



TWIN CITY TIMES

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Central Maine Healthcare welcomes new orthopedic surgeon

LEWISTON, ME -- Central Maine Healthcare recently welcomed a new orthopedic surgeon.

Dennis Sullivan, MD, is the newest member of Central Maine Healthcare Orthopedics, specializing in knee and shoulder surgery at Bridgton Hospital and Rumford Hospital.

Dr. Sullivan says he chose this field because he could clearly see how orthopedic surgery directly improve patients' lives.

"When it comes to my patients, I favor a conservative approach to injuries and arthritic conditions, whenever possible," Dr. Sullivan said. "I also ex-



plain diagnoses in multiple ways, reviewing images and reports, and using anatomical models so my patients understand what's happening."

Dr. Sullivan earned his medical degree at the Hospital for Special Surgery, in New York, and completed his residency at the University of Toronto Orthopedic Sports Medicine. He has been a team physician for USA Hockey for 25 years, which included a tournament in the Czech Repub-

lic. He was also head team physician for the Portland Pirates from 1994-2008.

Central Maine Orthopedics has been named a Cigna Center of Excellence for hip and knee replacement. It has also been named a Blue Distinction Center by Blue Cross and Blue Shield.

APL hosting Stanton Bird Club March meeting

AUBURN, ME -- On March 3rd, the Stanton Bird Club will be hosting the fourth in its 2024-25 lecture series presenting "Predator and Prey Relationship" with Shevenell Webb.

A wildlife biologist with Maine Department of Inland Fisheries and Wildlife, Webb is the project leader for furbearers, small game, and Canada lynx. With an undergraduate degree in wildlife ecology from the University of Maine in Orono, she went on to obtain her master's degree in environmental biology and ecology from the University of Alberta.

Her primary duties include research and man-



Shevenell Webb

agement of a wide variety of small and medium-sized mammals, including bats, northern bog lemmings, beavers, bobcats, fishers, and coyotes. Before joining the Department in July 2018, Shevenell worked in western Canada for 10 years, where she was involved in researching wol-

verines, conducting aerial surveys on moose and elk, and restoring wildlife habitat.

The talk will be held on Monday, March 3rd from 4-6pm at the Auburn Public Library. The public is welcome. The lecture series is free of charge.

The Stanton Bird Club, a leader in environmental awareness, owns and manages the Thorncrag Nature Sanctuary in Lewiston as well as the Woodbury Nature Sanctuary in Monmouth and Litchfield. More information about other activities of the Club can be found at www.StantonBirdClub.org and on its Facebook page.

Norway Savings Bank contributes to Franco Center in Lewiston

LEWISTON, ME--Nearly a century after opening as St. Mary's Church, the building on 46 Cedar Street is now home to the Franco-American Heritage Center, colloquially known as the Franco Center, a revered performing arts and cultural facility that offers a showcase for today's talent and a venue to celebrate Maine's past and present, with 80% of Maine's Franco-American population living within 50 miles of Lewiston/Auburn.

Norway Savings Bank continued its long-time commitment to supporting the center with a \$1,500 in advance of a new season of entertainment, events, and memorable

moments. NSB has contributed over \$12,000 to the Center in recent years.

"The Franco Center works to create, promote, and host a calendar of diverse social opportunities for all ages. We're grateful for the many ways in which it provides the chance for local and national performers to enhance the cultural life of the Lewiston/Auburn area and beyond," said Dan Walsh, President and CEO of Norway Savings Bank.

"The Franco Center has grown from a small group of individuals with a vision of preserving Franco-American culture to a center that welcomes performances, business functions, weddings, and

even family and individual events," said Penny Drumm, Administrator of the Franco Center. "With the support of Norway Savings Bank and other institutions, we can continue to grow and offer this beautiful facility for more organizations and community members to enjoy. We're grateful for the faith in and support of our mission."

Upcoming events include "La Rencontre" on March 13, an early Beatles tribute on April 11, and a Taylor Swift tribute on April 12. For information on booking the Center, call 207-783-1585. For ticket or schedule information, visit www.francocenter.org.

Free pancake breakfast in Gray

GRAY, ME -- The First Congregational Church of Gray, UCC celebrates Shrovetide, the time of preparation for Lent that was a brief period of celebrations and feasting on foods that would be forbidden during the Lenten period. In early times, pancakes became a popular feast item, in part to use the eggs and dairy products that were not allowed during Lent. Today's rules have changed and for most, eggs and dairy are permitted, but the pancake tradition survives!

The Youth Group of the Gray Church happily

continues the Shrovetide celebration with a free pancake and sausage breakfast on Saturday, March 2, starting at 9:30 a.m. Blueberry, chocolate chips, gluten-free, and "just plain pancakes" will be on the grills. Regular and vegetarian breakfast sausage will also be served. Completing the festive meal will be juice, coffee, tea, hot chocolate, and fresh fruit.

Following breakfast, join the youth as they hold their annual Pancake Flipping Challenge and a variety of other entertaining Mardi Gras games. The games will begin at 10. If

you haven't embraced the joys of Mardi Gras with your family, this is the time to experience the fun! Join us for Shrovetide at the Parish House of the First Congregational Church of Gray, UCC, on 5 Brown St (right behind MacDonald's). Donations will be gladly accepted at the door to benefit the Youth Group.

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

UMaine Extension to host backyard composting webinar

ORONO, ME -- University of Maine Cooperative Extension is offering an introduction to home composting webinar from 5:30 to 7 p.m. on Tuesday, March 11 via Zoom.

In this workshop participants will learn the science behind compost formation, how to "feed" your compost pile, and how to use finished compost in the garden. Participants will also consider different styles of home composting, from traditional wooden bins to nimble tumblers. This



Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

workshop will help interested home composters find a system that's right for them, whether they have a yard or a small back porch. Nick Rowley, UMaine Extension sustainable agriculture and horticulture professional, will lead the workshop along with Carrick Gambell, Extension urban agriculture

professional. Cost of the workshop is on a sliding scale from \$0-\$15. Visit the program website to register by March 10. For more information or to request a reasonable accommodation, contact Carrick Gambell at 207.691.1238 or carrick.gambell@maine.edu.



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Newsmakers, Names & Faces

MCO concert features four classic works

TOPSHAM, ME — The Midcoast Symphony Orchestra (MSO) continues its 35th season with a concert entitled “Passionate & Fiery Compositions” at the Franco Center in Lewiston on Saturday, March 22 at 7pm, and the Orion Performing Arts Center in Topsham on Sunday, March 23 at 2:30pm. Guest conductor Hiroya Miura, Associate Professor of Music at Bates College, has chosen Robert Schumann’s Symphony No. 2 as the concert’s centerpiece. The program also includes Prometheus by Franz Liszt, Ballade in A Minor by Samuel Coleridge-Taylor, and the Firebird Suite by Igor Stravinsky. Individual tickets are \$25 in advance and \$30 at the door, with free ad-

mission for anyone 25 and under. Complete concert and ticket information is available at midcoastsymphony.org or by calling the box office at (207) 481-0790.

Concertgoers are invited to arrive an hour before the concert begins to hear a “More with Midcoast” conversation about the program with Maestro Miura and Caroline Cornish, the leader of the second violin section. Miura, a native of Sendai, Japan, holds a doctorate in music from Columbia University. Besides his position at Bates, where he teaches music theory and composition and directs the college orchestra, he is the artistic director of Columbia’s Japanese Cultural Heritage Initiatives and serves on

the advisory board for the Composers Conference. As a conductor Miura has led premieres by several emerging composers in the New York area. His own compositions have been presented in venues and festivals around the world, including Lincoln Center’s Alice Tully Hall, Carnegie Hall, Tanglewood, and Tokyo Opera City (Japan). Miura’s new multi-lingual opera “Intercourse of Ghosts,” which reimagines the correspondence between Franz Kafka and Milena Jesenská, will be premiered at the end of March at the Czech Center in New York.

Two pieces in “Passionate & Fiery Compositions” have a direct connection to fire. Liszt’s Prometheus depicts the



Hiroya Miura (photo credit William Cochran)

suffering of the mythic hero who was punished by the gods for giving fire to humankind, but also imagines an eventual freedom for Prometheus from the chains that shackled him. Stravinsky’s Firebird, written in 1910 for the celebrated Ballet Russes in Paris, is based on a folk tale about a



beautiful mythic bird who helps to destroy an evil sorcerer. The other two works, even though not telling specific stories, are filled with their own fiery passion. The Englishman Samuel Coleridge-Taylor wrote his Ballade in A Minor in 1898 when he was only 23, and it brims with

the explosive energy of a highly gifted young composer. Schumann’s Symphony No. 2, written after a mental breakdown in 1845, reflects some of the emotional turmoil in his life as he battled poor health and other challenges, but the music ultimately is uplifting and triumphant.

5 healthy lifestyle habits during American Heart Month

Dr. Ana Stankovic, Chief Medical Officer, UnitedHealthcare of New England

February serves as American Heart Month, providing an opportune time to recognize – and address – the risk factors for heart disease. That’s crucial considering a recent report by the American Heart Association found heart disease remains the leading cause of death in the United States, with over 941,000 Americans dying of this disease every year¹.

This translates to nearly 2,500 deaths every day¹, even though 80% of those cases are preventable². Alarmingly, the prevalence of heart disease continues to rise

due to increasing risk factors, such as having diabetes or prediabetes; high blood pressure; high or unhealthy levels of cholesterol; and obesity.

During American Heart Month, everyone is encouraged to understand the importance of heart health and adopt healthier behaviors that can decrease the risk of serious health outcomes.

By adopting healthier lifestyle habits, you can learn to incorporate small, but important, changes into your day-to-day routines that can help prevent heart disease. The Centers for Disease Control & Prevention (CDC) states living a healthier lifestyle³ can help keep your blood pressure, cho-

lesterol, and blood sugar levels normal and lower the risk for heart disease and heart attack.

Here are five lifestyle habits to help improve heart health during February and year-round:

Choose healthy foods and drinks. Consider eating plenty of fruits and vegetables and less processed foods. Eating foods high in fiber and low in saturated and trans fats can help prevent high cholesterol⁴. Recent research concludes that avoiding alcohol entirely⁵ is the optimal option to improve or maintain your health. If you choose to drink, limit the amount of alcohol to one drink per day for women, and two drinks per day for men.

Keep a healthy weight. People who are overweight or are currently obese have a high-

er risk⁶ for heart disease. Extra weight can put extra stress on the blood vessels and the heart.

Get regular physical activity. Any physical activity is better than none. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intense activity every week for heart health. For adolescents and children, it is recommended they get 1 hour of physical activity daily. Talk with your doctor before significantly increasing your activity level.

Quit smoking. Cigarette smoking and tobacco use can increase your risk of heart disease⁷. If you do smoke, quitting will help lower your risk for heart disease. Talk to your doctor to learn about ways to help you quit, and check with your health plan or employer to determine what smoking ces-

sation resources may be available.

Get good sleep. The recommended amount of sleep for most healthy adults is at least 7 hours each night. Lack of sleep is associated with health problems such as high blood pressure, type 2 diabetes, and obesity⁸, all of which can raise your risk of heart disease.

1 American Heart Association, 2025, <https://newsroom.heart.org/news/heart-disease-remains-leading-cause-of-death-as-key-health-risk-factors-continue-to-rise>

2 World Heart Federation, <https://world-heart-federation.org/what-we-do/prevention>

3 Centers for Disease Control and Prevention, 2024, <https://www.cdc.gov/heart-disease/prevention/index.html>

4 Centers for Dis-

ease Control and Prevention, 2024, <https://www.cdc.gov/cholesterol/prevention/index.html>

5 World Health Organization, 2022, <https://www.who.int/europe/news-room/04-01-2023-no-level-of-alcohol-consumption-is-safe-for-our-health>

6 Healthline, 2022, <https://www.healthline.com/health/heart-disease/heart-disease-and-obesity>

7 U.S. Food & Drug Administration, 2021, <https://www.fda.gov/tobacco-products/health-effects-tobacco-use/how-smoking-affects-heart-health>

8 American Heart Association, 2023, <https://www.heart.org/en/health-topics/sleep-disorders/sleep-and-heart-health>

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Newsmakers, Names & Faces

Brianna Roberge joins Fontaine Family Team

MAINE -- Fontaine Family - The Real Estate Leader is proud to announce Brianna Roberge as the newest addition to their growing Auburn team.

Brianna grew up in South Berwick, Maine, and currently resides in Waterford with her husband, Eric, and their beloved dog, Maggie. She attended South Lake High School in Clermont, Florida, before establishing herself as a successful business owner. Since 2011, Brianna has owned and operated a cleaning company specializing in business and vacation rentals. Additionally,

she has been a dedicated purveyor of vintage books since 2012.

Although new to the real estate industry, Brianna's personal experience buying and selling her own properties has fueled her enthusiasm for helping others navigate their real estate journeys. She will be working with both buyers and sellers, bringing her attention to detail, entrepreneurial spirit, and dedication to exceptional service to every transaction.

When she isn't assisting clients, Brianna can be found hiking through the woods or scaling moun-



tains, embracing her love for the outdoors. She also enjoys creating pottery and other arts, and is known for her impressive bowling skills. Brianna values

time with her family, who are spread across Southern Maine, Pennsylvania, Tennessee, and Florida.

For real estate opportunities with Brianna

Roberge, she can be contacted by phone at (207) 291-5861 or email Brianna@fontaineteam.com

Fontaine Family – The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family-Owned Business of the Year, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area year after year, recognized by Real Trends as America's Top 250 Real Estate Team and published in the Wall Street Journal

in the Top 250 Real Estate Professionals ranking in the top 1/2 of 1% of Realtors outperforming 99.9% of the nation's Realtors.

The Fontaine Family Team serves 8 counties – Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset – in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit FontaineTeam.com, download their free home search mobile app "Fontaine Family Real Estate" or call (207)784-3800 or (207)289-3830.

Skowhegan Savings promotes Fortin-Trimble

SKOWHEGAN, ME -- Skowhegan Savings Bank is pleased to announce the promotion of Andrew Fortin-Trimble to senior vice president chief banking officer. In his new role, he will oversee the bank's retail network, mortgage lending, cash management, call center and marketing teams with a focus on enhancing customer experience.

"Andrew's initiative and forward-thinking approach has been a fun-

damental addition to our senior management team and the bank's growth over the past five years, with his contributions further strengthening our brand and enhancing our customer relations," said Dan Tilton, president of Skowhegan Savings. "In this new role, I foresee Andrew's ongoing leadership and expertise pivotal in working with our teams to further identify how we can increase our level of customer service in ways

that better help our customers meet their financial goals."

Fortin-Trimble joined the bank in 2020 as vice president and director of marketing before being promoted to the bank's senior management team as senior vice president and chief marketing officer in 2023.

"I'm proud to be a part of such an outstanding team here at Skowhegan Savings, as we have the privilege to be a part of



the most critical financial moments in the lives of our customers," said For-

tin-Trimble. "At Skowhegan Savings we build authentic relationships with our customers and strive to provide them with an outstanding experience. I look forward to working more closely with our sales teams to find additional innovative ways that we can serve our customers and make our communities a better place to live and work."

Prior to joining Skowhegan Savings, For-

tin-Trimble served as the digital marketing manager for Camden National Bank leading digital acquisition strategy and within revenue operations at CEB, now Gartner.

Fortin-Trimble earned a masters of business administration from Thomas College and a bachelors in international relations from Liberty University. He resides in Waterville with his wife and their two children.

Letter to the editor:

Solar subsidies need to be scaled back

By Senator Bruce Bickford

When the Legislature first passed Maine's current Net Energy Billing policies in 2019, the intent was to spur solar development. The actual subsidies were tied to natural gas rates and rose too high, too fast when the price of natural gas spiked.

Adding to these costs is the fact that out-of-state investors noticed that Maine's Net Energy Billing program was offering higher than market rate subsidies. Taking advantage of Maine's generous solar subsidies, large solar farms, backed by hedge funds and venture capital firms, began popping up all over the state.

Let me be very clear:

I support solar and think that residential solar is beneficial in meeting our energy goals. However, the development of large solar fields should not come at the expense of ratepayers who don't have the means to pay the upfront costs of installing solar arrays.

That's why I introduced "An Act to Prohibit Net Energy Billing by Certain Customers." My bill would allow individuals and small businesses to continue adding power to the grid and be compensated for that power. Large solar developers, however, would not be eligible to participate as it is these large developments that are causing rates to go up and nearly double for some commercial ratepayers.

Additionally, because of the perverse incentive to build massive solar fields instead of other types of developments, our housing shortage is not being addressed. If the return for out-of-state investors buying up land was not so high for solar development, other types of development, like housing, could occur.

Senator Bruce Bickford represents Auburn, Durham and Poland in Androscoggin County and New Gloucester in Cumberland County. He served in the Maine House of Representatives during the 124th – 125th Legislatures and the 127th – 130th Legislatures.

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

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Seniors Not Acting Their Age

Mount Cutler is a Little Known Gem



Hikers enjoy one of many views on Mount Cutler



A steep bushwhack is necessary to reach the true summit



The western end of the Mount Cutler Ridge offers exceptional views

Until a few years ago, I had never heard of Mount Cutler. A small peak located in the tiny Village of Hiram in southwestern Maine, a friend recommended it as a quality hiking alternative without the need to drive another hour or more to the taller mountains in western Maine and New Hampshire.

For over 45 years, I drove by Mount Cutler without paying much attention. The distinctive prominence can be readily observed when approaching Hiram from the south on Route 113, but I was focused on my objectives farther west.

Intrigued with the prospect of a new outdoor excursion, I explored Mount Cutler in the fall

six years ago. I was very pleasantly surprised. The trek is easy to moderate in difficulty and offers a multitude of viewpoints during a lengthy ridge walk. For the more adventurous, the hike can be extended by bushwhacking over the true summit on the western end of the ridge. I was hooked and have returned a couple of times each year since.

In late January, I announced a Penobscot Paddle & Chowder Society hike on the little known summit. Three Chowderheads unfamiliar with Mount Cutler quickly signed on. Unsure of trail conditions, I urged them to bring both snowshoes and micro spikes.

The four of us met at the trailhead on a beautiful sunny, cool, breezy day.

The trailhead, where there is a sizeable parking area and an information kiosk, is located on the left side of Hiram Hill Road just a short distance from the center of town. The 173-acre Mount Cutler Park and Recreation Area is managed by the Town of Hiram.

About six inches of snow had accumulated in the woods and the trail was packed by previous hikers. We decided to forego carrying snowshoes and wore micro spikes from the outset. Overall, the spikes were a good choice because there were a number of areas where hard ice was encountered, sometimes hidden beneath the snow. However, sun-warmed snow inconveniently stuck to the spikes periodically.

We studied a map at the kiosk. I confess to finding the trail network confusing and I'm skeptical about the stated trail distances. However, as a result of prior visits, I've acquired a preferred itinerary that I believe captures the best of the Mount Cutler hiking experience. My companions recklessly decided to trust my judgment.

We followed twisting North Trail in a hardwood forest past junctions for the Moraine and White Trails on the left. Shortly after, the narrow path steepens and angles left. Persisting upward, we emerged onto precipitous icy sloping ledges. Cautiously negotiating up the potentially treacherous inclines, we paused several times to savor exceptional views in the north.

At the top of the ledges, we joined Ridge Walk Trail. The rolling ridge is a continuum of easy hiking with multiple viewpoints. We rambled west until dropping deep into a notch where the marked trail ends.

A bushwhack up an

abrupt wooded bluff is necessary to reach the true summit. Previous hikers had completed the climb so we followed their tracks to the top. The views in this area of the Saco River Valley and summits in the west are outstanding. Backtracking across the ridge, we stopped at a sunny overlook for a relaxing lunch.

Progressing farther east on the ridge, we passed North Trail junction on the left and dropped steeply through a boulder-strewn heavily-wooded passage to Front Ledges, a site that offers excellent views looking directly down into the Town of Hiram and is also the junction for the Barnes and White Trails. We took time to enjoy the scenic overlook.

The Barnes Trail rises very steeply from downtown Hiram. Based on my one experience climbing the severely eroded often precipitous path, I don't recommend it.

We turned left and began descending on White Trail in a dense stand of hemlocks. White Trail

wraps around the northern slope of the mountain where an impressive stone-wall has to be crossed before it joins North Trail. Once back on North Trail, we hiked easily downward to the trailhead completing a very entertaining trek that I estimate to be about 3.5 miles in length.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates stimulating treks on the nine best mountain hikes in Maine including winter climbs in Baxter State Park.

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

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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-



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

nities to learn about local food systems and discover careers in agriculture. The 4-H Ag Ambassador pro-

gram aims to help teens from all walks of life discover a future in agriculture and connect with other



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

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. 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. Participants complete hands-on projects in areas like health, science, agriculture and civic engagement in a positive environment where they are encouraged to take on proactive leadership roles.

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. Based 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 pris-



The Maine Music Society Chorale; Photo by Jared Morneau

oners as well as readings 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 for either performance 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 for the actual tickets following the instructions on the vouchers.

For more information, or to purchase tickets, visit us online at 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.

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Arts & Entertainment

Augusta Symphony Orchestra to perform March 9 concert

AUGUSTA, ME -- The Augusta Symphony Orchestra invites the community to experience an afternoon of timeless classical music at their Spring Concert. The performance will take place on Sunday, March 9, at 3:00 PM at Cony High School, 60 Pierce Dr, Augusta, ME.

The program promises to delight music lovers with an inspiring selection of works, starting with Beethoven's Symphony No. 1, and followed by Joseph Haydn's Symphony No. 88. After a brief intermission, the ASO will perform Four Norwegian Dances by Edvard Grieg.

Founded in 1920 as a community orchestra, the Augusta Symphony Orchestra has a rich history of bringing exceptional classical music to the community. This concert continues that proud tradition, showcasing the orchestra's talent and dedication to the arts.



The ASO is led by Conductor and Music Director Jinwook Park. Mr. Park is a member of the Colby College faculty and serves as the Music Director of the Colby Symphony Orchestra, as well as teaching violin and viola. With his passion and commitment to educational outreach, Mr. Park also served as a founder and Music Director of the Kennebec Valley Youth Symphony Orchestra, providing music and music education to the Central Maine community for

many years. He has served as the music director of the Augusta Symphony Orchestra since 2021.

Admission is free, but donations are gratefully accepted to support the orchestra's mission of making music accessible to all. Mark your calendar and join us for an unforgettable afternoon of music.

For more information about the Augusta Symphony Orchestra and upcoming events, visit www.augustasyphony-maine.org

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Liszt..... *Prometheus*
Schumann..... Symphony No. 2
Samuel Coleridge-Taylor..... *Ballade*
Stravinsky..... *Firebird Suite* (1919 version)

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United Ambulance achieves perfect score in reaccreditation

LEWISTON, ME – United Ambulance Service recently received a perfect score in their reaccreditation review by the Commission on Accreditation of Ambulance Services (CAAS). The accreditation review, like the rigorous process used by hospitals and nursing facilities, is conducted every three years and includes an intensive application process and multi-day on-site inspection by outside experts. Reviewers from across the nation visited the company’s Lewiston and Bridgton service areas

evaluating 107 categories. Since 1981, United Ambulance has been dedicated to providing the highest emergency medical care and transportation possible. United’s Lewiston division was first accredited in 2006 and their Bridgton division soon followed in 2007. Since then they have remained Maine’s first and only accredited ambulance service. CAAS is a non-profit organization which was established to encourage and promote quality patient care in America’s medical transportation system.



The primary focus of the Commission’s standards is high-quality patient care. This is accomplished by establishing national standards which not only address the delivery of patient care, but also the ambulance service’s total operation and its relationships with other agencies, the general public, and the medical community. In

most instances the Commission’s standards exceed state and local licensing requirements. Paul Gosselin, Executive Director of United Ambulance, commented on the achievement, saying, “The reviewers were thoroughly impressed with our service and with the resilience of our community over the past year. While



CAAS accreditation is not required for operation, we pursue it because it represents the gold standard in EMS. This reaccreditation validates our continuous efforts and demonstrates our commitment to delivering exceptional emergency medical services to the

residents of Androscoggin County.” United Ambulance’s dedication to excellence in emergency medical services is reflected in its ongoing accreditation status. As a service leader in Maine, the company’s focus remains on providing high-quality care and maintaining strong community connections. If you are interested in starting a career in EMS or would like more information about United Ambulance Service, visit them online at: www.unitedambulance.com.

March Madness with the Masons

LEWISTON, ME -- From March 1st to the 21st, the Lewiston Public Library is partnering with the Ancient Brothers Lodge #178 and Ashlar Lodge #105 to host the 3rd annual March Madness with the Masons. This Masonic Lodge literacy program is for children in Lewiston and Auburn and to give away brand new bikes, Kindle Fire tablets, scooters and fishing kits. To participate, kids in grades 1 through 6 will fill out a book review at the library. For every book

review completed, a raffle ticket with their name will be entered into the drawing to win a prize. Kids may submit more than one book review. Once the winners are chosen, a reception will be held on April 5th at 11am for kids to receive one of the prizes in Callahan Hall at the Lewiston Public Library. The brothers of Ancient Brothers Lodge #178 are excited to partner with the Lewiston Public Library to expand our lodge’s Bikes for Books program. To con-

tinue to work at improving the community at large, as well as to aid in the success of our children and the future to come, it’s essential to establish a love for reading early in life. Towards that end, the Maine Masonic Charity Foundation and Masons in Maine are happy to bring the Masonic Bikes for Books program to children throughout Maine. The objectives of the program are fourfold: To increase children’s reading and comprehension skills.

To recognize positive child achievements. To provide an attainable goal, with life enhancing results. To get children to be active outside. The Ashlar Lodge literacy program is designed to help schools promote reading for Kindergarten through sixth grade students. The libraries provide a reading program to encourage kids to read and they provide Kindles as an incentive. They feel that Kindles will help students gain access to reading through the public library

system and learn to enjoy reading. As one of the seven liberal arts and sciences, they believe reading will help children grow and prosper into young adults and accomplish their goals in life. The Lewiston Public

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

March Madness with the Masons

Sponsored by:
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Ashlar Lodge #105

Grades 1 - 6
March 1 - 21st
Children's Department

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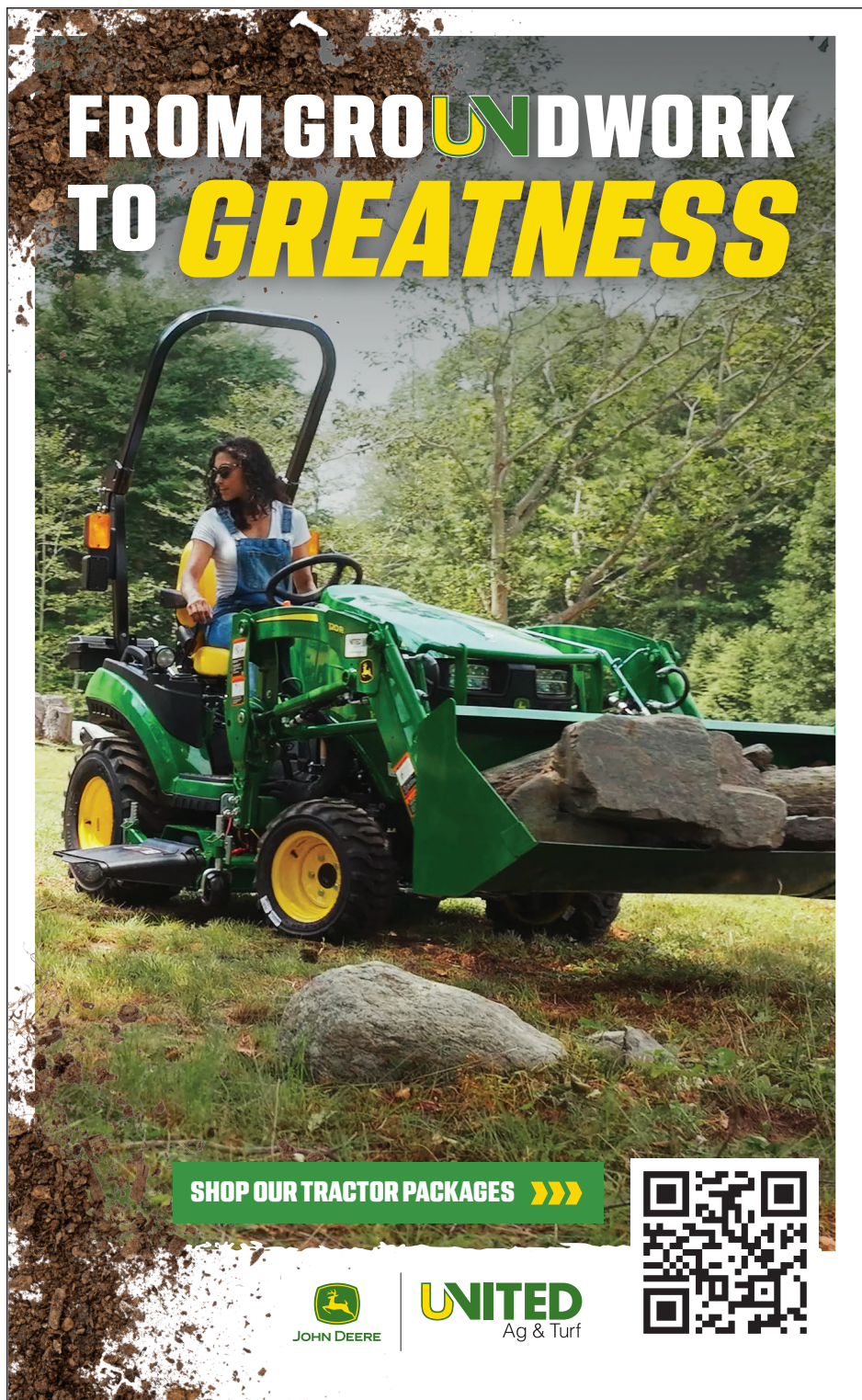

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Over \$1K raised for credit unions' Campaign for Ending Hunger

TURNER, ME – The Signature Soup Food Booth at the Turner Ridge Riders Snowmobile Club's 24th Annual Vintage One Lunger Race successfully launched Community Credit Union's 2025 Signature Soup Challenge which raised over \$1,000 at the food booth fundraiser. This exciting kick-off marks the beginning of a month-long initiative benefiting the Maine Credit Unions' Campaign for Ending Hunger.

The Signature Soup Challenge, which runs from February 15 through March 15, invites local businesses to join forces in the fight against hunger. Throughout the month, participating restaurants and retailers will donate a portion of proceeds from their soup, chili, and chowder sales to support the Maine Credit Unions' Campaign for Ending Hunger, a cause dedicated to alleviating food insecurity in Maine communities.

The participating businesses include: Thatcher's Restaurant & Pub



Volunteers serving soup, chili & chowder at the One Lunger Vintage Snowmobile Race on February 15, 2025, Left to Right Erin Dunn-Kimball, Christine Wilson, Tiffany Mathon, Jessica Blackwell, Lilianna Mathon, Ruth Moubagou

Bakery Barn
Bear Pond Variety
Daddy O's Diner
Governor's Restaurant & Bakery
Jimmy's General Store

The Highland Grille
KP's Place
Simones' Hot Dogs
Webb's Market

"We are thrilled with the success of this year's kickoff event and appreciate the Turner Ridge Riders Snowmobile Club allowing us to be a food booth vendor at Saturday's

big event," said Betsy Sibley, Co-Chair for the Ending Hunger Committee at Community Credit Union. "The \$1,000 raised at the Vintage One Lunger Race is just the beginning, and we are excited to see how much more we can raise over the next month to support the Maine Credit Unions' Campaign for Ending Hunger. Together, we are raising awareness and making a real difference in the lives of those facing food insecurity in our community."



The Signature Soup Challenge has become an annual tradition, uniting local businesses, volunteers, and community members to give back to those in need. By simply enjoying a delicious bowl of soup or chili, participants are directly contributing to the effort to end hunger across Maine.

"We encourage everyone to visit our participating partners throughout the challenge and enjoy some of the best soups and chili in the area," added Erin Dunn-Kimball, Co-Chair of the Ending

Hunger Committee at Community Credit Union. "It's a tasty way to make an impact, and every bowl served helps provide critical resources to those who need it most."

For more information about the Signature Soup Challenge, including a list of participating businesses and donation details, please visit <https://www.communitycreditunion.com/connect/events-calendar/detail.html?cid=96209&title=5th-annual-signature-soup-challenge> or follow the campaign on

social media at <https://www.facebook.com/share/14SWa9wVB1/>.

Community Credit Union is a member-owned, full service financial institution that has been serving its members and all of Androscoggin County since 1945. The Credit Union has a low-income designation from NCUA as well as certified as a Community Development Financial Institution (CDFI). Community Credit Union has branches located at 144 Pine Street, Lewiston, 40 Stanley Street, Auburn and 1025 Auburn Road in Turner serving approximately 12,000 members. For more information, log onto www.communitycreditunion.com.



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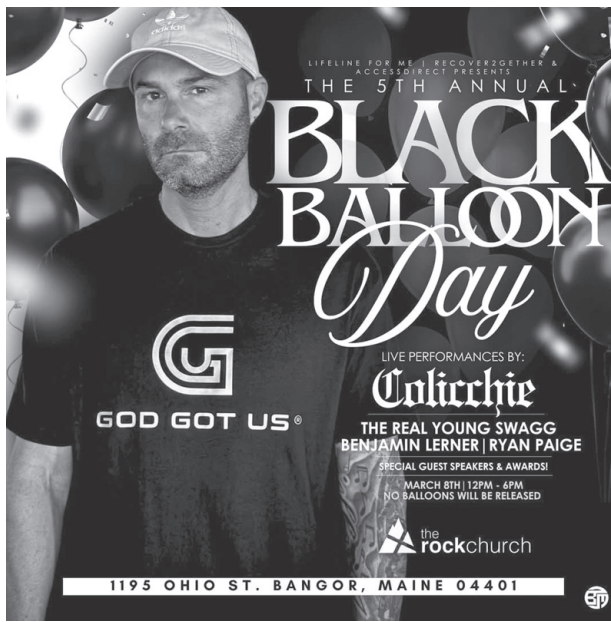
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5th annual Black Balloon Day for recovery is March 8

BANGOR, ME – We are proud to announce the fifth annual Black Balloon Day, to be held on March 8, 2025, at the Rock Church in Bangor, Maine from 12:00 PM to 6:00 PM. This free community-focused event will bring people together from across the state to remember those we have lost to overdose, honoring their lives and the ongoing journey of recovery. Each year, Black Balloon Day is hosted in a different location throughout Maine, ensuring that individuals across the state have the opportunity to participate

in this meaningful event. We are proud to support all pathways to recovery, and everyone is welcome to attend as we unite in remembrance and celebration of those we have lost. Unlike traditional memorial events, Black Balloon Day will not involve the release of balloons. Instead, the day will feature multiple recovery performers, to include Colicchie, The Real Young Swagg, Benjamin Lerner, and Ryan Paige, phenomenal speakers, and the presentation of awards to individuals and organizations who have made



significant contributions to recovery efforts. The event will also host a wide variety of sponsors, organizations, and companies who will be tabling to provide resources and information for attendees. This year's event is free to all, and we encourage people of all backgrounds to join us for an uplifting and supportive day. Whether you are in recovery, supporting a loved one, or simply looking to make a difference in the community, your presence will help make Black Balloon Day a beautiful and impactful experience.

Event Details
Date: March 8, 2025
Time: 12:00 PM - 6:00 PM
Location: The Rock Church, 1195 Ohio Street, Bangor, ME
Admission: Free to all
We invite everyone to come together in solidarity, hope, and remembrance as we continue to build a community where recovery is possible for all. For more information, visit the official event page here: <https://www.facebook.com/MEBlackBalloonRally>

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.

WinterKids Ski Free Days Schedule:
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, up to 40 participants will enjoy winter recreation at Big Rock Mountain. Supporting Winter-



assistance from the Adaptive Outdoor Education Center, up to 40 participants will enjoy winter recreation at Big Rock Mountain.

Supporting Winter-

Kids' Mission
Ski Free Days put our mission into action by helping children develop healthy lifelong habits through education and fun, outdoor winter activi-



ty. 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>.

Pine Tree Society seeking artwork for 2025 holiday cards

BATH, ME – Pine Tree Society is seeking submissions from artists for Maine holiday-themed artwork for its annual holiday card fundraiser.

“For the first time since 2020, Pine Tree Society’s Holiday Card Competition is back,” said Adria King, Chief Development Officer. “We’re excited to invite artists to submit works to this long-standing annual tradition!”

Since 1969, when Pine Tree Society first began to offer holiday cards, thousands of people throughout Maine and beyond purchase these unique cards reproduced from original artwork by local artists. It is one of its most important fundrais-

ers and all proceeds support critical programs and services that help Maine children and adults with disabilities lead active, more socially connected lives.

Pine Tree Society will choose three holiday themed paintings to feature on its 2025 holiday cards.

Category 1: Maine coast holiday theme

Category 2: General Maine holiday theme

Category 3: A holiday-themed work created specifically by a Pine Tree Camp camper or Pine Tree Society client.

The deadline for submission is Friday, May 30, 2025.

For more information, including how to



Maine artists are invited to submit holiday-themed artwork to Pine Tree Society’s 2025 Holiday Card Competition. The deadline is Friday, May 30. Competition Criteria and more information about this annual fundraiser in support of Maine people with disabilities can be found at www.pinetreesociety.org. Photo courtesy of Pine Tree Society.

submit artwork, please visit www.pinetreesociety.org or contact Kirstin Hayward, at (207) 386-5912 or khayward@pinetreesociety.org. The Competition

Criteria can be found at this link: https://pinetreesociety.org/wp-content/uploads/2025/02/2025-Holiday-Card-Competition-Criteria_V2.pdf
The Artist Submission Interest Form can be

found at this link: <https://app.etapestry.com/onlineforms/Pine-TreeSociety/25HCI.html>
Founded in 1936, Pine Tree Society helps Maine people with disabilities lead

active, more socially connected lives. Headquartered in Bath with offices in Scarborough, Auburn and Pine Tree Camp in Rome; which celebrates its 80th anniversary this year.

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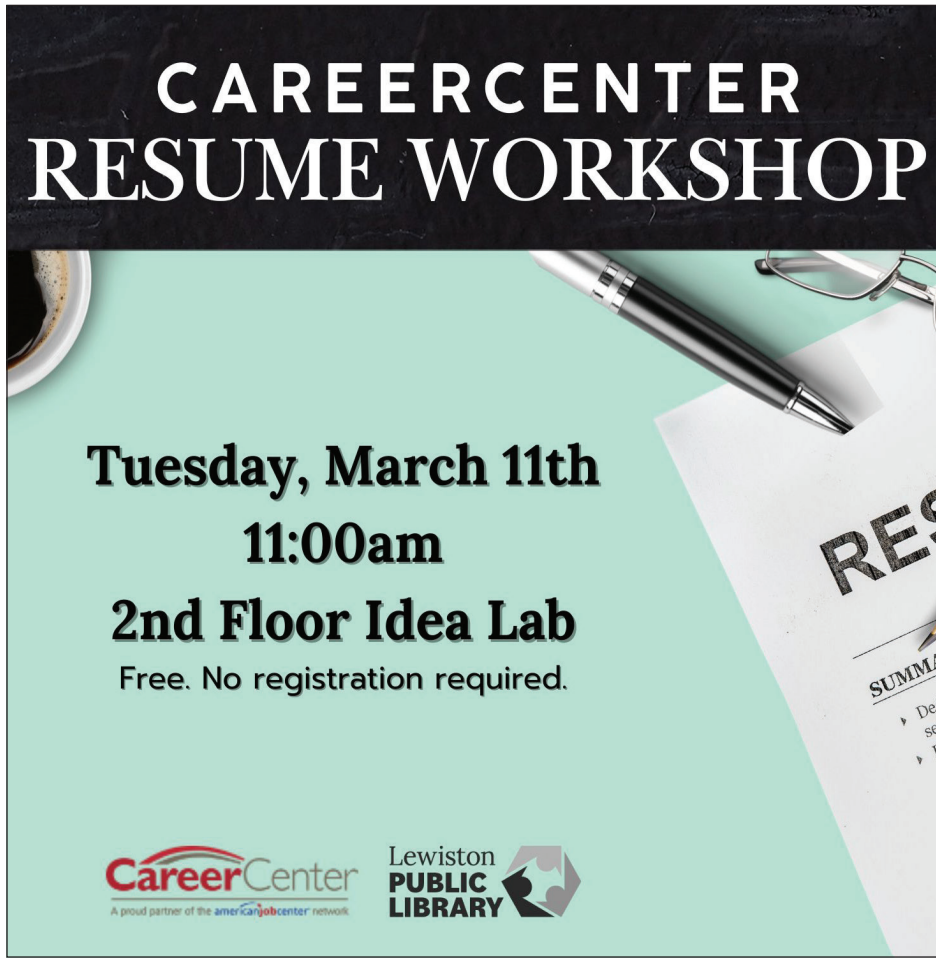
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Ticonic Gallery issues Call for Makers for market

WATERVILLE, ME - Ticonic Gallery, a division of Waterville Creates, is calling for Maine-based makers, artists, and crafters to submit their work to Made: Maine Makers Market, a seasonal popup marketplace set to open November 15, 2025.

Made, which in previous years appeared under the name Holiday Bazaar, will be Waterville Creates' 10th annual artist shop. The 2024 Holiday Bazaar featured the works of more than 100 Maine-based artists, providing a space for

creative minds to sell their wares and showcase their diverse talents.

"Made is a tribute to makers—a celebration of the creativity and craftsmanship that thrive here in Maine," said Marie Sugden, Ticonic Gallery's exhibitions coordinator. "I am continually inspired by the artists who participate and deeply grateful for the opportunity to support their small businesses while sharing their incredible work with our community."

Celebrating the artists and craftsmanship of

Maine's talented makers, this seasonal marketplace features a curated selection of locally handmade wares, offering visitors the chance to discover unique treasures and one-of-a-kind gifts created by Maine artisans.

Artists can learn more and submit the application form at watervillecreates.org/shows/call-for-makers-made.

Important Dates:
 Submission Dates: February 17–May 31, 2025

Late Submission Dates: June 1–15, 2025

Selected Makers Will Be Notified: June 20, 2025

Inventory Drop-Off: Early October 2025

Exhibition Dates: November 15, 2025–January 26, 2026

Opening Reception: December 5, 2025, 5–7pm

Ticonic Gallery is open 11am–7pm daily, except Tuesdays and federal holidays. Learn more about the gallery at ticonic.org.



call for makers
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made

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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.

Saturdays

AUBURN -- Books! Books! Books! The Auburn Public Library Bookstore is now open on Saturday mornings, from 9:30-1:00. Choose from hundreds of gently used books, with most prices under \$3. We have books for children, teens, and adults, fiction and non-fiction. We often have puzzles, CDs, and DVDs, too. Stop in and browse our ever changing

Calendar

Send your submissions to the Editor. More online.

selection! Auburn Public Library, 49 Spring Street.

Mar 2

GRAY -- The Youth Group of the Gray Church invites you to a free pancake and sausage breakfast on Saturday, March 2, starting at 9:30 a.m. Blueberry, chocolate chip, gluten-free, and "just plain pancakes" will be on the grills. Regular and vegetarian breakfast sausage, fresh fruit, juice, and hot beverages will also be served. At 10 a.m., the annual Pancake Flipping Challenge and a variety of Mardi Gras games begin. Experience the fun! Donations to benefit the Youth Group will be accepted at the door.

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.

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

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

Mar 3 and 10

MAINE -- University of Maine Cooperative Extension is hosting online informational sessions for adults interested in becoming Maine 4-H volunteers, 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.

Mar 8

GORHAM -- Cressey Road Christian Church is having a Bean Supper on Saturday, March 8, from 5-6:30 PM. Beans, hot dogs, coleslaw and desserts. \$10 for adults, \$5 for 6-16 yrs. Under 6 is free. We will continue to have bean suppers on the second Saturday of the month until further notice. Everyone is welcome!

Mar 8

BANGOR -- The fifth annual Black Balloon Day will be held on March 8, 2025, at the Rock Church in Bangor, Maine from 12:00

PM to 6:00 PM. This free community-focused event will bring people together from across the state to remember those we have lost to overdose, honoring their lives and the ongoing journey of recovery. The Rock Church, 1195 Ohio Street, Bangor, ME. Admission: Free to all

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 14

LEWISTON -- At 10:00am the Lewiston Public Library Children's Department will be offering the program Little Masterpieces – Mess-Free Painting. During this program, caregivers will be able to help their babies create a work of art using a technique to limit the mess of traditional finger-painting while still providing babies the tactile experience and visual stimulation from manipulating paint on paper. This program is recommended for parents and their babies between the ages of 3 months – 18 months. This program will take place in the program room in the Children's Department on the third floor of the library. The activity is free and there is no registration required.

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/womenharmony>

Mar 18, Apr 15

TURNER -- Music for Mavis" hosts 2025 Cabin Fever Concerts at 98

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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

Mar 21

LEWISTON -- 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 or by calling 207-795-4010. Seats are limited and advance registration is recommended.

Mar 22 and 23

LEWISTON, TOPSHAM -- "Fiery & Passionate Compositions" Saturday, March 22, 2025, 7:00 p.m. - Franco Center, Lewiston and Sunday, March 23, 2025, 2:30 p.m. - Orion Performing Arts Center, Topsham

Franz Liszt – Prometheus; Robert Schumann - Symphony No. 2, Op. 61; Samuel Coleridge-Taylor - Ballade in A Minor, Op. 33; Igor Stravinsky - Firebird Suite (1919 Version)

Tickets are \$25 in advance for adults; \$30 at the door. All concerts are free for anyone 25 and under.

"A Conversation with the Conductor" (part of the "More with Midcoast" series) Saturday, March 22, 2025, 6:00 p.m. - Franco Center, Lewiston and Sunday, March 23, 2025, 1:30 p.m. - Orion Performing Arts Center, Topsham

Mar 31

LEWISTON -- Join us at the Lewiston Public Library for Read and Create Silly Storybooks in the Children's Department on

Monday, March 31st at 11am. Recommended for children ages 6 – 13 years old and siblings are welcome. Come listen in on a silly story read-aloud and create your very own silly storybook using pictures and ad libs in a paper booklet. Get creative by filling in the blanks with silly words and illustrate your very own silly story. All materials are provided. This program is free, open to the public, and no registration is required.

Apr 12

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/>.

Guy Davis - Sat, April 12, 2025 at 7:30 pm. Doors open 7:00 pm.

Guy Davis is a two-time, back-to-back Grammy nominee for Best Traditional Blues, a musician, actor, author, and songwriter. Guy uses a blend of Roots, Blues, Folk, Rock, Rap, Spoken Word, and World Music to comment on, and address, the frustrations of social injustice, touching on historical events, and common life struggles.

Tickets are \$25 in advance, \$30 at the door, and \$10 for students/children. Available at the church office, Gulf of Maine Books, or at ticketstripe.com/guydavis.

Apr 26

TOPSHAM -- "All Aboard for the 2025 Great Falls Model Railroad Club Train Show! 10:00 AM - 3:00 PM, Mt. Ararat High School, 68 Eagles Way, Topsham, ME 04086 (Handicapped Accessible). Admission: Just \$5 per person (kids under 12 free with an adult.

Get ready to immerse yourself in the world of model railroads at the Great Falls Model Railroad Club Train Show in Topsham, ME! With over 100 tables featuring new and used trains, tracks, buildings, books, and more, you'll find something for every enthusiast. From N to HO, S, O, and G scales, there's something for everyone to enjoy.



Finding meaningful work that's flexible and close to home

Direct Support workers help Mainers stay connected to their communities

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.

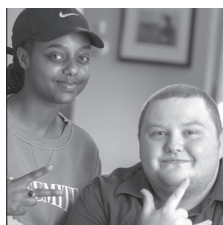
"It makes me feel so happy to be a part of society," he said. "With her support, I really feel like I've been able to flourish."

To learn more about full-time, part-time and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.



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"It makes me feel so happy to be a part of society,"



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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.

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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.

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