



TWIN CITY TIMES

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New advisory services for credit unions, community banks

MAINE – Charles River CFO, is proud to announce the launch of its new Executive Advisory Services, designed specifically for Credit Unions and Community Banks. With financial institutions facing unique challenges in today’s dynamic finance environment, this service aims to provide seasoned expertise and strategic guidance tailored to their specific needs.

Charles River CFO’s Executive Advisory Services are designed to foster effective board leadership, improve CEO performance, and offer appropriate responses to audit and examiner concerns. The new service will also include board training sessions, weekly CEO coaching calls, and monthly strategic planning sessions tailored to the unique needs of each organization.



“Our services are about turning challenges into opportunities,” said Allen Sterling, Director of Community Banking/Credit Union Practice at Charles River CFO. “From filling leadership gaps with our Interim CEO and CFO services to providing comprehensive board training, we are dedicating our seasoned expertise to empower your organization and steer it towards success.”

One of the critical components of the new offering includes Audit Committee support, where the team will work closely with the Audit Committee members to define their responsibilities, evaluate CEO responses, and ensure effective monitoring of improvements.

Strategic planning is another vital aspect of the services. The Executive Advisors will provide insights on best prac-

tics for successful plan development, execution, and monitoring, ensuring that the organizations have an effective planning and budgeting process in place.

“Effective communication is key to any successful organization,” said Sterling. “Our Executive Advisory Service offers CEO coaching and works closely with your CEO to optimize their effectiveness in communicating with the board, outside examiners, and senior management.”

Charles River CFO invites credit unions and community banks to consider how we can amplify the impact of your leadership team. Connect with us at info@crcco.com or call Jack Sullivan at (781) 431-0420 x1 to learn how our Executive Advisory Services can benefit your organization.

Fontaine Family Team honors top agents

AUBURN, ME -- Fontaine Family -The Real Estate Leader hosted their annual awards ceremony at the Hilton Garden Inn, in Auburn on February 8th. The event recognized the incredible achievements of the Fontaine Team who helped 566 families buy or sell property in 2023.

The festivities were kicked off with Crystal Bergeron, one of the broker owners, sharing the team vision, the mission, and the Fontaine culture and values, and how they are lived every day with commitment and pride. The next speaker was Brenda Fontaine, the founder, who spoke on the importance of building lasting relationships. Brenda then took a moment to pay tribute to newly retired Realtor Harriet Cummings, honoring her 28-year real estate career and contributions to the local community. Throughout the event the attendees were entertained by talented performances of Steve Miller, Cindy Morin, Bill Bergeron and Dave Foster.

Before the awards, the licensed sup-



Fontaine Team banquet attendees

port staff was recognized for being the backbone of the Fontaine Team. Special recognition was given to Sally Christner, Megan Trundy, Dustin Larochelle, Hannah Levesque, Tammy Soucy and Megan Madore for their commitment and dependability.

honored with the Silver level awards. Teri Campbell and David Foster received a Gold level award, while Clayton Larochelle, Kelly Webb-Quinn, Bill Bergeron, Sierra Lemieux, Maria Morrissette, Cindy Morin and Charmaine Raby were recognized with the Platinum level awards for their exceptional contribution. Aaren James and Calvin Willette were each awarded the Rookie of the Year Awards.

The Milestone awards were also a special highlight of the day. Nicki Therrien, David Foster, Dustin Larochelle, Crystal St. Hilaire, Diane Brule, Nick Blais, Harriet Cummings and Bill Bergeron were recognized for their 5, 10, 15 or 25 years of loyalty with the Fontaine Team. The ceremony culminated in the presentation of the Brenda Fontaine Leadership Award which went to Realtor David Foster, who exemplifies exceptional leadership qualities, while setting an example for others to follow.

The guests left the event, feeling proud and inspired, knowing that they were part of a team that truly makes a difference in people’s lives. For more information on the Fontaine Team and their upcoming events, follow them on Facebook at facebook.com/fontaineteam.

The award ceremony was the highlight of the event where the team members were recognized for their outstanding production in 2023. Presenting awards were broker owners, Melissa Field, Angie Larochelle, and Crystal Bergeron. Other award presenters were Clayton Larochelle and Bill Bergeron.

Aaren James, Deanna Lavoie, Kathy Lee aCook and Lauri Kinser were presented with the Bronze level awards, while Chad Doucette and the Rondeau Team (Ashley & Paul Rondeau) were

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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

Filing deadline extended for FEMA Designated Disaster Areas

AUGUSTA, ME – The Department of Administrative and Financial Services (DAFS) announced today that Maine Revenue Services, a bureau of DAFS, will extend the deadline to file Maine state taxes, to match the recent Internal Revenue Service (IRS) federal tax extension deadline for Maine taxpayers who live in federally designated disaster areas in 10 Maine

counties, until June 17, 2024. On February 5, 2024, the IRS announced federal tax relief for individuals and businesses in certain parts of Maine affected by severe storms and flooding that began on December 17, 2023. The tax relief applies to disaster areas in Maine designated by the Federal Emergency Management Agency (FEMA) in

Androscoggin, Franklin, Hancock, Kennebec, Oxford, Penobscot, Piscataquis, Somerset, Waldo, and Washington counties. For affected Maine taxpayers, tax returns and final or estimated payments originally due on or after December 17, 2023, and through April 17, 2024 for Individual Income Tax, Corporate Income Tax, Fiduciary Income Tax (trusts and

estates) and Franchise Tax are postponed to June 17, 2024. Any related penalties and interest will be abated for the period of December 18, 2023, through June 17, 2024 (Relief Period). Affected taxpayers are encouraged to file electronically. Affected taxpayers filing paper returns should write "MAINE FLOODING" across the top of their return. Affected tax-

payers are still encouraged to make payments and file if they are able and prepared to do so before June 17, 2024. Regardless of filing method, if any affected taxpayer receives a notice of assessment of penalties and/or interest for the Relief Period due to late returns or payments, please contact MRS immediately at income.tax@maine.gov (Income Tax programs) to

request abatement. Payment and filing deadlines for all other Maine tax types, including Maine sales tax and income tax withholding, remain unchanged. Taxpayers with questions about special federal tax relief associated with federally declared disaster areas should contact the IRS at (866) 562-5227 or go to the IRS website at www.irs.gov.

Tri-Town Optimist Club announces Students of the Month

The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland is proud to announce its RSU 16 Student of the Month Recipient for January. Sixth grader, Abigail Jurczak, from Elm Street School in Mechanic Falls is described by her teacher and principal as a quiet, compassionate leader with an infectious smile who consistently radiates joy and optimism. Classmates are drawn to Abby's kindness and compassion. She is a diligent student who strives for self-improvement and inspires others as



L-R: Elm Street School Elementary School Principal Jessica Madsen, 6th grader Abigail Jurczak, and Teacher Kaylee Younk.

she leads by example. The Tri-Town Optimist Club of Mechanic Falls, Minot and Poland is

proud to announce its RSU 16 Student of the Month Recipient for February. Poland Regional High School



L-R: Poland Regional High School Senior Jonathan Crump of Poland with Principal Erik Anderson

Senior, Jonathan Crump, is described by his principal and teachers as an insightful, thoughtful student who asks probing questions. He engages deeply with challenging academics, treats others with genuine respect, and has made valuable contributions not only to his class, but also to the school overall. Jonathan is an articulate, humble and caring individual who has a joy for life, learning and friendship. His creative problem-solving skills and endearing wit are highly regarded by everyone in his school community.

Spring into new classes, experiences with Senior College

LEWISTON, AUBURN, ME – Are you over 50? Do you love to learn? Check out the spring classes at Lewiston-Auburn Senior College. Registration for our spring session begins March 1, and we have a variety of interesting offerings.

Beginning April 1, we will have some new takes on history, local government, and human personality. You can have a chance to learn to knit for the first time or all over again. If protecting the environment is your passion you will find information on native plants and Net-Zero energy. Relax with photos and talks about beautiful places or by gaining new information on wellness - maybe start writing poetry.

L/A Senior College has found some new venues for getting together for discussion and social contact, but we will continue

to Zoom classes for those of you who like to sit back in your favorite chair and just enjoy.

If you are a member of senior college, there is no additional membership fee and no charge for one-day classes. The details and registration process are on the website: laseniorcollege.org (<https://lewiston-auburn-senior-college.coursestorm.com/> to sign up.)

Below is a summary of the choices for the spring semester. Please note that the courses are held in different locations.

New Novels with Peggy Volock - Schooner Estates

The Grand Canyon with Alan Elze - Schooner Estates

Edward Curtis, Early photographer of Native Americans with Alan Elze

Schooner Estates Antelope Canyon

with Alan Elze - Schooner Estates

Personality Styles and the Role They Play in Human Behavior with Charles Plummer - Schooner Estates

The Chamber of Commerce: How it Began and Evolved in Lewiston and Auburn with Phil Nadeau - Auburn Library

Gardening with Native Plants with Jean Potuchek - Auburn Library

The Isle of Jersey Through the Ages with Judy Hierstein - Auburn Library

Pursuit of a Net-Zero Home in Maine with Mike Brakey - Brakey Lake Lodge

Three Knitting Classes with Sue Martel - St. Phillip's Church

Senior Wellness and Pain Management with Joel Buckman - TBD

Poetry Workshop with Bill Frayer - Auburn Library

Discussions and Simulations in the 19th Century

European History with Anita Denis - Auburn Library

And of course, Pictionary and Trivia on Zoom

with Mary Jane Beardsley

So join the fun! Sign up at: <https://lewiston-auburn-senior-college.coursestorm.com/>

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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

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Arts & Entertainment

Contemporary Angolan artist Serafim Yssolo at LA Arts

LEWISTON, ME -- In honor of Black History month, LA Arts is announcing its first gallery exhibition of 2024 featuring Angolan visual artist, Serafim Yssolo, formerly known as Serafim Serlon. The show, entitled "Life on Scraps," runs from February 23 – May 17, 2024. A rising talent in the world of Angolan contemporary art, this will be Yssolo's first solo exhibit in the United States. An opening reception will be held on Friday, March 15 from 5:30pm - 7:00pm at LA Arts, 168 Lisbon Street, Lewiston, ME.

Yssolo, a self-taught artist born in Moxico, a province of Angola in Africa, has developed a unique artistic identity deeply rooted in his early years as a graffiti artist. His works have been shown in solo and collective exhibitions in Africa and Portugal and have delighted viewers, gaining attention for their distinctive style and mixed media techniques, including oil and acrylic on layered canvas and the use of recycled materials. Harnessing multiple artistic expressions, Yssolo creates



Negritude by Serafim Yssolo

vibrant, engaging pieces that exude energy and joy. His evocative work and accompanying prose (presented in both English and Portuguese), captivates viewers and invites them



Serafim Yssolo

to enjoy a rich art experience.

Exhibit Details
Exhibit Title:

"Life on Scraps"
Artist: Serafim Yssolo
Date: February

23 – May 17, 2024
Opening Reception: Friday, March 15 from 5:30pm - 7:00pm
Location: LA Arts, 168 Lisbon Street, Lewiston, ME

Thanks to our CHAMPION sponsors!

LA Arts continues to engage and inspire a vibrant community through arts and culture with support from its generous Champion Sponsors, including Alfred and Kate Anthony Trust, Austin & Associates, Bates College, Baxter Brewing Co., Berman & Simmons, City of Auburn, City of Lewiston, Elimina B. Sewell Foundation, Helen & George Ladd Charitable Fund, Liberty Mutual Group, Maine Arts Commission, Morton-Kelly Charitable Trust, Mount Auburn Dental, Onion Foundation, Platz Associates, Sun Journal, and Turner Publishing.

Bridgton Jazz ensemble to perform at Franco Center Feb. 25

LEWISTON, ME—The 17-member Bridgton Jazz ensemble will perform from 2 p.m. to 3:30 p.m. Sunday, Feb. 25, in Heritage Hall at the Franco Center.

The ensemble includes musicians and vocalists who perform music and songs from the 1940s to today. The event will include a dance floor, cash bar, and

concession stand. This is a fundraiser by the Bridgton Jazz ensemble for the families and victims of the Oct. 25, 2023 shootings in Lewiston.

Tickets are \$15 in advance and \$20 at the door and can be bought in advance online through the Franco Center at www.francocenter.org/shows or

by phone at 207-689-2000. Tickets can be purchased in person when the box office is open from 10 a.m. to 1 p.m. Tuesdays and Wednesdays.

The Franco Center is at 46 Cedar St., Lewiston. Parking is in the mill lot on Oxford Street. Handicap access is on the Lincoln St. Alley side of the building.

Franco Center lunchtime social features French foods, local trivia

LEWISTON, ME—The Franco Center has announced a new lunchtime social: Poutine, Pea Soup & Trivia. The first social will take place from 11 a.m. to 1 p.m. Monday, Feb. 26, at the Franco Center, 46 Cedar Street, Lewiston.

"This event is a time for all Franco-Americans and others in the commu-

nity to come together and socialize," said Jake Hodgkin, production manager at the Franco Center. "This social will be less structured than our La Rencontre luncheons that typically feature some form of entertainment."

This trivial social will feature Franco foods such as poutine and pea soup at

11:30 a.m. The menu will vary at times, but will be light.

The trivia will feature questions about the Lewiston and Auburn community. "The main purpose of this event is for socializing," said Hodgkin.

The cost is \$12 per person and includes the poutine and pea soup. Other foods may be available for purchase.

Call the box office at

207-689-2000 or stop in from 10:30 a.m. to 1 p.m. on Tuesdays and Wednesdays to buy tickets in advance. Tickets can be purchased through the Franco Center online at www.francocenter.org/shows.

The Franco Center is at 46 Cedar Street, Lewiston. Parking is in the mill lot on Oxford Street. Handicap access is on the Lincoln St. Alley side of the building via an elevator.

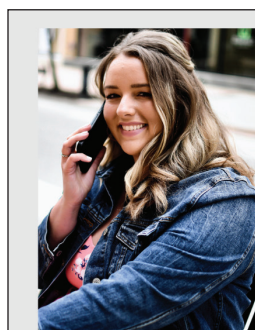
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Maine author releases leadership book based on *Ted Lasso*

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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YWCA'S Aqua Park open during February Vacation

LEWISTON, ME -- The Aqua Park at YWCA Central Maine is back by popular demand! Please Join us for a special February Vacation event on Saturday, February 24th, and Sunday February 25th.

"Individuals and families looking for a fun, indoor activity to do during February vacation don't have to look far. YWCA

Central Maine invested in this unique Aqua Park that is unlike any other activity available in Central Maine in 2022. Brought out for special occasions we decided that February vacation was a great reason to set it up, and let people have fun for a weekend." Said Jennifer Molloy, Chief Development and Communications Officer.



The park includes a trampoline, a tunnel, a rock wall, and a slide. There are 25 spots per session, so prior registration and reservation is required, and



multiple lifeguards will be on duty.

Participation is for 8 years old and up.

To register go to our website and create an account in RecDesk and select "Aqua Park". Registration is now open.

If you have further questions please call the front desk at 207-795-4050.

Midwinter bean supper at Franco Center Feb. 24

LEWISTON, ME— The Franco Center will host a baked bean supper from 4:30 to 6 p.m. Saturday, Feb. 24, in its Heritage Hall. Tickets are \$12 for adults and \$5 for children 12 and under.

The menu includes

beans, coleslaw, hot dogs, brown bread or fresh baked biscuits, coffee, tea, lemonade and an assortment of desserts. All food is prepared by Chef John Pulsifer, well known as a long-time baker in the Lewiston-Auburn community.

"The Franco Center provides access to Franco-American traditions such as this bean supper and also meetups for conversation among French speakers, La Rencontre luncheons with entertainment, concerts by Franco-Amer-

ican performers, and foods such as whoopie pies and tourtière pies," said Theresa Shanahan, development and event administrator at the Franco Center.

Tickets can be purchased at the door on the day of the event or in ad-

vance online at www.franco-center.org/shows or by phone at 207-689-2000. Tickets can also be purchased in person at the Franco Center box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays. People who are avail-

able to volunteer can also call that number.

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

Sheats announces candidacy for Maine State Senate

AUBURN, ME - On Thursday, February 15, Bettyann Sheats announced her candidacy for Maine State Senate District 20.

"I've dedicated my life to serving our country, our community, my faith, and my family. In my heart, there is no better place than Maine to live, work, play, and raise a family or retire. With that in mind, I am excited to announce that I am running for the Maine Senate to continue to be a

champion for our community," said Sheats. "It takes a team to tackle the challenges that we're facing. As your Senator, I would bring all voices to the table to unite us around common-sense solutions. I will work tirelessly to represent you and your families well in Augusta."

Bettyann is deeply connected to her community in Auburn. In addition to her 12 years of military service in the US Army,

she owned and operated her own small business, Finishing Touches Shower Doors, which gave her the opportunity to meet homeowners and other small business owners around the state. Bettyann also helped form the St. Mary's Food Pantry and became a vestry member and warden at St. Michael's Episcopal Church. Bettyann's husband, the Reverend George Sheats, is also a former Army helicopter pilot and

is now the Priest in Charge at St. Michael's Episcopal Church.

"Bettyann is a freedom fighter who is passionate about protecting and serving her constituents. A graduate of the U.S. Military Academy at West Point, Bettyann served in the U.S. Army for 12 years, including seven years as a helicopter pilot," said Senate President Troy Jackson, D-Allagash. "In the Maine Legislature, she championed policies to support veterans, small businesses, and working families. I have complete confidence

that Bettyann will represent the people of Senate District 20 honorably in the Maine Senate."

Bettyann served two terms in the Maine House of Representatives, representing Minot and Auburn, where she championed legislation to support veterans, lower property taxes, and increase the accessibility and affordability of healthcare. She has previously served as the Chair of the Board of the Auburn Lewiston Airport and on the Board of Directors of the Finance Authority of Maine (FAME), focusing

on building Maine's economy as well as building an educated and trained workforce. Bettyann remains active in her community as a member of the Maine Military Community Network and American Legion Post 31. She also serves on the Maine Turnpike Authority.

Senate District 20 includes the city of Auburn and the towns of Durham, New Gloucester, and Poland.

Facebook: www.facebook.com/BettyannforMaineSenate/

Website: <https://bit.ly/BettyannSheats>

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Norway Savings Bank supports Franco Center

LEWISTON, ME--- For generations, the building on 46 Cedar Street in Lewiston has played different roles for the special community in which it sits, evoking a range of emotions but also a singular sense of pride.

Nearly a century after opening as St. Mary's Church, the building is now home to the Fran-

co-American Heritage Center, colloquially known as the Franco Center, a revered performing arts and cultural facility that offers a showcase for today's talent and a venue to celebrate Maine's past and present, with 80% of Maine's Franco-American population living within 50 miles of Lewiston/Auburn. In recent years, Nor-

way Savings Bank has donated over \$11,000 to the center in an effort to honor and preserve Franco-American heritage in the area while welcoming artists and performers from different backgrounds through events and gatherings.

"The Franco Center actively works to create, See *Norway*, page 14

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The lost art of tea leaf reading at LPL

LEWISTON, ME -- The Lewiston Public Library has rescheduled its December program featuring Roxie Zwicker to Wednesday, February 28, 2024. Roxie will be presenting her interactive program called "The Lost Art of Tea Leaf Reading Workshop". Participants should bring their own teacup for the program. This free, public program will take place from 11 a.m. to 12:30 p.m. in Callahan Hall on the third floor of the Lewiston Public Library.

Join Maine's Mystery Maven for Delicious Divination! What do you see in

your cup? Come learn the noble art of divination by tea leaf reading in this fun and informative class. We will cover the history and lore of this centuries-old fortune-telling technique which originated in China and traveled along tea and spice trade routes all over the world. Explore the perfect herbs for tea leaf reading and how to create your own specialty blends. Come enjoy a cup of custom-made herbal tea and see what symbols and messages your cup reveals to you.

Roxie Zwicker has been entertaining the lo-

cal, visitors from away, and curious souls with her unique ghost stories since 1994. Her company, New England Curiosities, located in Portsmouth, NH has been offering ghost tours, and special events since 2002 and is consistently on top of the nation's travel and tourism lists. Featured on "Psychic History" on the History Channel and "Destination America" on the Travel Channel, Roxie is the author of 8 bestselling books on New England's ghost stories and folklore. A gifted intuitive, Roxie has been reading professionally for

over 20 years and has been a sought-after speaker and teacher on metaphysical topics for several national conferences and gatherings. For more information about Roxie's programs, you can visit her website at www.newenglandcuriosities.com.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street and Lisbon Street. More information on Wednesday's program is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewis-tonmaine.gov.

It's Time For Tea
The Lost Art of Tea Leaf Reading Workshop
Roxie Returns!
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Wednesday
February 28, 2024
At 11 am
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Cloutier bill to expand PA workforce advances

AUGUSTA, ME -- The Legislature's Joint Standing Committee on Health Coverage, Insurance and Financial Services unanimously advanced legislation sponsored by Rep. Kristen Cloutier, D-Lewiston, that would add Maine to the Compact for Licensing Physician Assistants (PAs).

The bill would allow licensed PAs to practice in member states without

having to obtain a new license for each state. Once seven states have enacted this legislation, the compact will take effect, allowing qualified PAs a path forward to practice with less administrative hurdles.

"Maine is in need of more health care workers, and LD 2043 will help qualified PAs enter our workforce more easily," said Cloutier. "This bill offers us a solution to attract PAs by allowing them to

obtain a privilege in each compact member state where they want to practice."

The bill faces votes in the House and Senate in the coming days.

Cloutier is the Assistant House Majority Leader and is currently serving her third consecutive term in the Maine House of Representatives. She represents House District 94, which includes part of her hometown of Lewiston.

Economic Recovery Hub Grant Program launched by AVCOG

Small businesses in Androscoggin, Franklin, and Oxford Counties are urged to take advantage of a new Economic Recovery Hub Grant Program launched by Androscoggin Valley Council of Governments (AVCOG) in partnership with the Department of Economic and Community Development. The goal of the Recovery Hub Grant program is to provide financial assistance to small businesses that were impacted by the COVID-19 pandemic but have received little or no government assistance.

The State of Maine recognized the need to help businesses that were not previously eligible for pandemic funding relief. The financial assistance grants of \$2,500 up to \$20,000 will be available to businesses with 50 or fewer employees that opened be-

tween January 1, 2020, and before May 11, 2023.

Small businesses may use the grants for commercial rent and utilities, inventory, equipment, insurance, payroll, and other working capital needs. "We would like to encourage small businesses in our region that started during the COVID19 pandemic and were negatively impacted to apply for the Economic Recovery Hub Grant," said Amy Landry, Executive Director. "In addition to grant funding, AVCOG will offer targeted technical assistance to eligible businesses, and we encourage

them to complete the intake form available on the website."

This grant was awarded to AVCOG by the Maine State Department of Economic and Community Development (DECD) with Federal American Rescue Plan Act funds. The deadline to apply to AVCOG's HUB Grant program is March 29, 2024. There is a potential for future rounds of funding. For more information on how to apply visit: <https://www.avcog.org/1266/EconomicRecovery-Hub-Grant-Program> to access program and application details.

Letter to the Editor

MaineDOT releases Work Plan, includes local projects

The Maine Department of Transportation's (MaineDOT) Work Plan for calendar years 2024, 2025, and 2026 was released recently. It entails work to be delivered or coordinated through the MaineDOT, taking into account funds to be expended by other transportation partners, including airports and transit agencies that receive federal funds directly.

The overall initiative of 2,672 individual work

items, with a total value of \$4.74 billion, encompasses capital projects and programs, maintenance and operations activities, planning initiatives, and administrative functions.

Locally, Sawyer Road, in Greene, will see highway and spot improvements consisting of large culvert replacements. Total estimated funding for these line items is just over \$1.3 million. Several projects are slated for Sabattus. The largest of

which is the replacement of the Sabattus River Bridge. Estimated funding for this endeavor is a little over \$3.2 million.

Additional local undertakings are also part of the Plan. You can find further details online at <https://www.maine.gov/mdot/projects/workplan/search/>.

Sincerely,
Stephen J. Wood
State Representative
(Dist. 92)
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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-

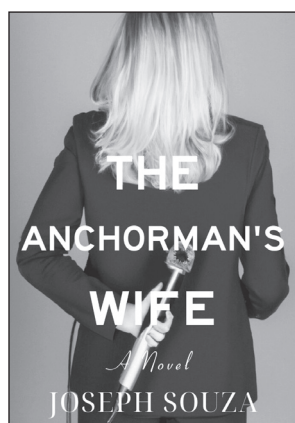


Contest winner and United States Marine Corps Veteran Daniel Farrow speaks about winning a new townhome as his wife, Marie, and Emily Ellis of Maine Woods Townhomes look on. Farrow and his family won the townhome in an essay contest for Veterans. The family was surprised on Veteran's Day Weekend with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

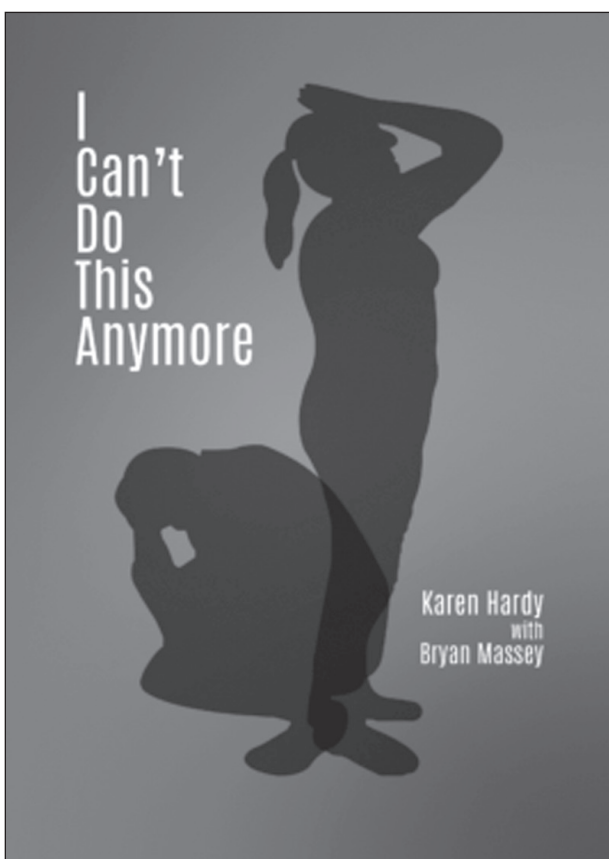
BELGRADE, ME -- Legacy Books Press LLC has released its latest memoir, *I Can't Do This Anymore* by Karen Hardy. *I Can't Do This Anymore* documents a year in the life of Karen Hardy and Bryan Massey. It was written in real-time over the course of a year while Bryan was in active addiction, in and out 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

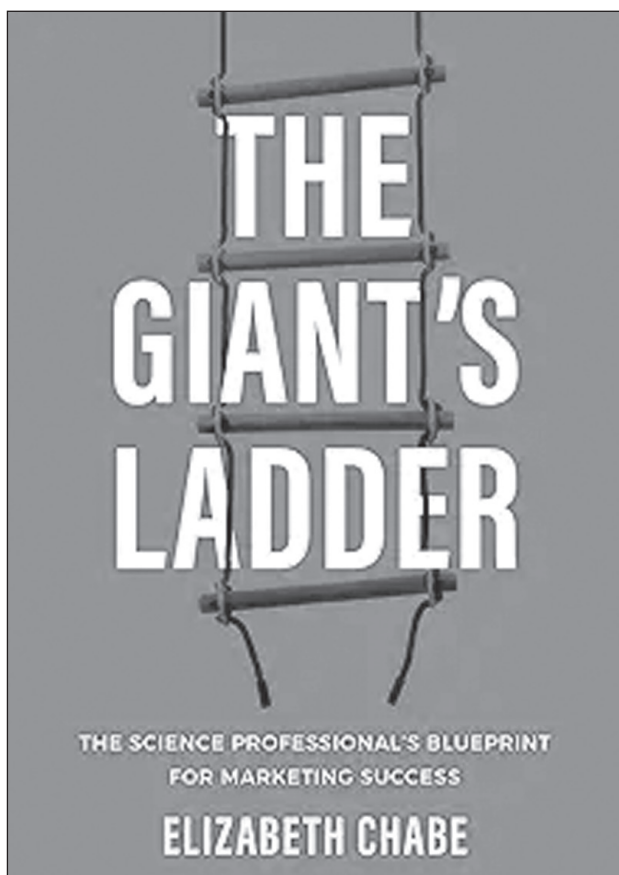
degree in counseling psychology upon retirement. She has a strong interest in helping the families and loved ones of with people with addiction. She and her husband have four children and a dog. In 2019 Karen and Stephen did some section hiking on the Appalachian Trail for overdose awareness. Karen continues 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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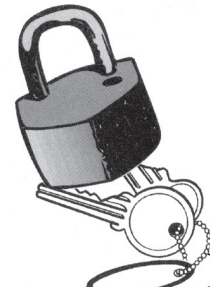
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Calendar

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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

LISBON FALLS

-- 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

Norway

Continued from page 8

promote, and host a calendar of diverse social opportunities for people of all ages," said Dan Walsh, President and CEO of Norway Savings Bank. "The Bank appreciates the need for a wide variety of performing arts and entertainment options to fulfill the community's needs. It's always a treat to look at the Center's schedule. It's really focused on providing the chance for local and national performers to shine and increasing the value of the cultural life of the Lewiston/Auburn area and beyond."

"The Franco Center has grown from a small group of individuals with a vision of preserving Franco-American culture to a center that welcomes performances, business functions, weddings, and even family and individual events," said Penny Drumm, Administrator of the Franco Center. "With the support of Norway Savings Bank and other institutions, we can continue to grow and offer this beautiful facility for more organizations and community members to enjoy. We're grateful for the faith in and support of our mission."

This year's fun is already underway with the Center recently hosting multiple comedy shows, Imari and the Sahara Desert Dancers, and Fiddle-icious. Upcoming events include a tribute concert for The Who (March 9), the Windham Chamber Singers (April 3), a Beatles tribute concert (April 5), the Heather Pierson Trio (July 13), and more. For information on booking the Center, call 207-783-1585.

The vibrant calendar and the chance to hold some of life's most special moments in this late Gothic Revival style building make the Franco Center an irreplaceable piece of the community's fabric.

"Our commitment is to the people, employees, and communities we serve," said Walsh. "That includes actively looking for opportunities to support organizations dedicated to honoring our past, celebrating our present, and flourishing in the future. The Franco Center is an important and ongoing chapter in the Lewiston/Auburn story, and to play a part in helping it grow in impact and relevance is tremendously gratifying as a Bank."

WinterKids Winter Games names winning schools

WESTBROOK, ME – The 7th annual WinterKids Winter Games wrapped up this February with 16 schools competing statewide to win a total of \$17,750 for their schools! The Winter Games is a 4-week series of challenges in outdoor physical activity, nutrition, family engagement, and winter carnival.

All Competitive Track schools received a cash prize based on how they finished. In addition, 60 schools (57 in Maine, two in New Hampshire, and one in Indiana) participated as part of our Play-Along track. This non competitive track allows schools to play along at their own pace.

All told, 10,000 kids in Maine participated in the WinterKids Winter Games, between the competitive and play-along versions of the program.

2024 WinterKids Winter Games Top Winning Schools:

BRONZE MEDAL (\$1,500 cash prize): West Bath School, West Bath

(Sagadahoc County)

SILVER MEDAL (\$3,000 cash prize): Rangeley Lakes Regional School, Rangeley (Franklin County)

GOLD MEDAL (\$5,000): Williams-Cone School, Topsham (Sagadahoc County)

Schools placing 4th through 10th earned \$750 each, while schools placing 11th through 16th earned \$500. These funds may be used at the discretion of the school, though WinterKids hopes to see the money support increased student health and outdoor physical activity.

"This program is so much more than 4 weeks of competition. It has been an incredible catalyst for family involvement, local community support, and teachers making their schools healthier with outdoor learning," says Julie Mulkern, WinterKids Executive Director. "WinterKids is so proud of the kids, and everyone involved!"

Embracing outdoor learning helps to counteract the negative effects of excessive screen time – par-



ticularly for those in elementary school. WinterKids provides resources for both teachers and parents to get their kids outside and active, including the WinterKids Learn Outside Guide, the WinterKids App, and downloadable activities on the organization's website at www.winterkids.org.

The WinterKids Winter Games are brought

to you by Hannaford Snack Pals, Wyman's (Week 1 Sponsor-Outdoor Physical Activity), Backyard Farms (Week 2 sponsor-Nutrition), Aroma Joe's (Week 3 sponsor-Family Engagement), and Contributing Sponsors, Kittery Trading Post, MMG Insurance, and Stockhouse Station.

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