

Get in shape with MTC Gorham Group Runs

GORHAM, ME -- MTC Gorham Group Runs meets every Saturday morning at 8:00 in all weather, all year round, in the parking area in front of Sullivan House Bakery on Main Street in Gorham. Everyone is welcome! If you've been looking for that extra little bit of motivation to break out of the winter doldrums, come on and join us!



Hannaford supports Gorham BackPack Program

GORHAM, ME -- The Hannaford Fight Hunger Bag Program continues to support the Gorham BackPack Program! Throughout March our program will receive \$1 for every Hannaford Fight Hunger Bag sold at the Hannaford in Gorham!







Central Maine Medical Center reaches milestone for robotic surgery

LEWISTON, Maine (March 8, 2024) Surgeons at Central Maine Medical Center (CMMC), which is part of Central Maine Healthcare (CMH), recently completed the 100th successful surgery using Stryker's MakoTM robotic surgery.

The technology allows surgeons to perform arthroplasty, a procedure to restore the function of a joint, on both hips and joints, with unparalleled precision.

The Mako system uses 3D imaging and real-time data to guide surgeons during procedures, allowing for precise bone preparation and accurate implant placement. This level of precision can lead to better long-term function, increased implant longevity and reduced risk of complications.

CMMC is the only hospital in central Maine to use the Mako robotic equipment.



Pictured: Michael MacLean, CST, Elizabeth Miller, RN, Michael DeFrance, DO; Elizabeth Harlow, PA, Tanya Lepage, CST, Orthopedics team leader

Michael DeFrance, DO, and other orthopedic surgeons at CMMC began using the Mako technology when it arrived in the fall of 2022. Dr. DeFrance says word about the cutting-edge surgery has been spreading quickly.

"I've been surprised

by how many patients have come into the office asking for robotic joint replacements. It seems like a lot of patients-even through word of mouth-are hearing about their friends or neighbors or family members who've had robotic joint replacements performed by myself and getting referrals specifically asking for it."

Dr. DeFrance says that while the 100th Mako surgery is a significant milestone, he and the staff expect to dramatically increase the number of robotic surgeries they perform in the years *See* **Robotic**, *page 8*

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Newsmakers, Names & Faces

Ag Ambassador program features farm visits, career exploration

University of Maine Cooperative Extension 4-H is offering its Ag Ambassador program in March and April. The program, open to all Maine teens ages 14-18, focuses on career exploration in the local food system through farm and production visits around the state and provides opportunities to build relationships with industry professionals.

The Spring 2024 co-

hort will meet virtually on March 19, 26, April 2 and 9 from 3:30 p.m. - 5 p.m. and in-person on March 23 and 30. There will be an overnight Ag Symposium for all participants on April 18-19 at UMaine in Orono. For a full schedule, visit the program website.

With the shrinking number of formal agricultural programs in high schools, students are lacking opportunities



Mariah J. and Hannah J. observe ticks during the 2023 Ag Symposium visit to the UMaine Extension Tick Lab. Photo courtesy University of Maine Cooperative Extension.

to learn about local food systems and discover careers in agriculture. The 4-H Ag Ambassador program aims to help teens from all walks of life discover a future in agriculture and connect with other young people with similar goals.

Youth involved in this program will have opportunities to pursue their interest in agriculture and explore career pathways. This includes mentoring in post-secondary opportunities, as well as investigating current issues related to food systems, livestock, crop sciences, aquaculture and climate issues impacting food systems and equity. Program participants will serve year-long terms as Agriculture Ambassadors for the Maine 4-H program under the guidance of 4-H staff.

This program is open to all Maine youth; previous 4-H membership is not required to enroll. Register on the program website. To request reasonable accommodation, please contact extension.4hagleadership@maine.edu or call 207.622.7546. Receiving requests for accommodations at least 10 days before the program provides a reasonable amount of time to meet the request, however, all requests will be considered.

journalism, leadership scholarships available MaineC

MaineCF journalism scholarships available

PORTLAND & ELLSWORTH — Maine students interested in careers in journalism are invited to apply scholarships from the Guy P. Gannett Journalism Scholarship Fund at the Maine Community Foundation (MaineCF).

The Gannett Scholarship provides support for students majoring in journalism or a field reasonably related, including print, broadcast or electronic media at an undergraduate, graduate, trade or technical school.

Applicants must be graduates of Maine high schools or have been homeschooled in Maine during their last year of secondary education. Students are chosen based on demonstrated interest in journalism through their choice of coursework and extracurricular activities, as well as financial need and academic achievement.

The scholarship fund - MaineCF's largest - honors businessman and entrepreneur Guy P. Gannett, who launched his newspaper career in 1921 with the purchase of two

newspapers he merged into the Portland Press Herald. By 1998, when the family sold Guy Gannett Communications, its media reach spanned several states with three daily newspapers in Maine and seven television stations.

Gannett's granddaughter Maddy Corson and her uncle John Gannett established the Guy P. Gannett Scholarship Fund in 2000. Since then, the scholarship has supported 170 students with nearly \$4 million in support. In 2023, 19 students were awarded a total of \$222,000.

The application deadline is April 1. For more information and to apply, visit www.mainecf.org/ scholarships. scholar-

MaineCF ship available to student leaders

Graduating high school seniors who have demonstrated leadership skills are encouraged to apply for the Chet Jordan Leadership Award at the Maine Community Foundation (MaineCF).

Eligible applicants are pursuing post-secondary study for a certificate or undergraduate degree within the University of Maine System, Maine Community College System, Maine Maritime Academy and all vocational and technical schools in the state. Recipients will demonstrate independent thinking, initiative, hard work and the ability to lead others in their communities.

A native of Portland, Jordan graduated from South Portland High School in 1945. He then joined the service and following World War II entered the United States Merchant Marine Academy in King's Point, New York. He graduated in 1948 with a degree in marine engineering. Jordan returned to Portland and took over the family business, Jordan's Readyto-Eat Meats. He led the company to become one of the largest independent meat processors and distributors in the country.

Jordan's family and friends established the scholarship to celebrate the rich legacy of his leadership in Maine business and civic affairs.

The application deadline is April 15. To apply, www.mainecf.org/ visit scholarships.

Red Cross asks you to EST your smoke alarms your clocks forward this

PORTLAND, ME — Daylight saving time began on March 10 and the American Red Cross encourages everyone to test their smoke alarms to make sure the devices are working.

"Working smoke alarms cut the risk of dying in a home fire in half as you only have about two minutes to get out," said John Montes, regional disaster officer, Red Cross Northern New England Region. "Every second counts when there's a home fire and the sooner an alarm alerts you to a fire, the sooner you can get to a safer place. When you turn your clocks forward this weekend, test your smoke alarms too to help prevent a tragedy in your home."

Over the past year (Feb. 2023 - Feb.2024), local Red Cross volunteers responded to help 952 people in Maine affected by 276 home fires, which account for most of the about 65,000 disasters that the Red Cross responds to annually across the country. Our volunteers also installed 1,088 free smoke alarms across the state during this time.

K E S M O ALARMS When turning weekend, test your smoke alarms and replace the batteries if needed. Visit redcross.org/fire for more information, including an escape plan to create and practice with your family, or download the free Red Cross Emergency app by searching "American Red Cross" in app stores.

Install smoke alarms on every level of your home, including inside and outside bedrooms and sleeping areas.

Replace smoke alarms that are 10 years or older. Components such as sensors can become less sensitive over time. Follow your alarm's manufacturer instructions.

your Practice two-minute home fire escape plan. Make sure everyone in your household can get out in less than two minutes — the amount of time you may have to escape a burning home before it's too late.

Include at least two ways to get out of every room and select a meeting spot at a safe distance away from your home, such as your neighbor's home or landmark like a specific tree in your front yard, where everyone can meet.

IF YOU NEED HELP If you cannot afford install one, the Red Cross may be able to help.

Residents who need smoke alarms can request them by visiting redcross. org/EndHomeFiresNNE or calling 1-800-464-6692 (Option 4).

During these visits, Red Cross volunteers will install free smoke alarms and provide a 20-minute home fire safety tutorial. They will review the causes of home fires, how to prevent them, what to do if a fire starts and how to create an escape plan.

UPCOMING INSTALLATIONS EVENTS Anyone can request a smoke alarm installation above. Additionto purchase smoke alarms ally, the Red Cross will be can get involved, visit redor are physically unable to hosting installation events cross.org/homefires.

in the communities below where our trained volunteer teams will visit several homes in a single day.

Saturday, April 20th -Fairfield & Winslow, ME

Saturday, April 27th – Sanford, ME

HOME FIRE CAMPAIGN SAVE LIVES Since October 2014, the Red Cross Home Fire Campaign, working with community partners, has saved at least 2,030 lives by educating families about fire safety, helping them create escape plans and installing free smoke alarms in highrisk areas across the country. To learn more about the campaign and how you



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Newsmakers, Names & Faces

Peaceful Means: Enhancing communication across generations

BRUNSWICK. ME -- Peaceful Means, a dynamic duo formed by Leah Boyd and Heather Pierson, is excited to offer a transformative workshop aimed at fostering better communication across all generations. Through a combination of exercises. including games and music, attendees will learn practical tools for Nonviolent Communication and community building.

The workshop, set to take place at the Unitarian Universalist Church of Brunswick on March 16th, from 2:00 pm to 5:00 pm, offers take-away skills participants can put to immediate use at home, work, school, or in broader community groups. "In an increasingly polarized world, it takes effort to cultivate meaningful relationships across our many differences. Peaceful Means will be sharing some tried and tested methods to help us do this with more intention and effectiveness," says Rev. Kharma Amos, Minister of the UU Church of Brunswick. "We are especially excited about doing this in an intergenerational environment, with people of all ages coming together."

"In today's fastpaced world, effective



communication is more crucial than ever," says Leah Boyd, co-founder of Peaceful Means. "Our workshop aims to bridge generational divides by empowering individuals with practical skills they

can immediately apply in their everyday interactions."

Whether you're a parent striving to better connect with your teenager, a manager seeking to foster a more collaborative

work environment, or a community leader working towards collective understanding, this workshop will offer something useful for you.

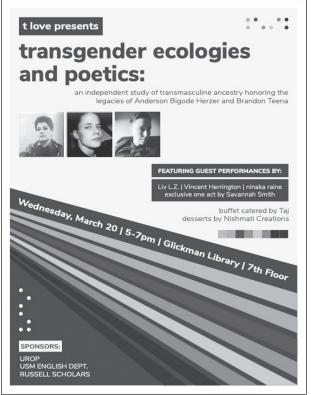
"We believe that communication is the cornerstone of harmonious relationships and thriving communities," adds Heather Pierson, co-founder of Peaceful Means. "Through this workshop, we hope to cultivate a culture of empathy, active listening, and mutual respect."

Toben Cooney-Callnan, Director of Religious Exploration is excited by the intergenerational aspect of this event, "Leah and Heather do this work through music and interactive games so it's accessible to both children and adults," he says, "It's never too early to engage in this amazing work and what a fun way to do it!"

Attendees can also look forward to enjoying light snacks and refreshments throughout the session. Registration is currently open, on a sliding scale (\$5-\$25). You may reserve your spot by emailing administrator@ uubrunswick.org.

For more information, visit uubrunswick. org

UROP Fellow, t love smith, honors transmasculine legacies at USM



PORTLAND, ME - Senior, t love smith, a non-binary poet and USM English major, presents Ecologies Transgender and Poetics on Wednesday,

March 20th, 2024, from 5-7pm on the 7th Floor of the Glickman Library. This event is free, open to the public and food will be provided. The presentation

is a culmination of an independent study through the Undergraduate Research Opportunities Program at the University of Southern Maine which began in fall of 2023.

An objective of the project was to learn, record and share glimpses of the history and ecology of transgender poetry. The study zooms in on two late transgender icons; Anderson Bigode Herzer of Sao Paulo, Brazil and Brandon Teena, of Lincoln, Nebraska to discuss the overlap and impact of their collective histories, especially as they have influenced smith's life and work.

Anderson Bigode Herzer was the first transgender poet to publish a memoir and book of poems in Brazil in 1982; the same year he took his own life at the age of 20. His poetry will be shared in both Portuguese and English.

Brandon Teena was

Clothes galore at Gorham's Mission of Hope Clothes Closet

GORHAM, ME -- and accessories (gloves, local second-hand shops. The FREE Clothes Closet scarves, hats, etc.) and welat Cressey Road Church come your donations during folks find clothes, we want (Mission of Hope Clothes our operating hours. Clean to spend time with you! 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 our

In addition to helping There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us!

a transgender man who was made famous for the hate crimes of his brutal sexual assault and murder over the winter holidays in 1993. His story was made iconic by the feature film, Boys Don't Cry for which the actor who played him, Hilary Swank, won an Oscar.

The project points at the disproportionate statistics for the outcomes of transgender youth while preserving the legacies of two young beautiful souls through poetry. smith shares their own narrative through poetry and uses a

multi-media presentation to demonstrate how the lives of Herzer and Teena had an impact on smith's own coming out story.

Music will be provided by WMPG and guest performances include po-



ems by USM students, Liv LV, Vincent Herrington and ninaka raine as well as a one-act performance by the hosts niece, 16 year old, South Portland High School student, Savannah Smith.



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Jonathan Knowlton joined Champoux Insurance Group in February as an Account Executive, with 20 years of experience in the insurance and investment field. After graduating from Thomas College with honors, he went to work for Metlife as a personal financial representative. From there he worked for Allstate insurance and within 3 years, had opened his own agency on Sabattus Street in Lewiston. Jonathan closed the agency after 13 successful years. Making sure clients are educated about the risks they face and protecting them with auto. home, and life insurance products has always been important to him; local families truly are in good hands with him. Jonathan lives in Auburn with his wife and son and enjoys ice fishing,

Jonathan Knowlton Licensed Agent

ATVing, hiking, growing hot peppers and volunteering with the Boy scouts. Champoux Insurance Group welcomes Jonathan to our Team.

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Seniors Not Acting Their Age Snowshoeing to Stratton Brook Hut





A frosty greeter welcomes a guest to Stratton Brook Hut

A hiker snowshoes up Newton's Revenge towards Stratton Brook Hut

For many years, my wife, Nancy, and I contemplated spending a night at one of the huts in the Maine Huts and Trails network. About a decade ago, we snowshoed to Poplar Hut but didn't stay. More recently, I skied there with friends. That visit stimulated a decision to plan an overnight trip.

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Our choice was Stratton Brook Hut. Since neither of us had been there, that was a motivating factor. Another reason, their website reported the hut is situated in a high elevation area with spectacular views.

Stratton Brook Hut is one of four lodges in

the 80 mile trail system. The closest access point is Stratton Brook Trailhead located on Route 27 in Stratton. The distance to the hut is 3.2 miles and the elevation gain 586 feet.

Hut reservations can be made online or by telephone. Since I wanted information on trail conditions, I called. The helpful woman who answered advised that the trail would be groomed but a dearth of snow in recent days probably meant a fast surface. Nancy and I decided to snowshoe.

A gear shuttle to the huts by snowmobile is an option for overnight guests. Senior citizens,

Nancy and I enthusiastically took advantage of that welcome service. We delivered our gear to the snowmobile operator and trail groomer at the Airport Trailhead on Route 27 in Carrabassett Valley.

When we arrived at Stratton Brook Trailhead on a gray seasonably warm morning, the trail surface was packed solid. We were happy with our decision to snowshoe. Two other hut guests were preparing to leave. They elected to ski.

Carrying small day packs, we passed a kiosk at the trail entrance and began snowshoeing easily on a wide path in

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We immediately crossed a bridge over the Carrabassett River and turned right. The skiers soon glided past on groomed classic tracks. While proceeding south, two fat tire bikers sped by. The trail conditions were superb for biking.

Following a one mile snowshoe, we joined the well-groomed Maine Hut Trail and progressed easterly at a moderate pace on level terrain. This section of the trail to the hut is called Newton's Revenge. The gradient increases after advancing past Oak Knoll Trail on the left.

Proceeding upward, we passed the two skiers who were slowed on a steep incline. Persisting steadily higher, we arrived at a major junction. A right turn on Maine Hut Trail leads to Poplar Hut about seven miles east. Bearing left, we ascended precipitous switchbacks on Newton's Revenge to the hut.

At an elevation of 1,880 feet, the impressive hut is located in a partially exposed area in a mountainous region.



An overlook on Vista Trail provides a remarkable view of Bigelow Mountain.

Our packs were waiting for us when we checked in. Jason, one of the hut workers, welcomed us and detailed the drill. A heated private bunkroom, inside toilets, hot showers, and a communal area warmed by a woodstove are among the amenities.

Since dinner wasn't served until 6:30, we had plenty of time to explore. A short hike up nearby Vista Trail led to an overlook with a remarkable view of the alpine peaks of Bigelow Mountain. On our return, we followed Cook's Corner Trail which winds around the knoll and connects back to the hut.

Nancy and I and the two skiers were the only guests. The four-person crew prepared an excellent dinner. Afterwards, a crew member conducted a tour of the hut's energy facilities. The unique wood-fired heating system left no doubt we'd remain warm throughout night.

Returning to the dining area, a pleasurable evening was spent sharing tales of past outdoor adventures with our fellow guests and the crew. Nancy and I were in our bunkroom and asleep early.

Hot coffee was wait-

ing the next morning and a hearty breakfast served at 7:30. The crew prepared trail lunches for us. A frigid morning, the skiers decided to wait until the snow softened. Nancy and I began the trek down after our gear was picked up.

The descent with frequent views of Sugarloaf Mountain was thoroughly enjoyable and completed in less than two hours. We're already planning another trip. Maybe Flagstaff Hut next time.

My book, Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine narrates several winter expeditions including trips to the huts in Baxter State Park.

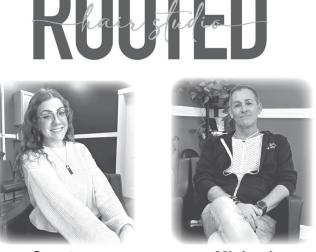
Ron Chase resides in Topsham. His latest book, "Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine" is available at www.northcountrypress.com/maineal-fresco or in bookstores and through online retailers. His previous books "The Great Mars are Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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UUCB Concerts for a Cause presents Schooner Fare

BRUNSWICK, ME

-- Maine's most renowned folk group, Schooner Fare, will be performing at the Unitarian Universalist Church of Brunswick on March 30th, 2024 at 7:30 pm as part of the UUCB Concerts for a Cause series to raise money for Midcoast New Mainers and Oasis Free Clinics.

Brothers Chuck and Steve Romanoff launched Schooner Fare with good friend Tom Rowe 49 years ago to perform original maritime and traditional folk music. They quickly became one of the favorite bands in Portland, and soon were playing all over the country and the British Isles. When Tom Rowe died in 2004, Chuck and Steve continued playing as a duo and are still entertaining legions of fans at many Maine venues.

Schooner Fare has won unanimous critical



praise for captivating harmonies and winning stage presence. In addition to their numerous original songs on both contemporary and traditional themes, the band also writes and performs topical songs, country ballads and maritime masterpieces that have made their name synonymous with the "Down East" style.

Combining their talents on six-string guitars, twelve-string guitars and

banjos, Schooner Fare's distinctive vocal and instrumental arrangements have been hailed by such folk music icons as the Kingston Trio, the Limeliters, the Chad Mitchell Trio, the Clancy Brothers, Tommy Makem and Tom Paxton. Schooner Fare's many recordings receive radio play on four continents and world-wide on satellite radio. The original songs of Schooner Fare's Chuck and Steve

Romanoff continue to be recorded and performed by other artists in the U.S., Canada, Britain, Ireland and Australia.

For this concert, Schooner Fare will perform a lively concert for folks of all ages, singing such signature original songs as Portland Town, Day of the Clipper, We the People, and many more from their 15 albums.

Tickets: \$25 in ad-

Collins

vance, \$30 at the door,

Students/Children. \$10 Available at the church office, Gulf of Maine Books, or online at https://ticketstripe.com/schooner.

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What do you think?

We strongly encourage Letters to the Editor, Op/ Eds, columns or any other submissions from our readers.

Agree with us or another columnist? Disagree? Write to us and let us know!

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

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Remembering Patricia M.

Patricia M. Collins, who held leadership positions in her community, her state, and her church for more than a half-century, died on March 5 at the age of 96.

Born in Colombia, South America, Pat came to the United States with her parents, Joseph and Helen (Foskett) Mc-Guigan, as a young child. She was raised in Port Jervis, NY, and moved to Maine to attend the University of Maine. She married Donald F. Collins in 1948 and spent the rest of her life with Don in Caribou until his death in 2018. They were married for 70 years.

Pat's ability to multitask was legendary and was marked by several "firsts."

She was the first woman to be elected Mayor of Caribou, and the first female chair of the Board of Trustees of the Univer-

sity of Maine system.

Among many other volunteer positions in public service, Pat was chair of the Caribou School Board, chair of the Maine Committee for Judicial Responsibility and Disability, a member of the Board of Visitors at the University of Maine at Presque Isle, a member of the advisory committee of the Maine Public Broadcasting Network, a court-appointed special advocate for children, chair of the Catholic Charities Maine Board of Directors and the Catholic Foundation of Maine Board of Trustees, and one of two New England representatives to the National Advisory Council of the Conference of Catholic Bishops. For nine years, she was employed as the Director of Religious Education at Holy Rosary Church in Caribou.

Pat did all of this

while holding another fulltime job -- raising six children.

She also found time to write two cookbooks, become an accomplished artist and photographer, develop extraordinary skills in needlepoint, and read voraciously. A measure of her artistic ability was the project she undertook to paint watercolor portraits of several of her husband's colleagues in the Maine State Senate.

Pat held B.A. degrees in both mathematics (University of Maine at Orono) and art (University of Maine at Presque Isle). She was elected to Phi Beta Kappa as an undergraduate.

Among the honors and awards she received were an Honorary Doctor of Humane Letters from UMPI, the Deborah Morton Award from Westbrook College, the Black Bear Award (with her husband, Don) from the University of Maine General Alumni Association, the Diocesan Miraculous Conception Medal, and the Fogler Legacy Award from the University of Maine (awarded to the Don and Pat Collins Family). She was elected to the Maine Women's Hall of Fame in 2005.

Surviving are her six children: Kathleen Wiesendanger of South Portland; Michael, and his wife, Debbie, of Saco; Susan, and her husband, Thomas Daffron, of Bangor; Nancy, and her husband, Richard Sperry, of Haverford, PA; Samuel, and his wife, Lise, of Caribou; Gregg, and his wife, Lori, also of Caribou; 11 grandchildren and several great-grandchildren. Kathleen's husband, John Wiesendanger, died earlier this year.

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NH Fiddle Ensemble presents 2024 concert season

MAINE -- The NH Fiddle Ensemble, a local nonprofit, announce concerts for their 2024 season:

Friday, May 3, 2024, 6:30 pm Rochester Opera House, 31 Wakefield St, Rochester, NH

Saturday, May 4, 2024, 6:30 pm Star Theatre, 120 Rogers Road, Kittery, ME

Saturday, May 11, 2024, 6:30 pm Interlakes High School Auditorium, 1 Laker Lane, Meredith, NH

Saturday, May 18, 2024, 6:30 pm Exeter Town Hall, 9 Front Street, Exeter,

NH

Sunday, May 19, 2024, 2:00pm Derryfield School, 2108 River Rd, Manchester, NH

2:00pm Westbrook Performing Arts Center, 471 Stroudwater St, Westbrook, ME

The 15th year for the Sunday, June 2, 2024, ensemble brings together over 140 people ages 9-89. This community orchestra of fiddles, guitars, banjos, mandolins, basses, harps, cellos and even some horns are backed by professionals delivering a heartwarming and energetic performance. As one concert goer said as they left a show, "I come back every year because this whole show and purpose behind it makes me smile and feel all the good there is in the world. Kids playing with their grandparents, people from all different backgrounds November and go through

another dedicated group of coming together. AND it's good music!" This show is more than fiddle tunes. You will hear some hot picking on a bluegrass tune, the sweet harp on a waltz, upbeat fiddling on Irish reels, women belting out a blues song, gutsy country singing, grooving rock and ages from 9 to 89 ripping up solos. It's a lively show with a dose of humor! The NH Fiddle En-

semble is a nonprofit whose mission is to bring community together through music. Rehearsals start in April. Music is taught by ear so you won't see any music stands on stage, just performers smiling and looking at the audience and each other. After rehearsing in seven smaller groups throughout New Hampshire and Maine, the groups then come together for 2 large rehearsals and 6 concerts. Some concerts are in partnership with other nonprofits to help raise awareness of community organizations.

For tickets, go to: https://www.nhfiddleensemble.org/concerts/

Big Conversations in 10 Short Minutes at your local library

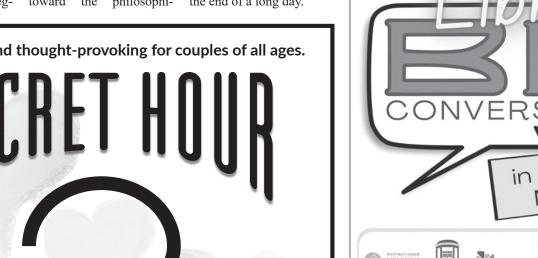
Do you enjoy stretching your mind and discussing interesting topics with other adults? Last month at Walker Memorial Library's Big Conversation, we discussed things like "what might extraterrestrial life be like," "what unites us," "do the benefits of social media outweigh the neg-

atives," and "is a hot dog cal. You'll be paired with a sandwich." Sound fun? Then join us for our next Big Conversations in 10 Short Minutes on March 16th from 10-11am!

Here's how it works: We'll give you a couple of conversation prompts. One is simple. One leans more toward the philosophi-

someone to have a short, 10-minute conversation about the prompt of your choice. When you're done, you'll be paired with someone else for a new conversation with new prompts. We like to think of it as a little pocket of meaning at the end of a long day.







If you've ever been in a relationship, you'll talk about this all the way home.



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Memorial Library, Kennebunk Free Library, Lubec Memorial Library, Merrill Memorial Library, Prince Memorial Library, Scarborough Public Library,



Thomas Memorial Library, Walker Memorial Library, and Windham Public Library.

This is a virtual event offered via Zoom. Registration is required. We will send you a link to this meeting the day before the event.

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

First Responder Deal Days at Ocean State Job Lot

NORTH KINGS-TOWN, RI – Ocean State Job Lot (OSJL), the region's premier discount retail chain with 153 stores across the Northeast, is pleased to announce the return of its First Responder Deal Days from March 14th through March 20th.

During this period, current or retired first responders and public safety professionals who are registered as Job Lot Insiders and who spend a minimum of \$20.00 will receive 40% of their purchase price back on a Crazy Deal® Gift Card. Proof of service with photo identification must be presented at checkout; for full details, visit: oceanstatejoblot.com/first-responder-deal-days.

The promotion is available to first responders, both current and retired, with a valid professional ID, including:

Certified first responders

Police and other law enforcement personnel Firefighters (career

and voluntary) EMTs and ambulance

personnel

Dispatchers Coast Guard person-

nel Doctors, physicians, and nurses

Federal, state, and local emergency management and relief agency personnel

Federal and state correctional officers Certified medical pro-

fessionals "We are pleased to of-

fer this special program to the incredible people who dedicate their lives to the wellbeing of our communities," said Curtis Corl, Chief Marketing Officer, Ocean State Job Lot. "Ocean State Job Lot is grateful for their service, and we are proud to support those who go above and beyond in their service of the communities in which we operate."

This First Responder Deal Days promotion does not apply to Ship to Store purchases. Participants must be registered as a Job Lot Insider. This promotion may not be combined with any other discount, offer or promotion, including but not limited to advertised sale items, Crazy Deals®, Insider coupons, and Insider Exclusive Deals. No rainchecks. Merchandise credit and Crazy Deal® Gift Cards cannot be used as a form of tender during this promotion. Limited product exclusions apply, including Ocean State Job Lot gift cards, third party gift cards, clearance items, propane tanks and refills, beer and wine, and live plants and flowers. Offer may not be applied to past purchases. All warranty and return rules apply.

Shoppers throughout the Northeast know Ocean State Job Lot for its Cra-

zy Deals®, Insider Club, fantastic prices, friendly customer service, and wide range of merchandise. Shoppers can find an ever-changing array of household goods, apparel, pet supplies, seasonal products (such as lawn and garden essentials; patio, pool, and beach supplies), kitchen pantry staples and a broad offering of gourmet and international specialty foods, and station/firehouse necessities. The First Responder Deal Days offer applies to almost everything* in any Ocean State Job Lot store.

Page 7

Rural Energy Technical Assistance grant program extended

WASHINGTON – Today, the U.S. Department of Agriculture (USDA) Rural Development announced it is extending the application deadline to March 21, 2024, for the Rural Energy for America Technical Assistance Grant Program.

Through REAP Technical Assistance Grants, USDA Rural Development offers hands-on assistance to agricultural producers and small business owners applying for Rural Energy for America Program (REAP) funding, which will lower energy costs and make energy efficiency improvements in rural areas.

This assistance is made possible by President Biden's Inflation Reduction Act, the nation's largest-ever investment in combatting the climate crisis. It also advances the President's Investing in America agenda to grow the nation's economy from the middle out and bottom up.

Eligible recipients for these grants include state, Tribal or local governments; colleges and universities; electric cooperatives and utility companies; and nonprofit organizations. Recipients may use the funds to: Help rural agricul-

tural producers and small business owners apply for REAP funding.

Provide information on how business owners and agricultural producers can improve the energy efficiency of their operations and use renewable energy technologies and resources.

Conduct required energy assessments and audits.

Help agricultural producers and small business owners with planning construction and development of renewable energy or energy efficiency projects.

Assist with the com-

pletion of environmental reports and/or documentation required for submittal of applications.

Since December 2022, USDA has made up to \$1.3 billion available in REAP funding through the Inflation Reduction Act.

To subscribe to USDA Rural Development updates, visit GovDelivery subscriber page.

State seeks public comments on plan for workforce development

AUGUSTA, ME — The Maine Department of Labor and the State Workforce Board have posted the 2024-2027 Unified State Plan for public comment.

The Unified State Plan is a requirement of the Workforce Innovation and Opportunity Act (WIOA)—federal legislation that directs each state to develop strategies for its workforce development system, which is made up of multiple partners and stakeholders. The Unified Plan is designed to help job seekers access education, training, support, and employment in high-wage in-demand jobs, and to match employers with the skilled workers they need to thrive.

The Plan outlines the steps needed to address the state's workforce needs and identifies tasks and duties of each state agency and core partners.

The State Workforce Board is now seeking public comments on the Plan. Anyone interested in reviewing and commenting on this workforce Plan can find it here: https://www. maine.gov/swb/stateplan/ index.shtml

Public comments can be submitted from March 4, 2024, through March 15, 2024, in three ways: by emailing DOL@ maine.gov,

through the public comment form available at the link above, or, by mail to State

Workforce Board, Attn: WIOA Unified Plan, 54 State House Station, Augusta, ME 04333. Comments sent through traditional mail must be postmarked by March 15, 2024. Comments received after March 15, 2024, without an earlier postmark date will not be accepted.

The federal Workforce Innovation and Opportunity Act was signed into law by the President of the U.S. on July 22, 2014. This federal legislation reauthorized the Workforce Investment Act (WIA) of 1998 and the Adult Education and Family Literacy Act. In Maine, WIOA core partners receive roughly \$55 million in federal, state and other funding.

The Maine Department of Labor is an equal opportunity provider. Alternative formats, auxiliary aids and services are available to individuals with disabilities upon request. To make a request, please contact the State Workforce Board at the above address or call the Department at (207) 623-7900 / TTY: Maine relay 711





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Maine State Ballet presents "Cinderella"

FALMOUTH, ME - Get swept up in one of Maine State Ballet's most beloved ballets AT THE MSB LOPEZ THEATER MARCH 22 – APRIL 7, 2024 (THREE WEEK-ENDS). The classic tale of Cinderella is brought to life as an ordinary girl experiences a magical night at the Prince's ball thanks to her Fairy Godmother. Complete with Prokofiev's soul-stirring musical score, Maine State Ballet's Cinderella is filled with dancing, gorgeous sets and costumes, romance, and hilarious hijinks. Audiences both young and old will be delighted as Cinderella and her Prince find their happily ever after!

Choreography is by Artistic Director and former New York City Ballet

-

dancer Linda MacArthur Miele, with costumes and scenery by Associate Director Gail Csoboth, and light design by Frederick Bernier.

Emma Davis and Adrienne Pelletier dance the title with Arie Eiten and Trevor Seymour playing the Prince. Rachel Paradis joins Rhiannon Pelletier as the Fairy Godmother. Veteran Glenn Davis dances the role of the Jester. Sophie Bray and Barry Brinker play the Wicked Stepmother with Juliette Lauzier-Bridges and Eliot Konzal as the Stepsisters. The Maine State Ballet company dancers round out the cast.

Tickets: \$25-35 with discounts for seniors & children at mainestateballet.org or 207-781-3587.



Maine State Ballet, a non-profit based in Falmouth, Maine, is one of the state's leading arts organizations whose mission is to uplift the Maine community through inspiring dance education and performance. Maine State Ballet houses the Maine State Ballet Company, the 150seat Lopez Theater, and its School for the Performing Arts, with over 100 years of dance instruction in ballet, tap, and jazz.





Janet Davis as Cinderella



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Continued from page 1 ahead.

About Central Maine Healthcare

Central Maine Healthcare is an integrated healthcare delivery system serving 400,000 people living in central, western and Midcoast Maine. CMH's hospital facilities include Central Maine Medical Center in Lewiston, Bridgton Hospital and Rumford Hospital.

CMH also supports Central Maine Medical Group, a primary and specialty care practice organization. Other system services include the Central Maine Heart and Vascular Institute, Central Maine Oncology Institute, Central Maine Primary Care, Orthopaedic Institute of Central Maine, Central Maine Trauma and Surgery Center, LifeFlight of Maine and other high-quality clinical services.



MAINE 🎇 **Power Protectors 4-H STEM Challenge** Who: Youth ages 9-12 What: In this series youth learn about renewable energy through hands on learning and engineering design challenges When: Wednesdays from 4:00-5:00, March 20th through April 10th Where: Baxter Memorial Library Cost: Free To Register: register in the children's room or 207.222.1190 For more information or to request a reasonable accomm Sarah Sparks, sarah sparks@maine.edu or 207.581.8206

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BHS Players Present THE PHANTOM OF THE OPERA

BRUNSWICK,

ME -- The Brunswick High School Players (BHS Players) invite you to their spring musical, The Phantom of the Opera, with music by Andrew Lloyd Webber, to be performed over two weekends beginning March 14.

Directed by Linda Gardiner, with Music Director Ashley Albert, Orchestra Director Brandon Duras, and Producer Michael Millett, The Phantom of the Opera will be performed over two weekends with shows on Thursday, March 14, Friday, March 15 and Saturday, March 16 at 7:00 PM; Sunday, March 17 at 2:00 PM; plus Friday, March 22 and Saturday, March 23 at 7:00 PM at Crooker Theater, Brunswick High School. Tickets are available in advance online and at the door (subject to availability) for \$17 for adults, \$12 for seniors/ students. For tickets viswww.showtix4u.com/ it events/BHSPlayers

This hauntingly beautiful production, with a cast of over 50 students, unfolds the mysterious story of the Phantom, weaving a narrative of passion, music, and suspense. Experience the timeless tale of love and intrigue as the BHS Play-

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> led to designating May as 'Older Americans Month'.

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Group shot of some cast members

ers take the stage with their rendition of The Phantom of the Opera this month. Don't miss the captivating performances that promise to leave you spellbound.

Leading up to the show, the cast was thrilled last month to receive a special message from Broadway icon Howard McGillin, renowned for holding the record for the most performances by an actor in the title role of the Broadway production of The Phantom of the Opera. Thanks to the coordination of his cousin, Phyllis Lisi from Bruns-

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Contact: Call John Lee at 207.854.0676 or e-mail jlee@westbrook.me.us www.WestbrookCommunityCenter.org

wick, Howard sent a heartfelt message to the students of the BHS Players and answered their questions.

BHS Players production of THE PHANTOM OF THE OPERA is presented by arrangement with Concord Theatricals on behalf of The Really Useful Group (www.concordtheatricals.com). Music by Andrew Lloyd Webber, Lyrics by Charles Hart, Additional Lyrics by Richard Stilgoe, and Book by Richard Stilgoe, and Book by Richard Stilgoe & Andrew Lloyd Webber. Based on the novel "Le Fantôme de I'Opéra" by

convenient

GOLDEN

Gaston Leroux.

BHS Players thanks its generous show sponsor Goodwin Motor Group for their support.

FMI on BHS Players visit:

https://sites.google. com/brunswicksd.org/ brunswickhighschoolplayers/home

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BHS Players Jaden Nicita as The Phantom and Marguerite Benham as Christine Daae



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Page 10 SeniorsPlus offers art-making program for people with dementia

LEWISTON, ME SeniorsPlus, Western Maine's designated Area Agency on Aging, is bringing back Opening Minds through Art (OMA), a program that strives to bring joy, art, and pride to people living with dementia and Alzheimer's in our community.

Through a series of classes, OMA engages people with dementia in creating free-wheeling art. OMA classes will be offered at all three of the offices of SeniorsPlus in 2024: from 2 to 3 p.m. on Fridays April 5 through May 10 at 9 Marston St., Norway; from 2 to 3 p.m. on Fri-

days June 14 through July 19 at 8 Falcon Road, Lewiston; 1 to 2 p.m. on Thursdays August 1 through September 5 at 284 Main St., Wilton; and 2 to 3 p.m. on Fridays September 27 through November 1 at 8 Falcon Road, Lewiston. Registration is required by contacting SeniorsPlus at 207-795-4010 or edcenter@seniorsplus.org. The classes are free.

During the six-week program, people with dementia (the "artists") are paired one-on-one with volunteers who help them create art using imagination instead of memory. SeniorsPlus seeks artists

for the program, as well as volunteers to work oneon-one with participants in these art classes. No art background required.

OMA is an award-winning, evidence-based, intergenerational art-making program for people with dementia. Developed in 2007 at Miami University's Scripps Gerontology Center, the program is grounded in person-centered care principles. It is designed to provide creative expression and social engagement opportunities for people with Alzheimer's disease and other dementias.

La Frontière premières on Maine Public Television

ACWORTH, NH

- Filmmakers Katy Haas and Megan Ruffe are excited to announce their award-winning short documentary film, La Frontière, will be featured on Maine Public Television as part of their esteemed Maine Public Film Series. Viewers can watch the premiere on Thursday, March 21, at 9:00 p.m., with a re-broadcast on Saturday, March 23, at 2:00 p.m. The film will also be available to stream on the Maine PBS website.

La Frontière is a poetic documentary portrait of Maine's border with Canada, exploring the history and culture of these borderlands and the people who call them home. Both intimate and expansive, the 35-minute film provides a



La Frontière, photo by Jared Ames, potato blossom

unique perspective on this 611-mile border. It features interviews and stories from Wabanaki and Acadian communities, farmers, people who used to work and live at Loring Air Force Base, young women competing in the annual Potato Blossom Festival, and many others.

"This film was made possible by the immense



La Frontière, photo by Lindsay Taylor Jackson, Loring home."

La Frontière is directed and produced by Katy Haas and Megan Ruffe and features the beautiful cinematography of Lindsay Tavlor Jackson and Jared Ames. The documentary was made with support from the Maine Heritage Film Grant, provided by the Points North Institute and TV5Monde, to highlight

French language and culture in Maine. La Frontière had a successful film festival run, screening at festivals including the Camden International Film Festival in Midcoast Maine and winning the Audience Choice Award for Best Documentary Short at the Monadnock International Film Festival in Keene, NH. For more information about the film and future broadcasts and screenings, please visit: www.lafrontierefilm.com

Maine Public is Maine's premier, independent media resource, dedicated to creating exceptional opportunities for the communities it serves to engage with critical issues, compelling stories and quality entertainment. Maine Public is renowned for creating award-winning programs, as well as airing content from PBS, NPR, and other independent producers. Formed in 1992, Maine Public is an independently owned and operated nonprofit organization with office and studio locations in Bangor, Lewiston, and Portland, Maine. For more information, visit mainepublic.org.

with bills Low-income electric customers urged to seek help

HALLOWELL, ME - Maine Public Advocate William Harwood is urging Maine's electric ratepayers to call 2-1-1 immediately if they are struggling to pay electric bills.

"If you are already having to make decisions between necessities like food, medicine, heat and electric bills, now is the time to act," said Harwood. "It may be tempting to skip your electric bill in the months you know

the power company likely won't disconnect you, but it will be harder to get the help you need in the spring when all of the bills come due."

Last year, Maine's electric customers received more than 440,000 disconnect notices. Utilities must get special permission from Maine's Public Utilities Commission to shut off customers for nonpayment between November 15 and April 15, creating what amounts to a disconnection moratorium during Maine's dangerously cold winter months. In April, thousands of customers who have missed payments during the moratorium will get notices informing them they need to pay or face disconnection.

support and openness of the

communities along Maine's

border. Their willingness to

share their time and stories

has brought this project to

life," Katy Haas said. Me-

gan Ruffe added, "We were

in awe of the landscapes

we encountered throughout

Maine, and we wanted to

showcase the beauty and

resilience of these areas and

the people who call them

The common path for financial assistance is to first apply for the Low-Income Heating Assistance Program (LIHEAP), which qualifies applicants for other programs like the Low-Income Assistance Program (LIAP) to help pay for electricity.

"We're hearing from the utilities that a similar number of ratepayers are behind in their bills this year compared to last year," said Harwood. "Ratepayers should seek help from 2-1-1 and their local community action agencies now, since it can take several weeks for a LI-HEAP application to make its way through the approval process. You don't want to be sitting in the dark for weeks this spring."

Advocates are especially concerned this year because funding sources available last year, such as the Winter Energy Relief Fund and the Homeowners Assistance Fund are now gone. In addition, the average LIHEAP benefit this year is half of what it was last year. These factors will contribute to a challenging

spring.

like "It's we're watching an avalanche in slow motion," said Harwood. "I urge low-income ratepayers to seek assistance now before the community action agencies are overrun by people in need this spring.'

Mainers can find contact information for their local community action agencies, and other local organizations offering assistance, by dialing 2-1-1.

Nonprofits partner, advance digital equity in

NORTHEAST

HARBOR, ME—In 2023, Maine Seacoast Mission partnered with Island Institute and Sunrise County Economic Council to help bridge the digital divide experienced in rural Maine communities. These three nonprofits engaged in Maine Connectivity Authority's (MCA) effort to build a statewide Digital Equity Plan by engaging constituents in respective and overlapping service areas.

The Mission participated in the development of digital equity plans Washington, Hanfor cock, and Waldo Counties. County plans formed Maine's first, statewide Digital Equity Plan, which was recently approved by the National Telecommunications and Information Administration. The first approved in the nation, the state plan defines how Maine will ensure house-





Teenage participants in the Mission's Journey program inect to complete school

says Mission President John Zavodny, "We're thankful to deepen our relationship with key partners to better serve our shared communities."

As part of the Sun-County Economic

County Digital Equity

Washington

plicants, including those on SNAP, WIC, and SSI, a \$30 credit towards the cost of internet. As of 2023, only 30 percent of eligible Washington County households had applied.

For Maine's un

Mission staff connect via wifi

holds receive affordable, universal high-speed internet access

"Internet connectivi-

work

ty is necessary for today's communities. Without good connectivity a rural community will struggle to attract and retain new businesses and families."

Coalition, Mission staff facilitated communications about connectivity habits and needs amongst its constituents. The Mission's Cherryfield campus also served as a host site for the National Center for Digital Equity (NDEC). Washington County's digital equity plan includes educating residents about Maine's Affordable Connectivity Program (ACP), where access includes financial affordability, access to equipment, and support for training to use digital services. This program gives qualified ap-

Council's

bridged, outer islands, the Mission worked with Island Institute and represented island residents during meetings of the Hancock and Waldo County Digital Inclusion Coalition. Usually smaller than mainland communities, islands can lack resources for large infrastructure projects. Feedback for the plan included fortifying connectivity to access telehealth services. Mission staff working aboard the organization's flagship vessel, the Sunbeam, facilitated completion of the 2023 statewide digital equity survey of islanders.





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BBB

BBB RATING

Page 12 Thursday, March 14, 2024 Maine author presenting to local libraries

MAINE -- "It was a surprise for me to discover as a child that French was not the majority language in Maine, let alone the US," recalls Denis Ledoux in his new memoir French Boy / A 1950s Franco-American Childhood. "I came to realize that my language and culture were marginal and not appreciated by the larger society."

In French Boy, Ledoux explores what it meant to him to be born outside the dominant culture and language. This memoir is sure to provoke discussion and not always agreement.

"I was very interested in exploring the dynamics of my Franco community-not as an academician but as a person whose life was shaped by the joys and frictions of the Franco life. Our experience is one of incorporating loss and fashioning a new identity."

French Boy / A 1950s Franco-American Childhood chronicles the life of a Maine boy from 1947 through to 1960. "Born in Lewiston, a small industrial Maine city and then raised on a farm, Denis Ledoux's life is typical of many Maine Franco men and women of his generation, and as such," according to David Soucy, Marketing Assistant at The Memoir Network, "it is an important addition to our understanding of one of Maine's ethnic communities-and the USA's-in the last century.'

"Memoirs such as my French Boy," continues Ledoux, "are ones of overlooked details, of information often thought to be marginal and so too frequently lost to history. A basic function of memoir is to give witness

to a time and to values gone by, and French Boy succeeds admirably at this function, transcending the life of the individual who is its subject. This story is bigger than me."

In 1990, Ledoux's short story collection, Mountain Dance and Other Stories, won the Maine Arts Commission's Fiction Award. In both 1992 and 1996, he won Individual Writing Fellowships from the Maine Arts Commission. In addition, he has been helping people to write memoirs since 1988 via the Memoir Network. In 1996, the Association of Personal Historians named him Personal Historian of the Year.

Ledoux's interest in writing beyond family has created a record of a community that was once called the "unassimilable ethnics." In French Boy, he writes about his generation's amnesia as to its

history and culture. He has studded this remarkable memoir with historical information that will explain much about Franco-America to both Francos and non-Francos.

"My personal and family story is a sort of trellis through which I have intertwined Franco and American history," said Ledoux. "French Boy is only partially a personal story. More than that, it is a slice of history."

Soleil Press is the publishing arm of The Memoir Network which helps people to chronicle their lives via memoir writing. The network has assisted thousands of individuals to start and complete memoirs.

The book is available through through The Memoir Network, 95 Gould Road, Lisbon Falls, Maine 04252, through Amazon. com or Barnes and Noble. The office can be reached by calling 207-353- 5454 or emailing at memoirs@ thememoirnetwork.com.

Ledoux's memoir, French Boy / A 1950s Franco-American Childhood, will be the subject of a presentation at the Lisbon Library March 26; for Senior College at the Auburn Public Library on Tuesday April 2; for the Canadian American Genealogy Society at the Auburn Public Library on Saturday April 27.

Tips to "yard your way" this spring

ALEXANDRIA, VA The TurfMutt Foundation, which is celebrating 15 years this year of advocating for the care and use of yards, parks and other green spaces, encourages homeowners to put their own spin on their personal outdoor space this spring by adopting a "yard your way" attitude.

The act of "backyarding," which is the act of using our yards, parks and other green spaces for activities typically associated with our indoor life such as dining, working, entertaining and more, has gained much traction in recent years. Now, with spring just around the corner, the Foundation encourages people to ratchet up their backyarding activities by identifying their personal style and personality.

"Your yard isn't just for aesthetics," reminds Kris Kiser, President and CEO of the TurfMutt Foundation, "It's purposeful and contributes to our and the planet's well-being. We encourage you to design your space that shows off your sense of style and supports what is important to your family."

Here are six ideas to "yard your way" this spring:

Business in the front (yard) & party in the back. If you live in a NUS: they are also easier

neighborhood with strict homeowner's association regulations, vou may feel hemmed in by what you can do in the public-facing areas of your yard. But you can use the backyard to really highlight your style, whether it's cozy and family friendly or modern and sleek.

Sensible & sustainable. What you choose to plant in your yard can affect climate change on a microlevel, and eco-conscious homeowners know selecting native plants is good for the environment. They are more resilient, require less water and promote biodiversity. BO-

to maintain.

Budget backyarding. Your yard is full of cost-saving measures that budget-conscious families can take. Skip the fancy restaurant and dine alfresco on your patio. Host a family movie night on a blanket of backyard grass. Or consider trading a pricy weekend getaway for a backyard staycation.

Biodiverse digs. Human-made and synthetic environments have changed the landscape, so pollinators and wildlife rely on our yards and community green spaces to bring equilibrium to the ecosystem. Planting for these local critters can turn your backyard into a private nature preserve.

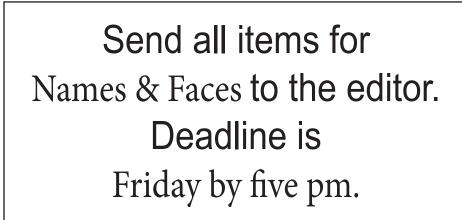
DIY...or don't. If you are a weekend warrior who relishes DIY projects, taking care of your yard yourself can be an excellent choice. But there is no shame in your backyard game if you outsource yardwork so you can spend your time outside just enjoying your yard. You could also have a landscaping crew do the basic mowing and maintenance so you can spend your time enjoying gardening or just enjoying it.

Park it. Community

even if you don't have an outdoor space to call your own. Want to sit under a shade tree and read? A community park often offers these kinds of resting spots. Want to do a little hiking but not travel hours out of town? An urban trail system is an excellent opportunity to hoof it close to home. You can even stake a claim to your own patch of nature and try your hand at growing things through

creating the yard of your dreams, visit TurfMutt. com. Look for Mulligan the TurfMutt on the CBS Dog television Lucky show.

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





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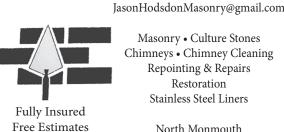
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Mar 14

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 21

LEWISTON --Great Falls Forum "Bates and Lewiston: The Early Years" is happening at The Lewiston Public Library in Callahan Hall on Thursday, March 21st, from 12 noon to 1 PM. The event listing can also be found on our website at https://lplonline. org/events/great-falls-forum-with-pat-webber/

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

Calendar

Send your submissions to the Editor. More online.

Mélange" featuring Mi-

chael Bostock during inter-

mission, Saturday, March

23, 2024, 7:00 p.m. - Fran-

Mélange" featuring the

Maine Youth Orchestra be-

fore the concert, Sunday,

March 24, 2024, 2:30 p.m. -

Orion Performing Arts Cen-

Artistic Mélange": Hymn

for Everyone - Jessie Mont-

gomery, Symphony No.

38 in D Major "Prague"

- Wolfgang Amadeus Mo-

zart, Enigma Variations -

vance for adults; \$30 at the

door. All concerts are free

for students 18 and under or

college students with iden-

visit MidcoastSymphony.

org, call 207-315-1712, or

e-mail info@midcoastsym-

-- 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

doux's memoir, French Boy

Mar 26

LISBON -- Denis Le-

LISBON

Falls Public Library.

Tickets are \$25 in ad-

For more information

Mar 26

FALLS

Program for "A New

"A New Artistic

co Center, Lewiston

ter, Topsham

Edward Elgar

tification.

phony.org

the lives of older adults Mar 23

LISBON FALLS --Dine In/Take Out Bean Supper Saturday, March 23rd from 4:30pm until SOLD OUT; 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!

Mar 23

GRAY -- The First Congregational Church of Gray Saturday Night Church Supper, Saturday, March 23, 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

Mar 23, 24

LEWISTON, TOP-SHAM -- "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

"A New Artistic

Childhood, will be the subject of a presentation at the Lisbon Library March 26 Mar 30 BUXTON -- Try our

/ A 1950s Franco-American

delicious Haddock Supper Buffet - Saturday, March 30, 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.

Apr 2

AUBURN -- Denis Ledoux's memoir, French Boy / A 1950s Franco-American Childhood, will be the subject of a presentation for Senior College at the Auburn Public Library on Tuesday April 2

Fridays Apr 5 – May 10

NORWAY -- Opening Minds through Art, Fridays April 5 - May 10, 2 pm - 3 pm at Education Center of SeniorsPlus at 9 Marston St., Norway

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

Apr 6, May 4 WESTBROOK



Thursday, March 14, 2024

VISIT ONE OF OUR FIVE MAINE LOCATIONS! AUBURN I FALMOUTH I WELLS I WATERVILLE I THOMASTON WWW.FLAGSHIPCINEMAS.COM

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.

Apr 12-13

AUGUSTA -- Maine Homeschool Exchange April 12-13 at the Augusta Armory. Details: www.homeschoolersofmaine.com

HOME's annual convention returns for another year as the Maine Homeschool Exchange! Enjoy shopping for discounted curriculum, resources, and books, attending informative workshops, participating in fun-filled activities, and getting to know homeschooling families around the state of Maine!

AUDUDN S-

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

May 18, 19

LEWISTON, TOP-SHAM -- "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

Fridays June 14 – July 19

LEWISTON -- Opening Minds through Art, Fridays June 14 – July 19, 2 pm – 3 pm, Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

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





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SENIOR TRIPS

MAY 11–19, 2024–BILT-MORE ESTATE & ASHE-VILLE, NC - Trip includes 8 nights lodging including 4 nights in the Asheville area, 8 breakfasts and 6 dinners and a guided tour of the Asheville, North Carolina area. We will have a full day visit to the spectacular Biltmore Estate, America's largest privately owned home. We will visit the Biltmore Village that connects the estates present and past and provides a place for dining, shopping and historical exhibits. We will also visit the Antler Village and winery. We will tour the Blue Ridge Parkway with a guide and stops along the way. A \$75.00 deposit per person is due when signing up. Price is \$1,245.00 pp double occupancy which includes all entrance fees, meal tips and bus driver tip.

MAY 25 - JUNE 2, 2024 - MACKINAC ISLAND - Trip includes 8 nights lodging including 4 nights in Northern Michigan, 8 breakfasts and 6 dinners. We will have a guided tour of Mackinaw City and visit Mackinac Island with an included Carriage Tour of the island and see sites like the Arch Rock and Lilac Lane. We will cruise through the Soo Locks and have free time in Sault Sainte Marie. We will have a guided tour of Quaint Mackinaw City and tour the Old Mackinac Point Lighthouse and visit Colonial Michilimackinac. We will visit "Michigan's Little Bavaria" in Frankenmuth, Michigan and so much more. A \$75 deposit per person is due at registration. Total price is \$1,209.00 pp double occupancy which includes all entrance fees, step on guide tips, meal tips and bus driver tip.

OCTOBER 6 - 14, 2024 -NOVA SCOTIA, PRINCE EDWARD ISLAND & NEW BRUNSWICK - Trip includes 8 nights lodging, 8 breakfasts, 1 lunch, and 6 dinners. You will have a guided tour of Acadia National Park, Halifax, Peggy's Cove & Lunenburg. We will visit King's Landing Historical Settlement and have a guided tour of Prince Edward Island including Anne of Green Gable's Home. We will have admission to the Hopewell Rocks and you will visit the Waterside Town of Saint John, New Brunswick and much more. A \$75.00 deposit is due when signing up. Price is \$1,639.00 per person double occupancy and this includes all entrance fees, meal tips and bus driver tip.

If interested in any of these trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or 576-8604 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

SUPERVISED EXERCISE

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

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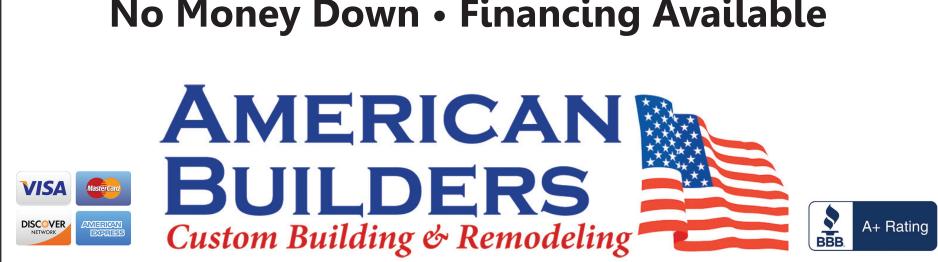
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