen continues to use her experiences in her life to bring awareness, support, and healing to others who struggle.

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How to gain recognition for your work, book by Maine author



BANGOR, ME and HOUSTON, TX—"The Giant's Ladder: The Science Professional's Blueprint for Marketing Success," the new book by

science marketing expert Elizabeth Chabe, is now available. This essential read for science professionals offers a comprehensive toolkit to transform

innovative products and services into market-leading success.

Designed for scientists and professionals striving to gain visibility and credibility for their work in the marketplace, "The Giant's Ladder" reveals the secrets to marketing in the science and technology sectors. The book covers a spectrum of topics from foundational marketing insights to advanced data optimization strategies, all tailored for science and technology-focused industries. It is designed to guide readers through the process of turning their innovative discoveries into industry standards.

"With 'The Giant's Ladder,' I wanted to address a significant need: helping scientists and entrepreneurs translate their groundbreaking ideas into market successes on a larger scale," said Chabe. "This book is a direct response to the challenge of empowering these brilliant minds with the marketing

knowledge they need to bring their innovations to a broader audience, ensuring their work receives the recognition and success it deserves."

Key Features of the Book Include

Taking the First Step: Fundamental insights and planning for your marketing journey.

From Product to Narrative: Effective storytelling techniques in marketing.

Blueprints for Success: Crafting robust marketing plans for scientific innovations.

Big Ideas: Creative approaches for compelling marketing campaigns.

Channel Tactics: Maximizing media channel reach and engagement.

From Exhibit Halls to

Podiums: Navigating trade shows and public speaking.

Data-Driven Decisions: Utilizing analytics for informed marketing choices.

And More

About the Author

Elizabeth Chabe (MBA, MS), born in Machias, Maine, and a proud alumnus of the University of Maine, is a recognized leader in science marketing and has helped drive innovations from niche to industry changing. As the CEO of High Touch Group, she has strategically elevated clients in biotech, diagnostics, and manufacturing to global prominence. Her work has been featured in major publications like The New York Times, Popular Science, and CNBC. Elizabeth's ex-

perience offers a powerful blend of tactical skill and market foresight, and her influence is instrumental in shaping scientific product marketing. To learn more about Elizabeth, visit elizabethchabe.com. For the full media kit, visit elizabethchabe.com/media-kit.

"The Giant's Ladder: The Science Professional's Blueprint for Marketing Success" is available for pre-order on Amazon and other major retailers.

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

Gardening

Continued from page 7

Highmoor Farm, the webinar will highlight best practices, valuable insights and tips for growing backyard blueberries.

Each webinar will be held from 6-7:15 p.m. and consist of a one-hour presentation followed by a 15-minute question, an-

swer and discussion session.

Registration is required for each webinar. The program fee is offered on a sliding scale, \$0-\$15. Participants will receive the Zoom information after registering for each webinar. All sessions will be recorded and shared with participants approximately one week after the event.

If unable to attend the live session, participants can register to receive a copy of the recording and a resource list.

To register visit the program website. For more information or to request a reasonable accommodation contact Rebecca Gray, extension. gardening@maine.edu, 207.581.8164.



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Calendar

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Feb 22

AUBURN -- Tween Anime Club 2/22 from 3:30 PM - 4:30 PM - Teen Space, Auburn Public Library

Stop by the Teen Space to watch and talk about your favorite anime, draw or color and enjoy snacks with your friends! Snacks included.

Feb 23

AUBURN -- Thinking in the Box: Let's Make Comics! 2/23 from 3 PM - 4 PM - Teen Space, Auburn Public Library

Have you ever wanted to make your own comic? If you're unsure what to write, not sure how to produce your comic or if you're interested in how comics are made, stop by the Teen Space and get some ideas!

Feb 24

AUBURN -- Sixth St. Church Bean Supper: There will be a baked bean supper at Sixth St. Congregational Church at 109 Sixth St. in Auburn on Saturday, February 24 from 4:30 p.m. until 6:00 p.m. The menu consists of two kinds of beans, brown bread, cole slaw, red and brown hot dogs, assorted casseroles, assorted desserts and beverage. The cost of the meal is \$9 for adults, \$5 for children 5 to 12, under age 5 is free. All are welcome. Take-out is available.

Feb 24

BUXTON -- Try our delicious Haddock Supper Buffet - Saturday, February

24, 2024 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 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 wish is optional. Hand sanitizer is available for those who wish to use it.

Feb 24

GRAY -- First Congregational Church of Gray Saturday Night Church Supper, Saturday, February 24, 2024 @ 5:00 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 & Salads, Baked Pea Beans, Red Hot Dogs, Breads, Assortment of Desserts & Beverages

Feb 24

LISBON FALLS -- Dine In/Take Out Bean Supper Saturday, February 24th from 4:30pm - 5:30pm or SOLD OUT at Lisbon United Methodist Church, 14 School Street, Lisbon Falls, ME Sponsored by the Methodist Women

Adults \$9.00; Menu:

Pea Beans, Hot Dogs, Potato Salad, Cole Slaw, dinner roll and a slice of pie! FMI-Gwen Rioux 353-6814

Feb 27

AUBURN -- Teen Space Craft Club 2/13 and 2/27 from 4 PM - 5 PM - Teen Space, Auburn Public Library

Whether it be crocheting, drawing, origami or something else entirely, The Teen Space Craft Club serves as a time to work on any arts and crafts related projects, share advice and learn something new. Crafters of any experience are welcome!

Mar 2, Apr 6, May 4 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.

Mar 11

AUGUSTA -- Monday March 11 at 6:30 PM Denis Ledoux will present a program based on his new memoir French Boy / A 1950s Franco-American Childhood at the Augusta Public Library.

Mar 14

LISBON FALLS -- There will be a blood drive at the Lisbon United Methodist Church, 14 School Street, Lisbon Falls, Maine on Thursday, March 14th from noon to 4:30pm. To schedule an appointment call 1-800-RED-CROS and use sponsor code LISBON UMC

Mar 22

LEWISTON -- Fill the Plate Breakfast to benefit Meals on Wheels of SeniorsPlus 7 am - 9 am at Hilton Garden Inn Riverwatch, Auburn. Tickets: \$30 per person (\$35 at the door); available at www.seniorsplus.org or by calling 207 795-4010. Seats are limited. Advance registration encouraged.

A breakfast to benefit the Meals on Wheels program of SeniorsPlus, the Western Maine Agency on Aging, will feature a keynote by Maine humorist Gary Crocker and will honor Lewiston resident Lucy Bisson with the Ikaria Award for outstanding contributions toward improving the lives of older adults

Mar 23, 24

LEWISTON, TOPSHAM -- "A New Artistic Mélange" - Emily Isaacson, Guest Conductor Saturday, Mar. 23, 2024, 7:00 p.m. - Franco Center, Lewiston; Sunday, Mar. 24, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Mar 26

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-- Tuesday March 26 at 4 PM Denis Ledoux will present a program based on his new memoir French Boy / A 1950s Franco-American Childhood at the Lisbon Falls Public Library.

Apr 27

AUBURN -- Saturday April 27 at 11 AM Denis Ledoux will present a program based on his new memoir French Boy / A 1950s Franco-American Genealogy Society at the community room of the Auburn Public Library. Public invited.

May 18, 19

LEWISTON, TOPSHAM -- "Cityscape, Seascape, Soundscape" Saturday, May 18, 2024, 7:00 p.m. - Franco Center, Lewiston ; Sunday, May 19, 2024, 2:30 p.m. - Orion Performing Arts Center, Topsham

Every 1st, 2nd, and 3rd Monday

LEWISTON -- PRO-

GRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm at the Lewiston Public Library Children's Department

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

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

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

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

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