



# TWIN CITY TIMES

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## Central Maine Healthcare team members go red for Heart Month

LEWISTON, ME -- Central Maine Healthcare team members are wearing red on Fridays throughout the month of February.

February is American Heart Month, a time when everyone-especially women-are encouraged to focus on their cardiovascular health. Cardiovascular disease is the number one cause of death for women in the US. and around the world.

The team at Central Maine Heart and Vascular Institute (CMHVI)

encourages everyone to adopt and maintain healthy lifestyle choices that include a balanced diet, exercise and stress management.

“Heart Month is a chance for us to remind everyone that you can make a difference in your life by taking charge of your own health,” said Michael Berlowitz, MD, chief of CMHVI. “Get your blood pressure and cholesterol checked. If you smoke, quit. Get a good night’s sleep and be



Central Maine Healthcare team members wearing red pose in the shape of a heart.

sure to get regular heart health screenings.”

Every Wednesday this month, CMHVI will



host a heart health booth in the lobby of 60 High St. on the CMMC campus from 11 a.m.-1 p.m.

CMHVI offers advanced treatments for all arrhythmias including atrial fibrillation and ventricular tachycardia. Last year, its vascular lab earned a three-year accreditation in peripheral arterial, peripheral venous and extracra-

nial cerebrovascular testing from the Intersocietal Accreditation Commission. CMHVI was the first in Maine to offer pulsed field ablation, a new technology to treat atrial fibrillation more safely and in less time. CMHVI also started a dedicated hypertension and lipid clinic and a new preventive cardiology program. The vascular surgery team recently performed its 50th TCAR, the latest in minimally invasive procedures to treat carotid disease.

## “Art Quilts Maine” kicks off L/A Arts’ 2025 exhibition

LEWISTON, ME – The L/A Arts Gallery is about to get provocatively cozy with a group show featuring artworks by Maine quilters Anne Walker, Rana O’Connor, Argenta Jeffrey and Celeste Poulin.

The artists are all members of Art Quilts Maine, a chapter of Pine Tree Quilts, which supports members in exploring contemporary quilt art, inspires creativity and individuality, and promotes the understanding, appreciation, and recognition of contemporary quilters in the state of Maine.

Each year since 2012, members of Art Quilts

Maine have produced work in response to one or more themes. The resulting collection debuts at Maine Quilts, then tours the state for a year. Venues include libraries and galleries from Skowhegan to Cape Elizabeth.

Unlike the usual touring exhibitions, however, the theme for this new show at L/A Arts is built around ongoing engagement with the creative challenge itself.

About the Exhibition Curated from an open call to group members, this retrospective includes works inspired by several different challenges from 2017 through 2023.

Themes represented in the exhibition include:

Mixed Media Mash-up (2017), which challenged artists to combine two or more visual art media in their works;

Batik Challenge (2018), wherein artists included batik fabrics in their creations;

On (or Off) the Beaten Path (2018), which asked artists to depict their interpretation of a path, trail, map, or walk from well-trod to rarely travelled;

Page 20 (2019) in which artists were inspired by a page from a random magazine;

Blue, Red and White

(2019), for which artists were required to work with provided fabrics;

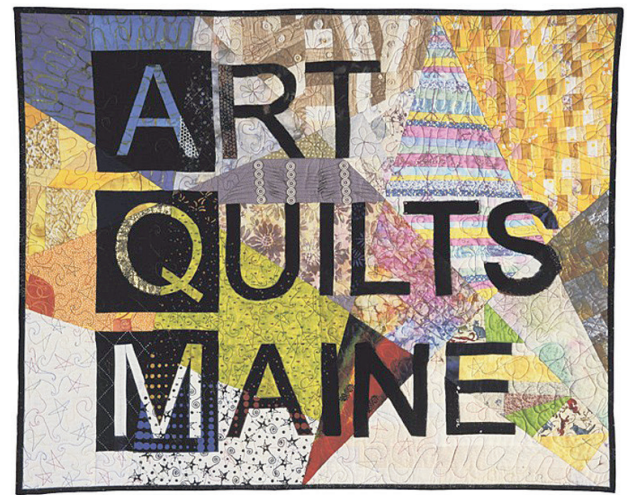
Inspired by the Classics (2020), featuring contemplations on an artist who worked prior to 1900;

Architecture (2021), which asked artists to take their ideas from any man-made structure;

Mystery Progression (2021), for which artists were provided a “word of the month” to incorporate into their developing quilts;

Quilts in the Abstract (2022), which challenged artists to fuse quilting techniques with abstract art;

Creative Circles, Rings and Curves (2023) demonstrates the many



ways these shapes add motion to a quilter’s composition;

Tradition Re-Imagined (2023) asked artists to break the mold on a tradi-

tional quilt block.

Art Quilts Maine: A Retrospective runs January 31-March 14 at the L/A Arts Gallery, 168 Lisbon St. in Lewiston.

## NSB named “One of the Strongest Banks in the Nation”

NORWAY, ME--- Norway Savings Bank is pleased to announce that BauerFinancial, Inc., the nation’s premier bank rating firm, has awarded NSB with the “Best of Bauer” distinction, reserved solely for banks that have earned and maintained Bauer’s 5-Star Superior Rating for 25 years or longer. Norway Savings Bank has held the 5-Star Superior Rating for 140 consecutive quarters (35 years).

Bauer once again called Norway Savings

Bank “one of the strongest banks in the nation” for excelling in many areas, including capital, loan quality, and profitability.

“Local decisions, responsive service, and dedication to making the community a better place to live, these are the hallmarks of community banks like Norway Savings Bank,” said Karen L. Dorway, President of BauerFinancial. “Understanding what the community needs and providing the financial support tailored to those



needs is what community banking is all about. We at Bauer are never surprised, but always pleased, when community banks like Norway Savings Bank are at the top of their own financial game. It gives me great pleasure to acknowledge that a bank that measures its success by the success of its neighbors

and friends, does so from such a solid financial foundation.”

Bauer has been analyzing and reporting on the financial condition of the nation’s banking industry since 1983. No institution pays for its rating, nor can they avoid a rating. Each bank and credit union is required to file a detailed



President and CEO of Norway Savings. “We’re deeply grateful and honored to receive this designation, and we’re driven to be worthy stewards of the trust that is placed in us by our customers and communities.”

financial report with federal regulators four times a year. The quarterly data is subjected to a thorough analysis and is compared with historical data by Bauer for consistency. Upon completion of the analysis, a star-rating is assigned based on a scale of zero to five stars with five stars being the strongest.

“We’re inspired by our mission to contribute value as neighbors, offer support and growth opportunities to our team members, and deliver peace of mind to those who entrust their financial security to NSB,” said Dan Walsh,

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# Newsmakers, Names & Faces

## WinterKids announces Ski Free Days

**MAINE** – WinterKids, a nonprofit dedicated exclusively to inspiring and increasing outdoor physical activity for children and families in Maine, is thrilled to announce three upcoming “Ski Free” days. These special events will provide unforgettable winter sports experiences for over 200 youth, thanks to partnerships with Teens to Trails, Black Mountain of Maine, Downeast Family YMCA, Camden Snow Bowl, Central Aroostook Association, and Big Rock Mountain.

Ski Free Days are fully sponsored by WinterKids and all participants will be provided with lift tickets, rentals, and instruction at no cost to them. These outings aim

to make skiing accessible to all kids, regardless of where they live or their financial situation.

WinterKids Ski Free Days Schedule:

Tuesday, February 18, 2025 – Camden Snow Bowl In partnership with the Downeast Family YMCA, over 40 kids and chaperones from the Rockland area will learn to ski and ride at Camden Snow Bowl.

Sunday, March 2, 2025 – Black Mountain of Maine In partnership with Teens to Trails, over 100 students from 10 different middle and high schools will head to Black Mountain for a group ski trip.

Saturday, March 8, 2025 – Big Rock Mountain In partnership with



Central Aroostook Association and instructional assistance from the Adaptive Outdoor Education Center,

## WinterKids

up to 40 participants will enjoy winter recreation at Big Rock Mountain.

Supporting WinterKids’ Mission

Ski Free Days put our mission into action by helping children develop healthy lifelong habits through education and fun, outdoor winter activity. WinterKids supports all winter enthusiasts, from first-time skiers to experienced riders, and is especially passionate about introducing new participants to winter sports and recreation in Maine.

Approximately 50% of attendees at these

events will be experiencing skiing or snowboarding for the first time. By eliminating financial and geographic barriers, WinterKids aims to give all children the opportunity to participate in, and enjoy, winter sports.

WinterKids would also like to recognize and extend a special thank you to Black Mountain of Maine, Big Rock Mountain, and Camden Snow Bowl for their partnership and support in making these ski trips a reality. For more information about WinterKids, please visit <https://winterkids.org>.

## 2025 proclaimed “Year of Youth in Agriculture” in Maine

**AUGUSTA, ME** – Governor Janet Mills, in collaboration with the Maine Department of Agriculture, Conservation, and Forestry (DACF) and Maine Department of Education (DOE), has proclaimed 2025 as the “Year of Youth in Agriculture” in Maine. The Year of Youth in Agriculture will provide opportunities to spotlight and elevate young adult voices in agriculture by leveraging resources, including events, partnerships, and the work of engaging and inspiring the next generation of agricultural leaders, including through nationally recognized organizations like 4-H and FFA.

“I am pleased to proclaim 2025 as the ‘Year of Youth Agriculture’ in Maine, celebrat-

ing the young people who are shaping the future of Maine’s agricultural sector,” said Governor Janet Mills. “In the coming months, the Maine Department of Agriculture and the Maine Department of Education will work with partners across the state to ensure Maine’s next generation of farmers and growers have the training, mentorship, and resources necessary to carry forward Maine’s rich agricultural heritage.”

The Year of Youth in Agriculture will focus on integrating youth perspectives into key activities throughout the year, fostering opportunities for learning, networking, and showcasing their contributions to the future of farming.

Some highlights in-

clude:

Youth Panel at the Ag Trades Show Commissioner’s Luncheon (January 14): Young people involved in agriculture through FFA, 4-H, and Cultivating Community shared their ideas and hopes for the future of farming. This panel aimed to provide insight into the interests, aspirations, and challenges faced by youth in agriculture today.

Engagement on Agriculture Day in the Legislature (March 18): A cohort of youth will be invited to gain exposure to the many exhibiting organizations while meeting DACF staff and policymakers to deepen their understanding of agricultural policy and legislative processes and issues.

Highlighting community involvement: Many youth are proudly involved in our agricultural fairs, school gardens, and other settings where farming and

food and fiber production contribute to their communities. We will look to spotlight these stories, celebrating youth leadership throughout the year, including highlighting their participation at the “Big E” in Springfield, MA, during September. This year’s Big E marks the 100th anniversary of the Maine Building, showcasing youth contributions and achievements in a regional spotlight.

The Year of Youth in Agriculture initiative underscores a commitment to fostering agricultural talent and creating meaningful opportunities for youth to engage with Maine’s food and fiber agriculture community and its future, and we invite all agriculture-related organizations, businesses, and associations to join us in looking for meaningful ways throughout the year to engage with and elevate the perspectives of young people, and to explore the many types

of careers that support agriculture in Maine.

“Talking with young people who have a passion for agriculture is always a source of great inspiration,” said DACF Commissioner Amanda Beal. “This Year of Youth in Agriculture provides an opportunity to shine a spotlight on their contributions while strengthening their connection to agriculture and its essential role in our future.”

“The Department of Education is committed to empowering Maine’s young people by providing opportunities that connect them with real-world experiences, like those in agriculture,” said DOE Commissioner Pender Makin. “Through partnerships with programs like FFA, 4-H, and initiatives like the Year of Youth in Agriculture, we’re ensuring that students understand the role agriculture plays in our communities and see

the endless possibilities for their futures.”

“Supporting engagement in agriculture is about cultivating knowledge, skills, and a sense of purpose that will sustain Maine for generations to come,” said Craig Lapine, Director of the Maine Bureau of Agriculture, Food and Rural Resources.

“We are excited to help showcase the work and creativity being done by youth across the state on their way to becoming tomorrow’s agricultural leaders,” said Dean Hannah Carter of the University of Maine Cooperative Extension. “Through programs like our Agriculture Ambassadors, YOUth Have a Voice, and Oh Yea! 4-H Grows True Leaders, hundreds of Maine youth participate in hands-on activities to learn the skills they need to be engaged community members and innovative contributors to the food systems in Maine and beyond.”

In her official proclamation, Governor Mills highlights the foundational role of agriculture in Maine’s economy and culture, as well as the critical need to encourage and support the next generation of agriculturalists.

Get Involved

Maine’s Year of Youth in Agriculture in 2025 provides an opportunity to align schools, communities, and the agriculture industry in celebrating and empowering young agriculturalists. Follow DACF and Real Maine, subscribe, and call (207) 287-7513 for Maine Year of Youth in Agriculture information, including opportunities to get involved.

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# Newsmakers, Names & Faces

## Fill the Plate Breakfast on March 21 will benefit Meals on Wheels



Singer Julia Gagnon will be the featured speaker on Friday, March 21 at the 2025 Fill the Plate Breakfast to benefit Meals on Wheels at SeniorsPlus.

**LEWISTON, ME** – SeniorsPlus, the designated Agency on Aging for Western Maine, will hold a breakfast to benefit its Meals on Wheels nutrition program. The 2025 Fill the Plate Breakfast will be held from 7 to 9 a.m. on Friday, March 21, at the Hilton Garden Inn Riverwatch in Auburn. The breakfast will honor Lewiston resident Margaret Craven with the 2025 Ikaria Award and feature a talk by singer Julia Gagnon. Tickets are \$30 per person (\$35 at the door) and are available at [www.seniorsplus.org/march-for-meals](http://www.seniorsplus.org/march-for-meals) or by calling 207-795-4010. Seats are limited and advance registration is recommended.

In a talk titled “The Music in My Veins,” singer Julia Gagnon will reflect on her upbringing and the people who helped her carve a path from Cumberland, Maine, to the Hollywood stage and millions of television fans. Gagnon was born in Guatemala and raised in Cumberland, Maine, by her adoptive family. A quiet kid, she didn’t share her gift of singing until her middle school chorus teacher gave her a solo in the school concert. Gagnon gained national acclaim after placing in the top seven performers of the 22nd season of “American Idol.” Gagnon is a student at the University of Southern Maine.

The event includes the presentation of the

2025 Ikaria Award, which recognizes an individual or organization for singular and outstanding contributions toward improving the lives of older adults. 2025 honoree Margaret Craven recently stepped down from the Maine State Legislature.

Ikaria is a Greek island in the Aegean Sea. It is considered one of the world’s five “Blue Zones” – places where an estimated one in three members of the population regularly lives an active life into their 90s.

The Fill the Plate Breakfast is presented in conjunction with March for Meals, a national campaign of Meals on Wheels America.

Last year, SeniorsPlus delivered more than 152,000 meals to 1,800 homebound older adults and adults with disabilities in Androscoggin, Franklin and Oxford counties through its Meals on Wheels program. Each meal provides one-third of the recommended daily allowance of nutrition, a safety check, and a visit to these vulnerable adults. The majority of the clients of Meals on Wheels are lower income or on fixed income.

The overall program goal of SeniorsPlus is to assist older adults and adults with disabilities in our tri-county area to remain at home safely for as

long as possible. The overwhelming majority of older adults (greater than 95% in an AARP survey) wish to remain at home until they die. The Meals on Wheels program provides nourishment, socialization and regular safety checks.

Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves 8,000 individuals and fields 101,000 phone inquiries. SeniorsPlus offers a network of support, including information and assistance, short-term care management, Medicare counseling, caregiver support and respite, health and wellness education, benefits counseling, and Meals on Wheels and congregate dining.

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## Working on behalf of Lewiston

By: Rep. Michel Lajoie, House District 96

I am deeply honored to again serve on behalf of the people of Lewiston as your state representative. Our great community represents the heart of Maine, and each day I travel to Augusta, I am reminded of that.

Although I am excited to serve, we are facing many challenges at the State House.

Maine families are struggling with rising costs across the board – from heating oil and electricity to groceries and housing. This isn’t just about numbers; it’s about Mainers having to make difficult choices about basic necessities and which bills to pay. As your representative, I’m focusing on practical solutions like expanding property tax relief programs, supporting energy efficiency initiatives and finding ways to make housing more affordable. These aren’t partisan issues – they’re Maine issues. I’m committed to working with all of my colleagues to solve them.

Connected directly to our economy is the ability for Mainers to obtain jobs that pay them fairly. In turn, our employers deserve employees who are adequately trained for their roles. In Lewiston, we have a real opportunity

to grow our economy by continuing to support our pre-apprenticeship and apprenticeship programs. By shoring up our career and technical education programs, we are providing our neighbors – both those newly entering the workforce and hoping to make a change in careers – the opportunity to better provide for their families.

In our community, we have a rich labor history, which is on display at the Maine Museum of Innovation, Learning and Labor (MILL). If you haven’t yet visited the MILL, I encourage you to do so. While our mills have been repurposed, the need for education and training for trade jobs remains high. During the last legislative session, we passed legislation to promote more high-quality careers by increasing apprenticeship programs, including establishing a pilot project to support farm apprenticeships. This year, I will continue supporting programs like this and others that will help to build a strong workforce for our state.

Additionally, I am sponsoring legislation that will help keep Mainers safe. My appointment to the Criminal Justice and Public Safety Committee puts me in a strong position to advocate for this policy priority. While serving on

the committee, I will use my 31 years of experience serving in Lewiston’s Fire Department, including 12 of those years as chief, to push for legislation that focuses on improving coordination between state and municipal public safety services and ensuring that we have the resources we need to serve residents effectively.

My commitment to you is simple: I’ll be accessible, responsive and transparent. Whether you agree or disagree with my positions, your voice matters to me.

Over the next two years, I look forward to sharing the work I am engaged in at the State House, in addition to providing information on bills that offer helpful information and resources. I will also be attending regular in-person constituent office hours with other members of the Lewiston delegation throughout this legislative session, and I hope that you will be able to attend.

If you have any ideas for legislation, questions or concerns, you can reach me directly at [Michel.Lajoie@legislature.maine.gov](mailto:Michel.Lajoie@legislature.maine.gov) or call my office at 207-287-1430. I also post regular updates on community resources and legislative activities on my official Facebook page. If you

See *Working*, page 14

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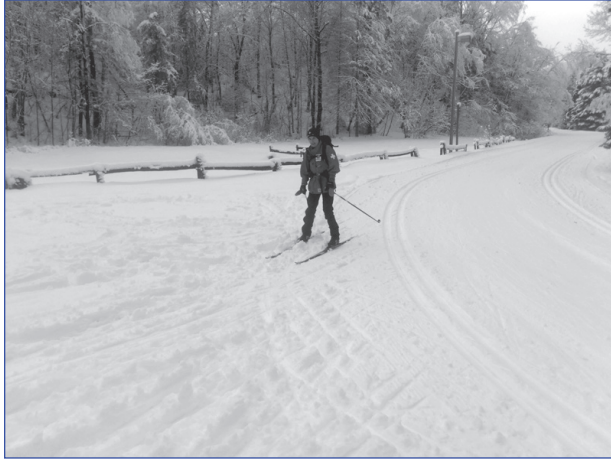


## Seniors Not Acting Their Age

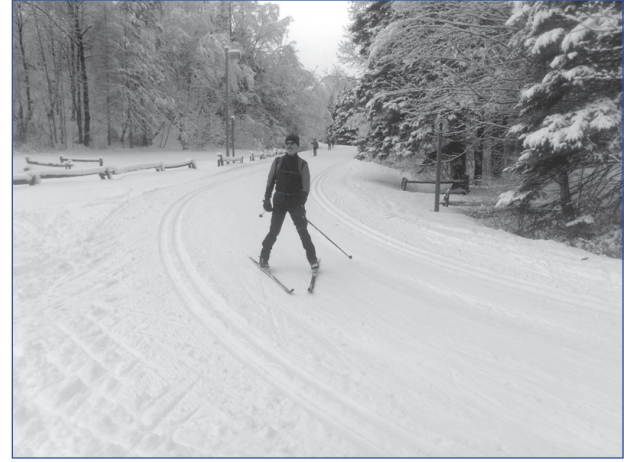
# Challenging Nordic Skiing in Quebec



Bruce Weik begins a turn at Mont Sainte Anne Cross Country Ski Center



A member of the ski center safety patrol looks for fallen trees



Ken Gordon snowplows to a stop on Trail 37

Quality Nordic skiing has been difficult to find this winter. Seven Mainers planned three days of skiing near Mont Sainte Anne in Quebec over the recent New Year's week. Situated farther north, our hope was the higher latitude would offer deeper snow levels.

We reserved a condo in the village of Beupre at the foot of the mountain a short distance from the Monte Sainte Anne Cross Country Ski Center in Sainte-Ferreol-les-Neiges. In the days leading up to our arrival, the ski center reported adequate snow and a majority of the trails were open and groomed,

an improvement over anything in Maine.

The weather was uncooperative when we traveled to Quebec. Heavy rain fell much of the day and into the evening forcing the ski center to close the trails for maintenance on New Year's Eve. We spent the day canyon hiking instead.

Rain in Beupre was the disappointing beginning of New Year's Day. However, the ski center website indicated two trails were open and groomed. Since the facility is located at a higher elevation about five miles from Beupre, two members of the group drove north to obtain a

first-hand assessment. About two miles uphill, the rain turned to wet snow.

Three of us decided to brave the elements. We weren't alone as there were a modest number of determined skiers gathered at the ski center lodge when we arrived.

Dressing for heavy wet snow, gusty winds, and unseasonably warm temperatures was a dilemma. We selected breathable water resistant outerwear while wearing minimal lightweight inner layers. But, there was no ideal choice. As soon as the snow landed on our clothing, warm body temperatures from our exertions

while skiing melted the snow and the moisture insidiously seeped through. In short, we got drenched.

Only Trails 37 and 34 were open but they were well-groomed for classic and skate skiing and provided a hilly loop approximating 10 kilometers. We began classic skiing north following Trail 37 on a fast surface with wind-driven snow blowing in our faces. Hoods provided some protection but true relief came when we turned south.

Continuing south, we cruised along on gentle terrain until crossing a bridge over the Jean Larose River. Again skiing north, the headwind slowed our progress and limited visibility. The wet snow covered trail signs so determining the correct route was difficult. Our intent was to continue north until connecting with Trail 34; however, we accidentally followed a one-way return loop.

On our second try, we made the proper turn and proceeded north until joining hilly Trail 34. Shortly after, we began a long steep climb that required using the herringbone technique near the top.

Persisting uphill, we passed under a power line in an open field before angling west. We glided eas-

ily over a relatively level landscape before turning south and plummeting down a steep decline, again crossing a bridge over Jean Larose River.

With strong winds propelling us from behind, we enjoyed a primarily downhill ski for several kilometers. The final long descent double-poling to the lodge was particularly exhilarating. After warming up, and partially drying out, we did it all over again.

The following day brought more complications at the Nordic ski center. Overnight, snow-laden trees exposed to powerful winds resulted in numerous blowdowns blocking many trails. Crews at the center only had time to clear the same two trails open the previous day. Five of us decided try our luck.

Although the trails were expertly groomed, cold temperatures resulted in fast sometimes icy surfaces. And, the gusty winds continued.

While descending a moderately steep grade in icy groomed tracks, I experienced my first fall of the season when unable to slow sufficiently on a sharp turn and lost control. Another impediment, climb-

ing the slick hills was very demanding.

Only three of us chose to complete a second loop. In the interim, the wind had toppled another tree obstructing part of Trail 34 at about the midway point. The threat of falling trees presented another potential hazard. Fortunately, we made it safely to the lodge without incident.

Despite the many obstacles, we managed to salvage two days of skiing and a day of canyon hiking during our Quebec visit – but, it wasn't easy.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* dedicates three chapters to Maine's best Nordic skiing.

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

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# Opportunity to learn more about volunteering with 4-H

MAINE -- University of Maine Cooperative Extension is hosting online informational sessions for adults interested in becoming Maine 4-H volunteers. Participants can choose from two options: noon-1 p.m. on February 21 and 28 or 6-7 p.m. on March 3 and 10.

“Start Your 4-H Volunteer Journey” will provide participants with information about the

UMaine Extension 4-H youth development program through four short e-Learning modules. Attendees will also participate in an experiential educational activity, learn about the key aspects of positive youth development and be introduced to the ages and stages of youth. The two one-hour virtual sessions will wrap up with an outline of next steps and an introduction to a county staff contact to



Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

help with the application process if desired.

4-H is a positive youth development program that helps youth “find their spark” and thrive. Volunteers play key roles in these experiences, making a difference by helping youth explore and discover the skills they need to lead successful and fulfilling lives. Adults interested in starting a 4-H club, sharing expertise and passion

through shorter programs that last a few hours or a few weeks, or assisting with local county 4-H events are encouraged to attend.

The informational sessions are free; registration is required on the program webpage. For more information or to request a reasonable accommodation, contact Jennifer Lobley, jennifer.lobley@maine.edu, 207.255.3345.

# Ambassador program features farm visits, career exploration

MAINE -- 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 2025 cohort will meet virtually on March 4, 11, 25, April 2 and 15 from 3:30-5 p.m. with in-person farm visits on March 22 at Mook Sea Farm and March 29 at Agri Cycle at Stoneyvale Farm. There will be an overnight Ag Symposium for all participants on April 21-22 at UMaine in Orono. For a full schedule, visit the program website.

With the shrinking number of formal agricultural programs offered to high school youth, students are lacking opportu-

nities 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.



Ag Ambassadors at Pineland Farms learn about the dairy cattle herd and agritourism.

All participants will be enrolled as members of the Maine 4-H program. To request reasonable accommodation, please contact Alisha Targonski at alisha.targonski@maine.edu or call 207.622.7546.

University of Maine Cooperative Extension: As a trusted resource for over 100 years, Extension has supported UMaine’s land and sea grant public education role by conducting community-driven,

research-based programs in every Maine county. UMaine Extension seeks to build thriving communities and help grow the food-based economy. Extension also leads Maine’s 4-H program, the most successful out-of-school youth educational program in the state. 4-H programs are grounded in the belief that kids learn best by doing and suit a variety of backgrounds, interests, budgets and schedules.



Ag Ambassadors exploring experimental seedlings going into the Roger Clapp Greenhouses on the University of Maine Orono campus.

Participants complete hands-on projects in areas like health, science, agriculture and civic en-

agement in a positive environment where they are encouraged to take on proactive leadership roles.

# 12 nonprofit leaders awarded MaineCF grants

PORTLAND & ELLSWORTH, ME — Twelve nonprofit leaders from across the state have been awarded grants from the Maine Community Foundation’s (MaineCF) Investing in Leaders of Color program.

The program supports nonprofit leaders at organizations serving communities of color and promoting racial equity in Maine. It provides one-on-one coaching, a stipend for professional development and operating costs and

networking opportunities. Since its launch in 2019, 54 leaders representing 33 organizations have completed the program.

2024 grantees: Khadija Ahmed, Food for All Services; Athena Bryce, June-

teenth Downeast Karen Castillo, Presente! Maine; Alice Kabor, Hope Acts; Bruce King, Maine Boys to Men; Alda Lubota, Her Safety Net

Alivia Moore, Niweskok; Claudette Ndayinaz, In Her Presence; Adele Ngoy, Women United Around the World; Rilwan Osman, Maine Immigrant and Refugee Services

Archana Palaniappan, Nature Based Education Consortium; Abdikhdar Shire, AK Health and Social Services. For more information about Investing in Leaders of Color, visit www.mainecef.org/iloc.

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# Arts & Entertainment

## Family movie morning at LPL

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### Family Movie Morning!

Friday,  
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10:30am - 12:30pm  
3rd Floor  
Callahan Hall

*"You Know Who You Are ... Who You Truly Are"*

**Rated PG**

Contact the Children's Department for more information  
lplkids@lewistonmaine.gov

Popcorn Provided!  
First come, first serve

**LEWISTON, ME** — Join us at the Lewiston Public Library for Family Movie Morning in the 3rd floor Callahan Hall on Friday, February 21st from 10:30am – 12:30pm. Children and siblings of all ages welcome. Children under 8 must be accompanied by a

caregiver.

Come enjoy a morning movie showing and snacks. Watch a full-length film as a family and make new memories at the Lewiston Public Library. Snacks are provided, first come first serve.

This program is free, open to the public, and no

registration is required.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on this program is available by contacting the Lewiston Public Library at 513-3133 or LPLKids@lewistonmaine.gov.

## CLT announces production team for “Nunsense”



Back row L to R: Jacob Hodgkin, Jackie McDonald, Alex Castonguay Front row L to R: Ellie Pfohl, Danielle Eaton, Sarah Chaloux, Brandon Chaloux

**AUBURN, ME** — Director Jackie McDonald has announced the production crew for the upcoming Community Little Theatre production of Nunsense. Nunsense is the second show of CLT’s 85th season. The show opens at Great Fall Performing Arts Center in Auburn on Friday, March 7, 2025 and runs through Sunday, March 16, 2025.

Nunsense is a wildly entertaining comedy that follows the antics of five nuns attempting to put together a fundraiser. Tragically, the rest of their sisterhood has passed away after a botched meal of vichyssoise prepared by

Sister Julia Child of God. Now, the remaining sisters—ballet-loving Sister Leo, street-smart Sister Robert Anne, forgetful Sister Mary Amnesia, the authoritative Mother Superior Sister Regina, and novice mistress Sister Mary Hubert—decide to hold a talent show to raise the necessary funds to give their dearly departed a proper burial. With its catchy tunes and irreverent humor, Nunsense promises to leave audiences in stitches!

The production team for Nunsense includes Jackie McDonald, Director, Sean Wallace, Assistant Director; Alex

Castonguay, Music Director; Choreographer, Danielle Eaton; Producer, Emily Flynn; Stage Manager/Set Design, Brandon Chaloux; Production Assistant, Prompter, Zachary Murphy; Costumer, Jane Mitchell; Props Master, Sarah Chaloux; Set Construction, Julie McDonald; Set Decor, Britny Anderson; Publicity (Print) Nancy Kenneally; Publicity (Social Media) Sophie Wood; Light Design/Light Operator, Jacob Hodgkin; Sound Design/Sound Operator, Josh Conklin

Nunsense will be performed March 7, 8, 13, 14, 15 at 7:30 p.m., and March 9 and 16 at 2:00 p.m. Call 783-0958 or visit LACLT.com for tickets and information.

L/A Community Little Theater, located at 30 Academy Street in Auburn, has been producing live theater since 1940. A volunteer, non-profit organization, our goal is to provide affordable and quality entertainment in the performing arts as well as education, training, and experience in theater for area youth. www.laclt.com.

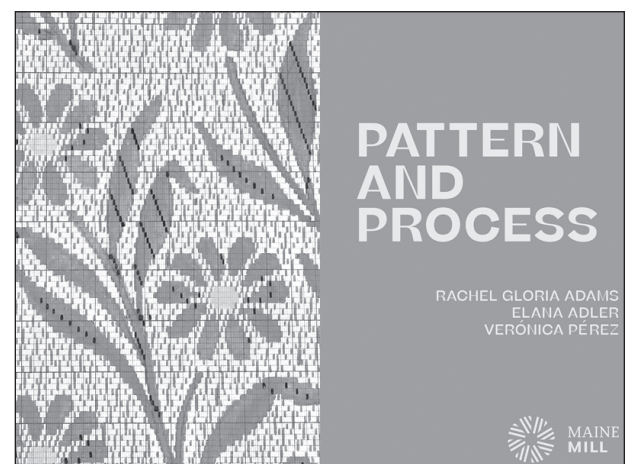
## “Pattern & Process: Industry & the Individual” at Maine MILL

**LEWISTON, ME** — Maine MILL’s newest exhibition features hand-drawn designs from the museum’s collection and works by Maine artists that explore the relationship between mass production and the artistry of handcrafted, unique pieces. The show presents the textile design process from pattern drafts to final product, examines the positives and negatives of the Bates Mill’s history and impact, and draws attention to the unnamed artists behind the textiles. Alongside the historical designs, three Maine artists—Rachel Gloria Adams, Elana Adler and Verónica Pérez—examine themes of identity, interdependence, and community.

“It’s great to be able to showcase a part of Maine MILL’s collection that visitors have never seen before. And the contemporary works of art challenge us to explore how both historical and contemporary innovations shape art and community and the lasting impact of personal artistic expression.”

About the Artists

Rachel Gloria Adams is a multidisciplinary artist living in Portland, ME. Adams has developed a vibrant, graphic pattern-based visual language filled with references to the natural world that possess an heirloom quality. Her work takes form by way of quilting, painting, design and large scale murals. She moved to Maine in 2005 to pursue her BFA from the Maine College of Art and Design. She has gone on to exhibit artwork at the Portland Museum of Art, Space Gallery, Center for Maine Contemporary Art and Dowling Walsh. She has attended residencies at Speedwell, Pace House and is an Indigo Arts Alliance David C. Driskell Fellow. In addition to her studio practice, Adams has been commissioned to create murals for several institutions including the Children’s Museum of Portland, University of Maine and the Farnsworth



Museum.

Elana Adler is a multidisciplinary artist born in Ann Arbor, Michigan and currently based in Portland, ME. In 2008, she received a BFA in Textiles from the Rhode Island School of Design and in 2017 a MFA in Fibers & Material Studies from the School of the Art Institute of Chicago. While in Chicago, she co-organized an artist-run gallery called Adler & Floyd and managed a studio collective in the Industrial Clocktower Building. Some attended residencies include Surf Point Foundation, Haystack, Monson Arts, Hewnoaks, Vermont Studio Center, The Wassatic Project, & Hatch Projects through the Chicago Artist Coalition. Adler has exhibited work nationally, including currently at the Portland Museum of Art, and has received funding from The Foundation for Contemporary Arts and The Illinois Art Council. In addition to her studio practice, Adler is a teaching technician at Maine College of Art & Design, and works as a studio assistant.

verónica a. pérez is an artist whose work is deeply rooted in the community, exploring themes of erasure, identity, and interdependency through their braiding circles workshops. pérez graduated with their BFA from Moore College of Art and Design in 2014 and received their MFA from Maine College of Art in 2016. In 2020, they were awarded the Ellis-Beauregard Visual Arts Fellowship, followed by the inaugural fellowship

at the David C. Driskell Black Seed Studio at Indigo Arts Alliance in 2021. In 2022, they were a fellow at the Lunder Institute at Colby College, and subsequently had their first solo exhibition titled voices, whispering at the Center for Maine Contemporary Art. Recently, they were named one of the Maine Artist Fellows for 2024 in fine arts from the Maine Arts Commission. Currently, pérez works as the Administrative Assistant at Indigo Arts Alliance in Portland, Maine. They are also a co-organizer at Tender Table, an organization dedicated to uplifting Maine’s Black and Brown community through storytelling and food. pérez resides in Westbrook, Maine, with their partner and child.

The exhibit is made possible in part by Androscoggin Bank. The show runs from February 6, 2025 – January 3, 2026.

For more information about Maine MILL and its events and exhibits, visit [www.mainemill.org](http://www.mainemill.org) or call 207-333-3881. The museum is located at 35 Canal Street in Lewiston and is open Wednesday through Saturday, 10am – 4pm.

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

# Sen. Collins receives Fraternal Order of Police Advocacy award

WASHINGTON, D.C. – U.S. Senator Susan Collins was presented with the Fraternal Order of Police (FOP) National President’s Legislative Advocacy Award at a ceremony that took place at the National Law Enforcement Officers Memorial in Washington. The FOP recognized Senator Collins with this award for her more than two decades of work to repeal the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) with the Social Security Fairness Act (SSFA), which was signed into law last month. This is the first time the FOP has awarded a Legislative Advocacy Award. After the SSFA was signed into law, the FOP sent a letter on behalf of its more than 377,000 members to Senator Collins, thanking her for her leader-

ship on the bill. “Receiving this award from the Fraternal Order of Police was a great honor, and I am thankful for the FOP’s steadfast support in the fight to repeal the WEP and GPO,” said Senator Collins. “Repealing these unfair provisions was a great victory for all public servants, including the brave men and women who make up our country’s law enforcement. In Maine and throughout the United States, we are fortunate to have so many law enforcement officers who are devoted to keeping our communities safe, and I was proud to lead the effort to restore their well-earned retirement benefits.” “Senator Collins, you have been the lead Republican in the Senate on this bill for more than 20 years and we so very grateful for



your leadership and support. Your efforts finally paid off as you worked the bill through the Senate’s often arduous process. Your tenacity and commitment will change the lives of public employees and

their families,” said FOP National President Patrick Yoes. “Because of your work, nearly three million law enforcement officers, fire fighters, and other public employees who earned themselves a Social Se-

## SUSAN COLLINS

U.S. SENATOR FOR MAINE

curity benefit, only to see those benefits reduced by the Windfall Elimination Provision, will finally begin to receive every penny that they earned. Because of your work, families impacted by the Government Pension Offset which reduced or, in most cases, eliminated the survivor’s benefit received by surviving spouses, will finally be able to collect what they are owed. We owe you a debt of gratitude and are pleased to present you with the National President’s Legislative Advocacy Award.”

The SSFA, which Senator Collins coauthored with former Senator Sherrod Brown of Ohio, restored the Social Security benefits for millions of

public servants, including law enforcement officers, by repealing two provisions – the WEP and GPO – that unfairly reduced the Social Security benefits that public employees or their spouses have earned. Following the passage of the SSFA, Senators Collins and Brown sent a letter to the Social Security Administration (SSA) requesting that the SSA swiftly implement the Social Security Fairness Act.

Senator Collins held the first Senate hearing on this policy in 2003 as Chair of the Senate Government Affairs Committee. She, along with the late Senator Dianne Feinstein, first introduced the Social Security Fairness Act in 2005.

# BBB Tip: Preparing for winter travel

Traveling in the winter can offer lower rates, smaller crowds, and different views.

However, it also comes with its own set of potential hazards. From being stuck on the highway for hours to dealing with flight cancellations, winter weather can hinder travel and vacation plans in a variety of ways. Preparing for potential weather-related emergencies, delays or cancellations can help mitigate the stress of these situations.

Here are a few tips on preparing for winter traveling from the Better Business Bureau:

If you’re road tripping...

Get your vehicle ready. Before hitting the road for any extended trip, it’s important to make sure everything on your vehicle is in working order, but it’s even more paramount in the winter when conditions can become more precarious. Here are some basics of what you should

do before venturing out in the winter:

Check the battery. Ensure it’s fully charged and functioning well, as cold weather reduces its efficiency.

Test the brakes. Have them inspected to ensure they respond properly in icy or snowy conditions.

Top off the fluids. Ensure windshield washer fluid is rated for freezing temperatures and check the antifreeze level.

Replace wipers. Install winter wipers for better performance against snow and ice if you live in a colder climate.

Check lights. Ensure all exterior lights are clean and functioning.

Have a full tank of gas: A half tank or more of gas limits the moisture condensates in the tank, preparing you to tough out an unexpected traffic jam or survive being stuck in the snow.

Check under the hood: Check the battery and cables for erosion,

cracks, and dirt. Inspect hoses and belts for any cracks, soft spots, or bulges. For a thorough inspection, visit an auto service provider.

Make sure you have good tires: Tires with good traction are essential to safe winter driving. Check tire pressure monthly, topping off as necessary, keeping in mind that cold winter temperatures can lower tire pressure. Inspect tread depth, which should be at least 1/8 of an inch in thickness. Tread depth can be gauged using a quarter and measuring from the coin’s edge to Washington’s head. Look for uneven tread wear, which typically indicates poor wheel alignment or worn suspension components. Before investing in new tires or getting a professional assessment, visit BBB.org to find a qualified tire specialist.

Prepare an emergency kit: Keep an emergency preparedness kit in your vehicle at all times. During

winter travel, having the following items easily available is essential:

- Jumper cables
- Flashlight
- Extra batteries
- Basic first-aid supplies
- Blanket and warm clothing
- Battery-powered radio
- Toolkit
- Bottled water and non-perishable food
- Safety flares
- Windshield ice scraper
- Tire chains (if allowed in your area) and a tire repair kit

Put together a list of potential places to shelter along your route: If continuing your travels uninterrupted just isn’t possible, having an idea of where you can pull off and safely stay for the night is important. Take some time to map out any hotels, motels, and even truck stops along your route, particularly those located on long stretches between towns or

cities. Check out hotels in the U.S. and hotels in Canada on BBB.org for a full list of options ahead, or hotels near me to see places to stay while already on the road.

If you’re flying...

Stay in the know: Stay up to date on your flights by signing up for any offered alerts or updates regarding your flight. Additionally, follow the airline you’re using on social media and check for posts related to your travel plans. In case of a cancellation, social media can offer an additional avenue through which to communicate with an airline and might actually be more expedient than other forms of communication.

Keep documentation: When flights are canceled by the airline, consumers are always entitled to a full refund, including any bag fees or other extras, such as additional legroom for a seat. Keep receipts related to your flight and record any expenses incurred as

a result of a significantly delayed or canceled flight, such as renting a hotel room.

Prepare a carry-on: If a flight gets canceled after you’re already checked in at the airport, there’s a chance your luggage made it off the runway while you stayed grounded. To ensure you’re not without essentials while waiting for another flight, pack what you absolutely need in your carry-on, such as:

- Your Passport or ID
- Phone and device chargers
- Change of clothes
- Headphones
- Daily medication
- Hygiene products
- Cash, credit, or debit cards

Car keys  
While winter traveling might require some extra precautions, it can offer the chance for a great getaway with proper planning.

For more information visit BBB Travel for travel tips and news.

# Funds to protect wetlands, build coastal resiliency

MAINE -- The U.S. Fish and Wildlife Service is awarding \$25.7 million to support 28 projects in 11 coastal states to protect, restore or enhance over 10,000 acres of coastal wetlands and adjacent upland habitats and more than eight miles of streams and shoreline under the National Coastal Wetlands Conservation Grant Program. Coastal wetlands are vitally important in protecting us from floods, filtering our water, supporting recreation and local economies, and providing habitat for fish and wildlife. Despite their importance, there has been a steady loss of coastal wet-

lands. State, local and Tribal governments, private landowners, conservation groups and other partners will contribute \$16.8 million in additional funds to support these projects. These grants will have wide-reaching benefits for local economies, people and wildlife – using nature-based solutions to boost coastal resilience, reduce flood risk, stabilize shorelines and protect natural ecosystems.

“Conserving coastal wetlands is essential for supporting ecosystems that protect wildlife and our communities from climate change impacts,” said Ser-

vice Director Martha Williams. “Wetlands provide critical habitat for countless species of wildlife and birds while also increasing our resilience to floods and storms. Through these grants, we prioritize the conservation of these important areas and help create a healthier environment for future generations, ensuring that nature and local communities can thrive together.”

The Service annually awards grants of up to \$1 million to states based on a national competition, which enables states to identify and address their highest conservation priorities in coastal areas. Since 1992,

the Service has awarded more than \$530 million in grants contributing to the long-term protection and restoration of 600,000 acres under this program.

The 2025 grants will help support recovery of threatened and endangered species, enhance flood protection and water quality, provide economic benefits to coastal communities and increase outdoor recreational opportunities.

States receiving funds this year are California, Hawai’i, Maine, Maryland, Massachusetts, North Carolina, South Carolina, Texas, Virginia, Washington, and Wisconsin. Examples of the

projects funded by the 2025 grant program, include:

Wetlands in coastal watersheds, including on national wildlife refuges, are part of a diverse and complex set of ecosystems that are vital to the nation’s economy and an important part of our natural heritage.

Coastal wetlands in the United States include both salt marshes in estuaries and freshwater wetlands that extend inland within the coastal watersheds. They provide crucial habitat for fish, birds and other wildlife at various life stages.

More information is available online at: <https://www.fws.gov/service/>

national-coastal-wetlands-conservation-grants.

The National Coastal Wetlands Conservation Grant Program is administered by the Service and funded in part by taxes or import duties collected from the sale of recreational fishing equipment, boats, electric motors and motorboat and small engine fuels under the authority of the Dingell-Johnson Sport Fish Restoration Act. The billions of dollars generated through recreational angling, boating, waterfowl hunting and birdwatching benefit communities in the vicinity of wetlands restoration projects.

# Maine Music Society Chorale presents *Out of the Ashes*

**LEWISTON, ME** — The Maine Music Society Chorale announces its upcoming concert, *Out of the Ashes: Music Born of Tragedy*, on Saturday, March 8, 2025, at 7:00 p.m. and Sunday, March 9, 2025, at 2:00 p.m. at the Franco Center in Lewiston-Auburn. The Maine Music Society Chorale recently celebrated 50 years of singing. Led by Artistic Director Richard Nickerson, the upcoming concert will be an emotional musical journey through some of the bleakest times in human history. According to Nickerson, “This concert will show the incredible power of music to express any human emotion as well as the healing power of music. Throughout history, music has been used

as a response to tragedy.”

Among the works performed will be the world premiere of a new piece by Michael John Trotta, *These Things Shall Never Die*, commissioned by the Maine Music Society and dedicated to all victims of the October 25, 2023, Lewiston tragedy. “This piece is our gift to, not only our local community, but the greater choral community as well. It symbolizes that we must continue to look for good, even in the face of evil,” said Nickerson.

In the first half of the program, the Chorale will perform Donald McCullough’s *Holocaust Cantata* (Songs from the Camps). The work consists of songs written by concentration camp prisoners as well as readings



The Maine Music Society Chorale; Photo by Jared Morneau

based on interview transcripts, historical data, and prisoner stories. The second half will consist of several works, each one representing a different event. The concert will conclude with the uplifting Leon Dubinsky’s *We Rise Again*, which has become an anthem of resilience in the face of adversity.

“We know this will be a powerful concert that deals with a very difficult

subject, but it is our hope that audiences will be inspired by the power of the human spirit.” concluded Nickerson.

Both performances will include sign language interpretation. A limited number of reserved seats close to the sign language interpreters are available. Please call the MMS box office at 207-333-3386 by February 28 for tickets to that section.

A limited number of vouchers for free tickets can be obtained at both the Lewiston and the Auburn Public Libraries’ reference desks and at the Maine Resiliency Center upon in-person request. These vouchers must be redeemed following the instructions on the vouchers.

For more information, or to purchase tickets, visit us online at [mainemusicsociety.org](http://mainemusicsociety.org) or call the MMS office at 207-333-3386.

Tickets:  
Adult - \$27\*  
Senior - \$25\*  
Student - \$6\*(age 13+)

Children under 12: free (when accompanied by an adult)

\*Price includes all

handling fees

Group rates available for 10 or more tickets to the same performance purchased at the same time. Call our business office: 207-333-3386.

The Maine Music Society thanks its Season Underwriters Hardy, Wolf & Downing and the Sun Journal, its Event Sponsor Maple Way Dental, and its Event Supporter Andwell Health Partners. MMS is also grateful to the Davis Family Foundation for a grant helping to make this concert accessible to all.

The Maine Music Society (MMS) is a non-profit organization dedicated to enriching the cultural life of the Lewiston-Auburn area through performances of choral music in a broad range of musical genres.

## Preschool for at risk children adds classroom to meet growing need

**AUBURN, ME** — Based on the growing demand in the community, Pine Tree Society’s specialized preschool in Auburn has added a third classroom and additional educators to help serve more children than ever before. The Early Learning Center supports preschoolers with significant developmental and physical needs and prepares them with the tools they need to enter kindergarten. The current capacity of the Early Learning Center is 36 preschoolers. The additional classroom will allow for another 12 students.

“At any given time,

I have 30 families on the waitlist and new referrals are coming in every day,” said Karen McClure-Richard, Director of the Early Learning Center.

The new classroom is designed for students who can benefit from a smaller setting.

“This classroom is perfect for kids who haven’t had much experience outside of their home,” Karen continued. “It’s a small, intimate setting where they can feel safe dipping their toe in the water to get familiar with the routine and structure of school.”

These preschoolers have significant needs and



Special Education Teachers in the new specialized preschool classroom at Pine Tree Society’s Early Learning Center in Auburn include: Courtney Bonang, Liv Hicks-Merrill and Eva Schroeder, all from Auburn, and Carly Wigmore of Lewiston. This new classroom increased the Early Learning Center’s capacity from 36 to 48 students.

providing early intervention and educational programming to prepare them to enter kindergarten re-

quires more resources and innovation than ever. This new classroom, called the Cardinal Room, provides a critical stepping stone.

“As they’re ready, the kids can transition to our bigger classrooms, Blue Jay and Chickadee. The initial, smaller classroom setting of Cardinal



The new classroom at Pine Tree Society’s specialized preschool in Auburn increased the Early Learning Center’s capacity from 36 to 48 students and is designed for children who can benefit from a smaller setting.

will allow us to grow their skills and set them up for success,” Karen said. “Our goal is to meet the needs of more children in our community by providing the opportunity for them to socialize with peers, develop the skills they need to enter kindergarten and, most importantly, to have fun learning through play.”

The Early Learning Center classrooms operate Monday through Friday with morning and afternoon sessions. For more information, please contact Karen McClure-Richard at [kmclure@pinetreesociety.org](mailto:kmclure@pinetreesociety.org) or 207-386-5943. Or visit the website: <https://pinetreesociety.org/children-and-families/early-learning-center/>

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# Auburn appoints new Planning Director

**AUBURN, ME** – The City of Auburn is delighted to announce that David Hediger has been hired as the city’s new director of planning.

“David’s depth of knowledge, planning experience, dedication to public service, and familiarity with our community made him an exceptional candidate for the position,” said Public Services Executive Director, Eric Cousens. “I have worked with David for over 20 years, collaborating on planning issues facing the greater Auburn area and I am excited that he will be joining our Pub-

lic Services team as planning director.”

David Hediger is a dedicated municipal planning professional with more than 20 years of experience in comprehensive planning, code enforcement, and project management.

He previously served as director of planning and code enforcement for the City of Lewiston, leading municipal planning initiatives, managing zoning and land use regulations, and supporting various boards and committees. Most recently, he was a senior planner for the



Land for Maine’s Future program, overseeing land conservation projects, grant administration, and compliance with funding requirements.

David holds a master’s degree in public policy and management from

the Muskie School of Public Service and a Bachelor of Arts in Geography/Environmental Planning and Policy from the University of Maine at Farmington. An active member of the community, he serves on the committee for the Lewiston/Auburn Triple Crown 5K Series, the Lewiston Municipal Federal Credit Union Supervisory Committee, and the Minot Moonshiners Snowmobile Club.

“David Hediger’s strong work ethic, integrity, and passion for collaboration align well with Auburn’s core values,” said

City Manager Phil Crowell. “David is committed to supporting the City of Auburn’s vision for responsible growth and development and that makes him a great fit for our team.”

“With a new community-driven comprehensive plan in progress and a talented new Planning Director, this is an exceptional time for Auburn,” added Crowell. “Our team works to efficiently deliver quality services to meet the changing needs of everyone in our community, and effective, impactful planning is vitally important.”

“Auburn is a unique city, with high-quality recreational amenities, endless potential, and a tapestry of neighborhoods that are appealing, active and affordable,” added Cousens. “We are excited to bring David on board to help provide opportunities for smart growth that align with our comprehensive plan.”

Hediger, who will begin on Monday, February 24, replaces Eric Cousens, who was recently promoted to the position of executive director of public services after 18 years in the planning department.

# Norway Savings Bank donates \$13.5K to United Way

**BRUNSWICK, ME**---In recognition of their shared mission of improving lives and channeling the caring power of communities, Norway Savings Bank was pleased to recently donate \$13,500 to three local United Way organizations: United Way of Southern Maine, United Way of Mid Coast Maine, and United Way of Androscoggin County.

Though the programming is varied, all three organizations bring people, ideas, and resources together to tackle issues like food insecurity, housing challenges, literacy gaps, and access to healthcare through initiatives that:

and families from homelessness to safe housing increase access for those in need to high quality, nutritious foods and present nutrition programs

connect people with heating assistance mitigate the dangers of substance use

organize essential medical and dental care provide referrals to mental health or addiction resources

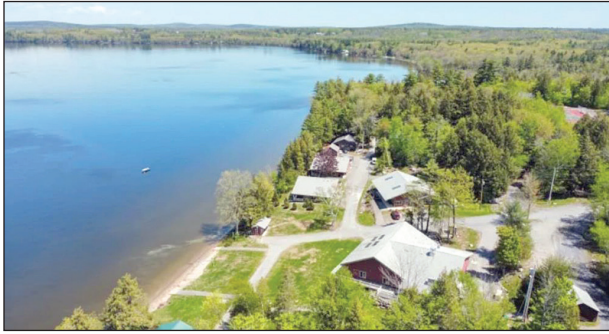
educate on violence prevention

invest in community schools with before and after school programming

host volunteer readers in classrooms and provide mentors

move individuals

“United Way be-



lieves that it takes entire communities to confront critical challenges like ensuring kids receive opportunities to get off to a great start in life, helping people achieve financial stability, and assisting in the promotion of healthy and connected lives. NSB is proud to support this force of good that has become an important thread in the fabric of our communities

over the decades,” said Dan Walsh, President and CEO of Norway Savings Bank.

“Norway Savings Bank’s investment makes it possible for United Way to bring people to-



gether to solve community challenges that not one organization can do on their own. Together, we’re building a connected community where everyone belongs, has the resources they need, and can fulfill their potential,” said Nicole Evans, Executive Director of United Way of Mid Coast Maine.

For more informa-

tion about the United Way of Southern Maine, visit [www.uwsme.org](http://www.uwsme.org) or call 207-874-1000. To learn more about the United Way of Mid Coast Maine, visit [www.uwmcme.org](http://www.uwmcme.org) or call 207-443-9752. To read about the efforts of the United Way of Androscoggin County, visit [www.unitedwayandro.org](http://www.unitedwayandro.org) or call 207-795-4000.

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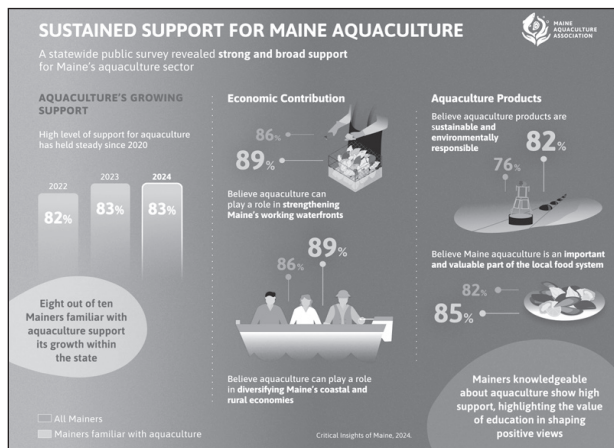
# Poll: Mainers support locally aquaculture

**GARDINER, ME** — New public opinion research highlights overwhelming support among Maine voters for the state's growing aquaculture industry. The poll reveals that eight in 10 Mainers who say they are familiar with aquaculture support its growth, a trend that has remained steady for the past four years.

"Aquaculture in Maine is helping to keep our working waterfronts working and fishermen on the water," said Sebastian Belle, executive director of the Maine Aquaculture Association. "Mainers value high-quality, local seafood, and they support the people and the industry that make that food possible."

According to the survey, Maine voters believe that aquaculture strengthens Maine's economy and helps to sustain coastal heritage.

Eighty-six percent of respondents said Maine's



aquaculture industry plays an important role in preserving working waterfronts and diversifying the economic base of coastal and rural communities.

A growing number of fishermen are supplementing their income with aquaculture. More than 170 commercial fishing license holders also hold aquaculture licenses, using aquaculture to expand the use of their skills and equipment working on the water. Not included in that number are the many fishermen employed on farms

in their off-season and farm employees who fish part-time.

"The growth of aquaculture doesn't just mean better access to seafood — it means new careers, new businesses and a stronger Maine economy overall," said Andrea Cianchette Maker, President of Focus-Maine, which sponsored the survey. "Maine's aquaculture farmers work hard to produce locally grown, delicious, nutritional food, and it's clear that Maine residents recognize and support their efforts."



Three oyster farmers working on their farm off Mount Desert Island

Eighty-two percent of respondents say aquaculture is an important and valuable part of the local food system. With the United States importing about 85% of its seafood, aquaculture offers an opportunity to produce sustainable, healthy seafood domestically, reducing the carbon emissions associated with long-distance imports.

Eighty-two percent of respondents also say Maine's aquaculture products meet these high standards. This commitment to sustainability resonates

with voters, as 83% support further expansion of aquaculture in Maine.

"Maine farmed seafood is renowned for its quality. Maine aquaculture products are required to meet some of the highest environmental and food safety standards in the world, ensuring they are safe, sustainable and responsibly grown. Over three-quarters of respondents believe that aquaculture products are sustainable, environmentally responsible and delicious," Belle said.

"As we look to the



future, the support of Mainers will continue to be essential in ensuring that aquaculture grows responsibly and contributes to our state's resilience."

The Critical Insights on Maine tracking survey, conducted by Digital Research, Inc., is a long-standing public opinion poll of registered Maine voters, providing insights on a variety of topics for over 25 years. The Fall 2024 survey gathered responses from 604 participants via phone and online, ensuring a representative sample reflective of Maine's voting population. Results specific to the Maine aquaculture sector were drawn from proprietary questions included in the survey and have a margin of error of  $\pm 4.0$  percentage points at a 95% confidence level.

## Maine to expand broadband, digital skills training

**WASHINGTON, D.C.** — U.S. Senators Susan Collins and Angus King are announcing the National Telecommunications and Information Administration (NTIA) is awarding \$24.8 million to expand broadband and digital skills training across Maine. Awarded through the NTIA's Digital Equity Competitive Grant Program, this Maine funding will ensure communities have the access and skills to fully participate in the digital world, regardless of their background or circumstances. The grant program was signed into law under the Biden Administration through King's bipartisan Digital Equity Act, and included in the Infrastructure Investments and Jobs Act, to provide \$2.75 billion to establish three grant programs that promote digital equity and inclusion.

More specifically, the National Digital Equity Center (NDEC) based in Wiscasset will receive \$13.7 million to expand access to digital skills training statewide and increase capacity of the State

of Maine's libraries and other community organizations to provide digital equity services, including telehealth. The Greater Portland Council of Governments will also receive \$11.1 million to expand workforce development and digital literacy and cyber safety for seniors at community hubs among other goals.

"Access to high-speed Internet is critical to the vitality of rural communities, which is why I have long championed expanding access to broadband across Maine," said Senator Collins. "From spurring job creation to supporting telemedicine and education, the Internet unlocks almost endless benefits and possibilities. I co-authored the broadband section of the bipartisan infrastructure law to help bridge the digital divide between rural and urban areas, and I am pleased that this funding will help Maine make historic investments to extend its high-speed network to ensure that families have a reliable connection to their loved ones, co-workers, schools, and medical ser-

vices."

"In today's digital age, it is necessary for us to continue modernizing our state's infrastructure to equip Maine people with access to affordable high-speed internet and digital literacy resources," said Senator King. "This \$24.8 million investment from the bipartisan Infrastructure Investment and Jobs Act propels us toward our goal of closing the digital divide by having both statewide connectivity and statewide digital literacy. I look forward to continue working with the new administration to ensure all Maine people have access to 21st century technology that is essential for work, education, health, and personal use, and the digital skills to make the most of the opportunity this connectivity provides."

Funding for the National Digital Equity Center and Greater Portland Council of Governments builds on the \$5.7 million funding for Maine's Digital Equity Capacity Grant awarded in December 2024. More information on the projects can be found

here.

"The National Digital Equity Center (NDEC) has worked tirelessly since 2018 to help close the digital divide in Maine and across the United States. NDEC and its partners are deeply honored to be awarded the NTIA Competitive Grant award. We are so delighted and incredibly humbled to have the opportunity to expand and continue this very important work for Maine and its people," said Susan Corbett, Executive Director of the National Digital Equity Center.

"This funding will allow us and our partners to increase access to high-speed internet for all Mainers regardless of their income, background, or location. Our efforts will include providing affordable devices and affordable internet access. We'll teach people how to stay safe when online, and we'll help them realize the benefits of digital technology, such as how to use a video conferencing app to connect with their doctor," said Kristina Egan, Executive Director of the Greater

Portland Council of Governments.

"The award for GP-COG and its regional and Wabanaki partners all around the state is an enormous boost for Maine, at the best moment. Just when broadband infrastructure deployment is accelerating to serve every location in Maine, this grant will ensure that Maine people and communities in every part of the state will have access to support and services to maximize economic, educational, and workforce opportunities, improved access to care, and more that better connectivity can provide," said Maggie Drummond-Bahl, Senior Director of Digital Equity and Partnerships at Maine Connectivity Authority.

"These critical resources from the federal government will help Washington County residents take advantage of the opportunities that increased broadband access has created. Full access to the digital economy is essential to rural communities like ours, and we appreciate this investment that will help make that

possible," said Charles J. Rudelitch, Esq., Executive Director of the Sunrise County Economic Council.

Senator King is a longstanding advocate for the expansion of broadband access; his first op-ed as a Senate candidate in 2012 was to tout the potential of statewide connectivity. He introduced the Digital Equity Act of 2021, creating new federal investments toward programs promoting digital equity, and went on to be a key negotiator in securing \$65 billion toward broadband infrastructure as part of the Bipartisan Infrastructure Law in 2021. Senator Collins co-authored the broadband section of the Bipartisan Infrastructure Law with Senator Jeanne Shaheen (D-NH) and worked closely with Commerce Secretary Gina Raimondo to negotiate the provisions. The largest broadband program in the infrastructure bill is the Broadband Equity, Access, and Deployment (BEAD) Program which provides \$42.45 billion to expand high-speed internet access across the country.

## Alice James Books awarded \$45K literary arts grant

**NEW GLOUCESTER, ME**—Alice James Books (AJB), a leading independent poetry publisher, announced that it has been approved by the National Endowment for the Arts (NEA) for a Grants for Arts Projects award of \$45,000. In total, the NEA announced 1,474 awards totaling \$36,790,500 to support the arts in communities

in all 50 states, Puerto Rico, and Washington, DC.

"The NEA is proud to continue our nearly 60 years of supporting the efforts of organizations and artists that help to shape our country's vibrant arts sector and communities of all types across our nation," said NEA Chair Maria Rosario Jackson, PhD. "It is inspiring to see the wide range

of creative projects taking place—those that address our past and help us consider our future, integrate arts and culture in new ways into our lives and communities, and provide powerful opportunities for people throughout our nation to come together through a shared arts experience."

Alice James Books currently publishes an av-

erage of 8 books a year and maintains a list of over 250 titles. In addition, the press helps its writers achieve purposeful engagement with a broad audience and communities. These grant funds will support the ebook and print publication, distribution, and promotion of new works of poetry. Scheduled 2025 authors include: Matthew Nienow,

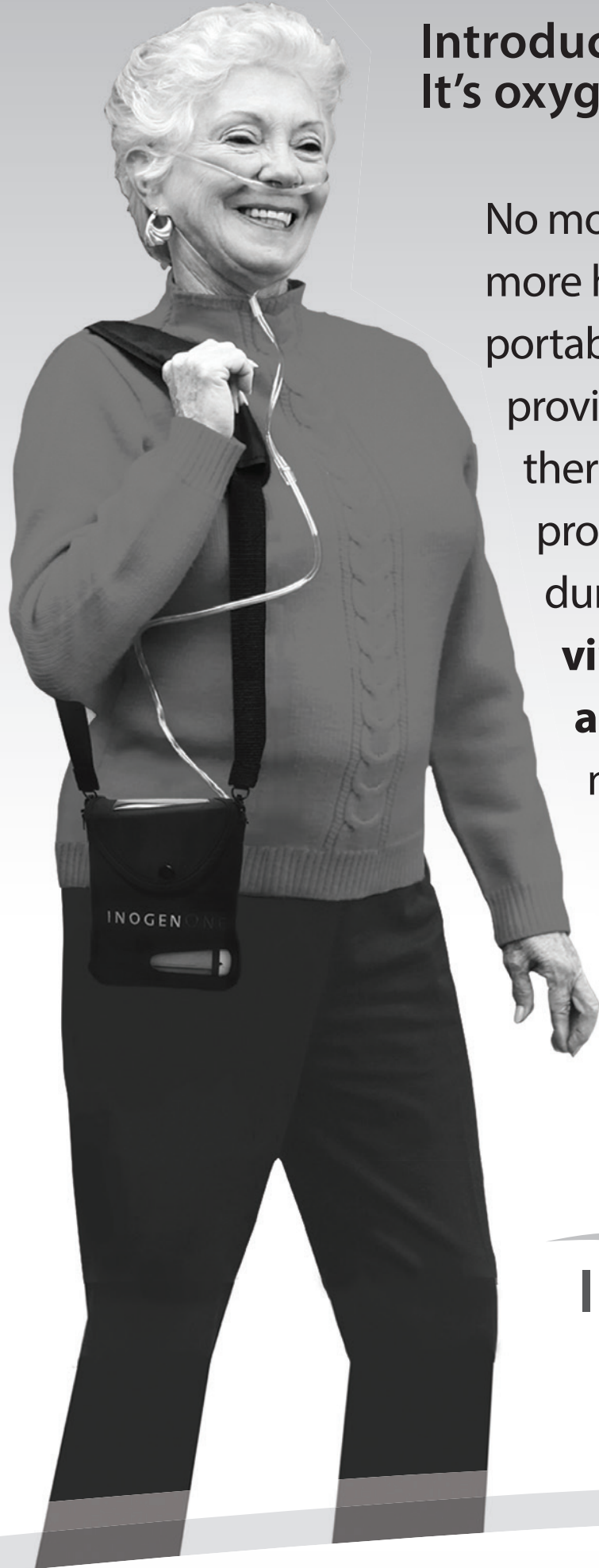
Esther Lin, Mary Helen Callier, Mia Ayumi Malhotra, Leigh Sugar, Michael M. Weinstein, Iain Haley Pollock, Cecily Parks, and Ally Ang.

"Alice James is overjoyed to receive such foundational support from the National Endowment for the Arts this year, along with many other esteemed organizations that sustain

and nourish our national literary ecosystem. These funds will aid the press significantly in publishing and promoting our amazing roster of 2025 poets, especially as costs to independent arts organizations and publishers continue to increase dramatically," said Carey Salerno, Executive Director & Publisher of Alice James Books.

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# All aboard, inland schools! Grant brings students to waterfront

**ORONO, ME** — An educational program led by Maine Sea Grant at the University of Maine bridges the gap between inland and coastal Maine, giving students from rural communities hands-on access to the state's vital marine ecosystems.

Since its launch in fall 2023, the "Bringing the Sea to Inland and Rural Youth" initiative connected nearly 400 middle and high school students with cutting-edge aquaculture practices, marine science careers and Maine's coastal heritage. Many students had never seen the ocean, let alone stepped aboard a boat.

Following the successful pilot year, which included five additional field trips this past fall, the program is gearing up for spring 2025 activities. Schools interested in participating in the "Bring-

ing the Sea to Inland and Rural Youth" program can contact Keri Kaczor at [keri.kaczor@maine.edu](mailto:keri.kaczor@maine.edu) or 207.974.9502.

For students like those at Sacopee Valley High School, who live 40 miles from the coast, their day on Casco Bay was a revelation.

"I was pleasantly surprised at how many experts were willing to come with us and give our students so much information. Everyone was willing to share, answer questions and just generally seemed to enjoy working with the students. It was awesome!" said Elizabeth Sanborn, extended learning opportunities coordinator at Sacopee Valley High School.

Experiences like these reshape students' perspectives and inspire them to consider futures in science, aquaculture



Students from Sacopee High School in Hiram, Maine enjoyed a boat ride on Casco Bay. Photo courtesy of Maine Sea Grant.

and environmental stewardship.

In fall 2024, each of the five participating schools were classified as vulnerable, overburdened and/or underserved. Through field trips, classroom visits and mentorship from Maine Sea Grant experts, students gain the knowledge and confidence to envision a broader range of academic and career possibilities.

"This program is

about much more than field trips," said Kaczor, environmental literacy and workforce development manager at Maine Sea Grant. "It's about connecting rural youth to the Gulf of Maine and showing them how their futures can be tied to Maine's growing marine economy. Whether it's a career in fisheries or aquaculture, sustainability or marine science, we want these students to explore

opportunities they would not have imagined otherwise."

Read an in-depth story about the Bringing the Sea to Inland and Rural Youth program on the Maine Sea Grant website.

Given aquaculture's growing importance to Maine's economy, the program's focus on that industry is particularly timely. By introducing students to careers in the blue economy — industries that use ocean resources for economic growth without jeopardizing the environment, Maine Sea Grant is working to bolster its workforce.

This program is one of many examples of how UMaine, Maine Sea Grant and University of Maine Cooperative Extension are preserving and propelling the state's blue economy. Through innovation and

workforce development, they broaden insight into ecological and sociological changes that affect the state's coastal communities and businesses. UMaine faculty and students are also exploring opportunities for new sectors and markets and investigating potential resources to mitigate the ramifications of climate change.

Bolstering these efforts is the UMaine Marine Aligned Research, Innovation, and Nationally-recognized Education (MARINE) Initiative, which fosters collaboration and synergy among researchers, industry, government and communities. Together, they integrate and innovate transdisciplinary marine research, education and outreach to enhance the socioeconomic well-being of people in Maine and beyond.

# Camden National Bank celebrates 150th anniversary

**CAMDEN, ME**— Camden National Bank, in celebration of its 150th anniversary, announced it would kick off its year-

long celebration by increasing its community commitment to fighting homelessness through its unique Hope@Home pro-

gram.

Founded in 2015, Hope@Home's mission is to support organizations working to combat homelessness through unrestricted funding. For every new home financed through Camden National Bank, the Bank donates \$100 of unrestricted funds in the buyer's name to a nearby homeless shelter. Camden National Bank pledges to increase the donation to \$150 for each of the first 150 homes financed through the bank in 2025. Since 2015, this program has generated over \$837,000 in unrestricted funding for more than 50 shelters.

Camden National Bank was founded in 1875, sharing space with the local Five and Ten Cent Store in Camden, Maine, to support the individuals and small

businesses in the community. The bank has grown from this one location, where the Main Office still serves customers and its headquarters, to 73 branches throughout Maine and New Hampshire.

"This year, we celebrate 150 years of serving our customers, communities, and shareholders. As we recognize this major milestone of progress and service, we reflect on the remarkable journey and

incredible employees that have shaped us into the innovative financial institution we are today," said Simon Griffiths, president and chief executive officer of Camden National Bank. "Over the past century and a half, we've built a legacy of trust, innovation, and dedication, driven by a passion for continually evolving to meet the needs of our customers and communities."

In recognition of this

milestone year, Camden National Bank will soon launch a debit card sweepstakes to reward and help cover the cost of some big moments and aspirations for its valuable customers in 2025.

Griffiths continued, "As we look to the future, we remain committed to being there for our customers no matter where they are on their financial journey, providing guidance and solutions they can count on. This anniversary is not just a celebration of the past but reflects the bright future we are building together."

Camden National Bank introduced its temporary logo, which you will see occasionally throughout the upcoming year. It's one of the many fun things they have in store for 2025.



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# Calendar

Send your submissions to the Editor. More online.

**Wednesdays**  
**GORHAM** -- Story Hour every Wednesday from 10:30 to 11:30 at North Gorham Public Library.

**Thursdays**  
**LEWISTON** -- Baby Sensory Playtime in the Lewiston Public Library's Children's Department every Thursday morning from 10am to 12pm.

Drop-in and join us for Baby Sensory Playtime! Babies and their caregivers will have the opportunity to interact with a variety of sensory toys and socialize with other families with young children. Playtime with sensory toys contributes to a baby's cognitive development, fine motor skills, social and emotional development, creativity, and language development.

Recommended for babies ages birth-18 months and their caregivers. Siblings are always welcome. This program is free, open to the public and no registration is required.

**Feb 13**  
**AUBURN** -- **BOOK DISCUSSION --DEMOCRACY AWAKENING: NOTES ON THE STATE OF AMERICA** by Heather Cox Richardson. Thursday, February 13, 2025 – 4:00-5:00 p.m., Auburn Public Library

**Feb 14**  
**LEWISTON** -- At 10am the Lewiston Public Library Children's Department will be offering a Valentine's Day Keepsake program. Caregivers and their young children will be able to make a collaborative family handprint keepsake on canvas for Valentine's Day. All family members can participate in this program.

Free. No registration required. Recommended families and their young

children ages birth-6 years old. Older siblings are also welcome to attend and participate.

**Feb 15**  
**WESTBROOK** -- The Chinese and American Friendship Association of Maine (CAFAM) will ring in the Year of the Snake, Saturday, February 15, 2025, at the Westbrook Performing Arts Center, 471 Stroudwater Road, Westbrook, ME

**Feb 15-16**  
**MAINE** -- Free Fishing Weekend is February 15-16, 2025! Grab a friend, neighbor, family member, colleague... it's time to go fishing! During Free Fishing Weekend, any person may fish without a license. Those whose license has been suspended or revoked cannot participate in Free Fishing Weekend.

**Feb 18, Mar 18, Apr 15**

**TURNER** -- Music for Mavis" hosts 2025 Cabin Fever Concerts at 98 MATHEWS WAY, OFF RT. 117 TURNER CENTER. 6:00-7:30 PM. Leave the winter blues behind and enjoy music with your fellow music lovers, right beside the gazebo, downstairs in the TPLibrary Building. The music is as follows:

February 18: Stan

Keech & friends, Bluegrass/folk

March 18: Robbie Coffin, Maggie, & Dave Rockin' Rock & Roll

April 15: Jim Galant and Billy Belskis, Instrumentals/blues/Celtic/a mix

**Feb 18, Mar 2, Mar 8**

**MAINE** -- For the second year in a row, WinterKids, a nonprofit dedicated to keeping kids active in winter, is hosting three Ski Free Days in February and March in partnership with local organizations. These events will provide lift tickets, rentals, and instruction at no cost to participants, making skiing accessible regardless of where kids live or their financial position.

□ Feb. 18 – Camden Snow Bowl (Downeast Family YMCA, 40+ kids)

□ March 2 – Black Mountain (Teens to Trails, 100+ students)

□ March 8 – Big Rock Mountain (Central Aroostook Association, 40+ participants)

**Feb 19**

**LEWISTON** -- Let's Grow Crystals at 11am, Lewiston Public Library Children's Department. Children will be provided with materials to grow tetragonal crystals by creating a solution with water and a package of monoammonium phosphate and powdered pigments.

Because the crystals take many days to grow, the crystal solutions will be kept in the display case so patrons can see their growth. After 2 weeks or so the finished crystals will be removed from their solution. The crystals will be kept in the display case on a lighted stand. Participants may also take the crystals home at that time.

Free. No registration required but supplies are limited. Recommended kids 8-12 years old. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street.

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**Feb 21 and 28 or Mar 3 and 10**

**MAINE** -- University of Maine Cooperative Extension is hosting online informational sessions for adults interested in becoming Maine 4-H volunteers. Participants can choose from two options: noon-1 p.m. on February 21 and 28 or 6-7 p.m. on March 3 and 10. The informational sessions are free; registration is required on the program webpage. For more information or to request a reasonable accommodation, contact Jennifer Lobley, jennifer.lobley@maine.edu, 207.255.3345.

**Feb 21**

**LEWISTON** -- Join us at the Lewiston Public Library for Family Movie Morning in the 3rd floor Callahan Hall on Friday, February 21st from 10:30am – 12:30pm. Children and siblings of all ages welcome. Children under 8 must be accompanied by a caregiver.

**Feb 22**

**BUXTON** -- Try our delicious Haddock Supper Buffet - Saturday, February 22, 2025 - 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.

**Feb 22**

**GRAY** -- First Congregational Church of Gray Sat-

urday Night Church Supper, Saturday, February 22, 2025 at 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 Kidney, Red Hot Dogs, Breads, & Assortment of Desserts & Beverages.

**Mar 8, 9**

**LEWISTON** -- The Maine Music Society Choral announces its upcoming concert, Out of the Ashes: Music Born of Tragedy, on Saturday, March 8, 2025, at 7:00 p.m. and Sunday, March 9, 2025, at 2:00 p.m. at the Franco Center in Lewiston.

**Mar 15**

**BRUNSWICK** -- The 2024-25 UUCB Concerts for a Cause Series season will include folk, jazz, blues, celtic, and choral singing for justice. This season's charities receiving 100% of the profits from the concert are Brunswick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

Women in Harmony - Sat, Mar 15, 2025 at 7:30 pm. Doors open 7:00 pm. Tickets: \$25 in advance, \$30 at the door, \$10 Students/Children

Women in Harmony is a Portland-based chorus of 60 women's voices, which has been singing for social justice for over 20 years. It is a diverse group of gay and straight, musically sophisticated and musically untrained women who unite in song and a spirit of fairness. Women in Harmony is dedicated both to musical excellence and social justice.

Tickets: \$15 in advance, \$20 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticketstripe.com/womeninharmony>

**Valentine's Day Keepsake**  
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From her earliest memories, Kathleen's mother, Alice, has been independent. Having raised four children largely on her own, Alice worked until she was 85 and is a fixture in their island community.

But as Alice aged, her vision began to deteriorate. She wanted to continue living independently in the home and community she loved, but she and her kids knew that she needed a helping hand to remain safe and happy.

For the family, that helping hand came from Jim, a Direct Support worker, who lives nearby, and now visits Alice for a few hours, several days a week. He supports her with a variety of household tasks, including shopping and preparing meals. Often, the most valuable support is the conversation and camaraderie he provides.

"Jim is my godsend," Alice said. "I look forward to him every single week."

Jim is part of the growing field of Direct Support, ensuring that Mainers with age-related, physical, behavioral, intellectual and cognitive health needs have the support they need to stay safe, independent and empowered to achieve their personal goals.

For Jim, this is the ideal encore career. At 65, he retired from his full-time job; but after two years, he began to feel restless.

"If you have too much time you can overthink things and feel like you're missing out on something," he said. "But when you're helping somebody, it feels like you're in exactly the right spot. And that's such a good feeling."

For Dakota, 24, the steady presence of a Personal Support Specialist, Sonya, has made all the difference in the world. Dakota, who lives with intellectual and developmental disabilities, says that Sonya's support has allowed him to gain the independence and a sense of connection to the community that he didn't have before. In addition to assisting with activities of daily living, her support allows him to go to the movies, go to bookstores and do many other activities he loves.

"It makes me feel so happy to be a part of society," he said. "With her support, I really feel like I've been able to flourish."

To learn more about full-time, part-time and per-diem opportunities in your community, go to [Mainecareerswithpurpose.org](http://Mainecareerswithpurpose.org). Follow @MaineCareerswithPurpose on Facebook and Instagram.

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**Part 1**  
 Wednesday, February 19th @2pm-3pm  
 2nd Floor Idea Lab

**Part 2**  
 Thursday, February 20th @2pm-3pm  
 2nd Floor Idea Lab

Free. Registration Required.

Lewiston PUBLIC LIBRARY

**Working**  
 Continued from page 3

need assistance navigating state services or have ideas to improve our community, please don't hesitate to contact me.

Together, we can work toward a Maine that honors our traditions while building a stronger future for all our residents.

# Classified Ads

## CAMPER FOR SALE

**Keystone campfire edition travel trailer.** New June 2018. 29.8 feet. Less than 500 miles on it. 12 foot slide out, large refrigerator, leather couch. Two gray water tanks, large closets, over \$9000 extras. AC/furnace. Paid \$34,000 new. Must sell. Asking \$21,000. 207-310-0212.

**Keystone Sprinter 5th Wheel.** 2018, 31 feet, 2 super slides, large refrigerator, like new - hardly used. Full winter cover, super glide included. Asking \$25,500 - please call 207-754-2165

## CLEANERS

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

## CLEANING

**NORTHERN SUPREME CLEANING.** Junk removal • Yard cleanup. Everything & anything! Residential & Commercial Our team ensures spotless, refreshed spaces with eco-friendly practices and competitive pricing. \*Trust us for a superior cleaning experience!\* Call (207) 595-6347 or email [Northernsupreme cleaning@gmail.com](mailto:Northernsupreme cleaning@gmail.com)

**Commercial Office Cleaning.** 1st Choice Floor Care & Building Maintenance. Commercial cleaning company with 25+ years experience and fully insured. 1 day a week or more we can do it all. Call, email or text. (207) 956-3114 [stephen@1stcoice floorcare.com](mailto:stephen@1stcoice floorcare.com) [www.1stchoicefloorcare.com](http://www.1stchoicefloorcare.com)

## EDUCATION

**Enjoy American History** Download free ebooks from [Ebooksforstudents.org](http://Ebooksforstudents.org). Enjoy exciting narratives about World War II, Korea and Vietnam. Read about the Freedom Rides, the discovery of penicillin and how women won the right to vote.

**CLASSIFIED ADS \$25 PER WEEK**

## FOR SALE

All-in-one Dell printer and fax machine. \$495. Call 783-8327.

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

## HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

## LIVE & CODE IN MAINE

Maine cybersecurity start-up seeks local software engineer  
Defendify is looking for a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: [www.defendify.com/careers](http://www.defendify.com/careers).

[defendify.com/careers](http://defendify.com/careers).

## PAINTING

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

## SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 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.

**MAY 29 - JUNE 4, 2025 - WASHINGTON, D.C. - NATION'S CAPITAL**

Trip includes 7 days and 6 nights lodging, 6 breakfasts and 4 dinners. A guided tour of Washington, D.C. which includes the US Capitol, the White House, the National Archives, Embassy Row and Georgetown. We will also visit the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial. We will also have a

guided evening tour of all the Memorials. We will have a Guided Tram Tour of inspirational sights such as Arlington National Cemetery, Tomb of the Unknown Soldier, Kennedy Graves and the Iwo Jima Memorial.

We will visit the Smithsonian Museum and the Museum of the Bible which contains some of the oldest and most important biblical artifacts in human history. On our way home we will stop and enjoy the National Harbor which is a unique waterfront wonderland of shopping, dining and more. **A \$75.00 deposit is due when signing up for this trip. The price is \$985.00 per person double occupancy. Add \$305.00 for single occupancy. Final payment is due 3/22/25.**

**SEPTEMBER 11-19, 2025 - BLUEGRASS COUNTRY & THE SMOKY MOUNTAINS**

Price includes round trip air from Logan International Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals. Highlights of this tour are Louisville and Lexington, Kentucky – Churchill Downs, Kentucky Derby Museum, Louisville

Slugger Museum, Buffalo Trace Bourbon Distillery, Lexington Horse Farm.

Gatlinburg, Tennessee – Dolly Parton's Smoky Mountain Theme Park, Guided tour of the Great Smokey Mountain National Park (UNESCO), Cherokee, Old Smoky Moonshine Distillery. Asheville, North Carolina – Blue Ridge Mountains, tour of the Biltmore Estates Mansion and manicured grounds.

**Deposit for this trip is \$698.00 per person and due by March 11, 2025. Early bookings save \$100.00 per person. For more information on pricing call Claire.**

**OCTOBER 6 – 10, 2025 - ATLANTIC CITY, CAPE MAY, & PHILADELPHIA**

- Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble. Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the

famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.**

**NOVEMBER 16-26, 2025 - CLASSICAL GREECE**

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners). Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

**If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.**

## Classified Ads UP TO 40 WORDS!

**\$25 PER WEEK**  
EACH ADDITIONAL WORD 25¢

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

Card #  Visa  Master Card  3 digits #  on back

Exp. date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name & Address \_\_\_\_\_

Phone: \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**HEADLINE:** \_\_\_\_\_

**AD INFO:** \_\_\_\_\_

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**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_

# Connections & Confections

 **GORHAM HOUSE**  
a Senior Lifestyle community

**Confectionary Connections:  
A Progressive Tour**

February 13 or 20 | 2 p.m.

Choose your date and RSVP today  
at [slheartfelttour.com](http://slheartfelttour.com) or  
call 207-489-4272



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# Solar Panel Installation

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Your trusted provider of Maine residential and commercial solar system solutions.



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