



# TWIN CITY TIMES

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## Central Maine Healthcare honors its residents

**LEWISTON, ME** -- Central Maine Healthcare, which includes Central Maine Medical Center (CMMC), Rumford Hospital, Bridgton Hospital and numerous practices, recognized its medical residents for the critical role they play in the healthcare system.

Feb. 28 was national "Thank a Resident Day," a time to honor those team members who have graduated from medical school and are at Central Maine Healthcare to gain experience and specialize in a particular area of medicine.

These residents are committed to providing compassionate care to patients and their families while conducting import-



ant research and collaborating with doctors and nurses to strengthen patient care.

"I would like to publicly express my gratitude to our resident physicians," said Bethany Picker, MD, medical director of Family Medicine Residency. "This diverse group of doctors honors our health system with their trust to give them the training and experiences they need to develop into competent family physicians. In the process, they provide exceptional, compassionate care to the most vulnerable of our



Pictured left to right: Michael Stadnicki, MD, medical division chief, Primary Care, Mark Steciuk, MD, chief of Pathology, Tasha Duval, DO, physician, OB GYN, Bethany Picker, MD, residency program director, Rebecca Brakeley, MD, interim chief medical officer, Tim Counihan, MD, chief of surgery and Oncology Institute

patients, partner outside our system to improve the well-being of our community and remind us why we

were drawn to healthcare ourselves."

"Our dedicated family medicine residents have

a huge impact at Central Maine Healthcare by creating a rich teaching environment," said Rebecca

Brakeley, MD, interim chief medical officer at Central Maine Healthcare. "Having residents critically think through each clinical decision ups everyone's game and is beneficial for the patient and care team, alike."

Central Maine Medical Center Family Medicine Residency (CMMC FMR) is a 7-7-7 ACGME certified program with an osteopathic recognition track and rural training. Founded in 1978, CMMC FMR has graduated more than 160 family physicians. The program prepares physicians to practice family medicine in communities with populations ranging from 500 to 500,000.

## Halfway There at TPT filled with humor, heart, romance

**LEWISTON, ME** -- From the author of *Lunenburg* and *The Ladies Foursome*, comes *HALFWAY THERE*, a hilarious and heartwarming comedy about the unshakeable bonds of female friendship playing March 14 – 23 at The Public Theatre.

Imagine *Steel Mag-*

*nolias meets And Just Like That* when four lovable ladies meet every day for coffee and a gab fest at a local diner in Stewiacke, Nova Scotia. A bit of change is inspired in everyone's life when a handsome new doctor takes an interest in the youngest of the women and her three

wise-cracking friends decide to offer their advice. Filled to the brim with humor, heart and romance, grab your best friend or sweetheart and treat yourself to a great night out!

As the most produced playwright in Canada, Norm Foster is often

referred to as the "Canadian Neil Simon" for the delightful way he finds humor in all situations. "The great thing about this show is the way it celebrates both the strength and vulnerability of women and showcases the power of friendship", say Artistic Director Janet Mitchko. "Aside from

Norm Foster's delicious sense of humor, I think his true success comes from how easy it is to recognize yourself or someone you know in every character he creates".

**H A L F W A Y THERE** March 14 – 23 at *The Public Theatre, Lewiston/Auburn's Profes-*

*sional Theatre*, 31 Maple St, Lewiston. For tickets and more information visit [ThePublicTheatre.org](http://ThePublicTheatre.org) or call 782-3200.

Sponsored by Auburn Manufacturing, Lee Auto Malls, Schooner Estates, Twin City Times, Bennett Radio Group, Sun Journal, and Platz Associates.

## Maine B2B Trade Show is March 27

**LEWISTON, ME** – The Lewiston Auburn Metropolitan Chamber of Commerce is proud to present the Maine B2B Trade Show, returning on Thursday, March 27, 2025, from 11:00 AM - 5:30 PM at the Norway Savings Bank Arena in Auburn, Maine. This highly anticipated event is designed to connect businesses across the state and New England, fostering new opportunities, partnerships, and industry growth.

Formerly organized by Dow Media, the event has now transitioned fully under the leadership of

the LA Metro Chamber, ensuring its continued impact and expansion. The Maine B2B Trade Show is one of the largest business networking events in the state, drawing hundreds of professionals eager to showcase their products, services, and innovations.

This year, the LA Metro Chamber is honored to have Maine Community Bank as the Presenting Sponsor. Their support enhances the reach and impact of the event, providing businesses with greater opportunities for visibility and connection.

The streamlined, single-day format allows



businesses to make the most of their time, with vendor setup beginning at 8:00 AM and the show opening at 11:00 AM. Attendees will experience unparalleled networking opportunities, engaging activities such as mini learning sessions throughout the day, and the chance

to exhibit their brand, generate leads, and explore new collaborations. The event will conclude with a cocktail hour at 4:30 PM, providing a relaxed atmosphere for further networking and business discussions.

Businesses looking to maximize their

presence at the show can secure single or double booths. Booth options include standard 10'x10' spaces with tables, chairs, and electricity, while double booths offer expanded 10'x20' spaces for increased exposure. Locked location booths provide guaranteed premium placement on a first-come, first-served basis. The deadline to reserve a booth is Friday, March 7th, 2025.

Sponsorship opportunities are also available, offering prime visibility and branding benefits.

For more information, booth registration, and sponsorship opportunities, please visit the event site, [LAMetroCC.com](http://LAMetroCC.com).

[com/MaineB2B](http://com/MaineB2B) or contact Katie Palmer, Director of Events at [Katie@LAMetroChamber.com](mailto:Katie@LAMetroChamber.com)

About the Lewiston Auburn Metropolitan Chamber of Commerce:

The Lewiston Auburn Metropolitan Chamber of Commerce is dedicated to supporting and promoting the business community in Androscoggin County. Through advocacy, networking, and resources, the Chamber works to foster a thriving economic environment for businesses of all sizes. As an engine for economic vitality and enhanced quality of life, the Chamber challenges business and community to build, lead, and thrive.



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

# Newsmakers, Names & Faces

## Sen. Collins' Social Security Fairness Act implemented

WASHINGTON, D.C. — U.S. Senator Susan Collins praised the Social Security Administration's (SSA) announcement that it will begin issuing retroactive payments and adjusting benefit levels for those whose monthly Social Security payments were reduced due to the Windfall Elimination Provision (WEP) or Government Pension Offset (GPO)—

two provisions that have unfairly lowered the retirement benefits of many public employees and their spouses. Senator Collins, along with former Senator Sherrod Brown (D-OH), coauthored the bipartisan Social Security Fairness Act (SSFA) that repealed the WEP and GPO. The bill was signed into law last month.

According to the

SSA, approximately 3.2 million Americans are due benefit adjustments or retroactive payments under the SSFA. The agency says that retroactive payments will begin depositing into bank accounts in the coming months.

"This is welcome news for beneficiaries of the Social Security Fairness Act. I am glad that the Social Security Adminis-

tration has announced that it will begin issuing retroactive benefits and will increase monthly benefit payments to those affected by the Windfall Elimination Provision and Government Pension Offset. I will continue to urge SSA to implement the law swiftly as we finally right this wrong," Senator Collins said.

Senator Collins recently joined 27 of her Sen-

ate colleagues in sending a letter to the acting commissioner of the SSA calling for the immediate implementation of the Social Security Fairness Act.

The SSA also noted that because retroactive payments are being expedited, beneficiaries may receive their payment before receiving an explanatory notice. The agency urges beneficiaries to wait until

after receiving their April benefit payment before inquiring about the timeline for their benefit adjustments.

Additionally, while most cases will be processed automatically, some will require manual processing, which may delay adjustments. The SSA will provide more details on the timeline for these manual cases in the coming weeks.

## 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 peo-

ple throughout Maine and beyond purchase these unique cards reproduced from original artwork by local artists. It is one of its most important fundraisers 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



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](http://www.pinetreesociety.org). Photo courtesy of Pine Tree Society.

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 submit artwork, please visit [www.pinetreesociety.org](http://www.pinetreesociety.org) or contact Kirstin Hayward, at (207) 386-5912 or [khayward@pinetreesociety.org](mailto:khayward@pinetreesociety.org).

The Competition Criteria can be found at this link: [\[loads/2025/02/2025-Holiday-Card-Competition-Criteria\\\_V2.pdf\]\(https://app.etapestry.com/onlineforms/Pine-TreeSociety/25HCI.html\)](https://pinetreesociety.org/wp-content/up-</a></p>
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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.

## Antiques Roadshow coming to Boothbay Botanical Gardens

BOSTON, MA — ANTIQUES ROADSHOW will visit Coastal Maine Botanical Gardens in Boothbay, Maine, on Wednesday, June 18, 2025, for an all-day appraisal event as part of the series' 30th production tour! PBS's most-watched ongoing series will visit five cities across the country stopping exclusively at distinctive, historic locations.

"Marking a milestone anniversary for a TV show, our Season 30 Tour is

made even more special by holding ROADSHOW's Boothbay event at Coastal Maine Botanical Gardens," said executive producer Marsha Bemko. "Each year ROADSHOW gives our fans a chance to experience culturally rich places, complete with gorgeous architecture, art and nature that provide an intriguing backdrop to capture appraisals and allow us to take viewers 'backstage' to see and learn about places that they might otherwise



miss!"

From each of the 2025 events, three episodes of ROADSHOW per city will be created for inclusion in the 22-time Emmy® Award-nominated production's 30th broadcast season, to air on PBS in 2026.

At each appraisal event, guests will receive free verbal evaluations of their antiques, art, and collectibles by experts from the country's leading auc-

tion houses and independent dealers. Each ticketed guest is invited to bring two items for appraisal.

Admission to ANTIQUES ROADSHOW is free but tickets are required and must be obtained in advance. Fans can enter for a chance to win one pair of free tickets per household.

To enter for a free pair of tickets to a 2025 ROADSHOW event and to see complete entry rules, go to [tickets.](http://pbs.org/roadshow-</a></p>
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The 2025 ANTIQUES ROADSHOW Sweepstakes opened Monday, January 13. Deadline for entries is Monday, March 24, 2025, at 11:59PM PT. No purchase is necessary, restrictions apply, you must be 18 or age of majority. Tickets have no cash value. You must be a resident of US or Canada (excluding Quebec). Void where prohibited. Sweepstakes is

sponsored by WGBH Educational Foundation.

Information about ANTIQUES ROADSHOW and the 2025 Tour is available by calling toll-free 888-762-3749.

More information and complete rules can be found at the 2025 Tour Complete Rules page.

To see FAQs about ANTIQUES ROADSHOW events, go to: [www.pbs.org/wgbh/roadshow/tour-faq/](http://www.pbs.org/wgbh/roadshow/tour-faq/).

Produced by GBH, ANTIQUES ROADSHOW reaches more than 5 million loyal weekly viewers on TV, streaming, online, and social media. ROADSHOW airs locally on Maine Public Television Mondays at 8 PM and 9 PM.

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# Newsmakers, Names & Faces

## cPort Credit Union announces retirement, new president

**PORTLAND, ME** – cPort Credit Union announced today that Gene Ardito will retire as President & Chief Executive Officer on June 1, 2025, after a successful 21-year tenure of visionary leadership, unwavering dedication, and transformative service to cPort’s members, employees, and communities. The cPort Credit Union Board of Directors has conducted a complete and rigorous selection process, meeting with both internal and external candidates, to ensure the best fit for the role. As a result, the Board confidently selected cPort’s current Chief Operating Officer & Chief Financial Officer, Kelsey Marquis. Kelsey will be appointed to the role of President effective March 1, 2025, and President & CEO upon Gene’s retirement.

Gene Ardito, President & CEO, to Retire from cPort Credit Union

Since joining cPort Credit Union as President & CEO in 2004, Gene Ardito has been the driving force behind its remarkable growth and success. Under his innovative leadership, the organization has expanded from two to five branches, with a sixth opening in Lewiston this year. During his tenure, cPort’s assets grew from \$88 million to \$420 million, membership more than doubled from 15,000 to 35,000, and the cPort team grew from 36 employees to a thriving workforce of 116. Gene’s impact has been nothing short of transformative, shaping cPort into the thriving and financially strong institu-

tion it is today.

Scott Paquet, Chair of the Board of Directors, said, “On behalf of the Board, I want to express our deepest gratitude to Gene for his 21 years of outstanding leadership and dedication to cPort. His vision and commitment have driven remarkable growth, modernization, and a culture of excellence that will continue to shape our future. We are incredibly thankful for his contributions and wish him all the best in his well-earned retirement.”

cPort has been recognized as a Best-In-State Credit Union by Forbes for two consecutive years and has been listed among the Best Places to Work in Maine for the last eight years. Gene’s dedication to providing the highest level of personal service and advanced banking products has been instrumental in cPort’s continued success. His incredible support of the organization’s surrounding communities, especially those with limited access to banking services, has been unwavering. In 2008, Gene introduced cPort’s Career Aspirations Program to elementary schools within the community, encouraging students to think and write about their future career goals. To date, students have written over 10,000 essays, and cPort has granted over 1,300 scholarships.

“Reflecting on my time at cPort Credit Union, I am filled with immense gratitude for the opportunity to serve as President & CEO. The growth and success we have achieved as an organization are a



testament to our creativity and unwavering dedication to serving the underserved, our commitment to our values, and the hard work of our incredible team.” says Gene Ardito. “cPort will continue to thrive and remain a strong and innovative force in the financial services community. I look forward to seeing the continued success and positive impact cPort will have on its members and the community.”

Kelsey Marquis Promoted to President of cPort Credit Union, Set to Transition to CEO

Kelsey Marquis, cPort’s COO & CFO, has been selected to be the next President and CEO. Traverse Fournier, Vice Chair of the Board of Directors and lead point person on the CEO search, stated, “Finding the right leader for cPort wasn’t just about experience—it was about finding someone who truly embodies cPort’s values, vision, and culture. We sought a leader who understands what makes cPort special: our commitment to our members, our community, and the incredible cul-

ture that sets us apart. After an extensive search, we are confident that Kelsey Marquis is the perfect person to uphold our legacy, inspire our team, and lead us into an exciting future.”

Kelsey’s professional journey is one that cPort celebrates with pride. She began her career at cPort as a teller in 2010, after graduating with her Bachelor of Science in Accounting from Bryant University. In this role, she gained firsthand experience in serving members. Kelsey then went on to earn her Master of Business Administration in Leadership from Saint Joseph’s College of Maine. Her dedication and talent led her to excel in multiple roles, particularly in accounting and finance, where she was instrumental in strengthening the organization’s financial opera-

tions. Kelsey has played a key role in enhancing operational efficiencies, driving financial growth, and spearheading initiatives that benefit both members and employees.

Kelsey’s contributions extend well beyond cPort. She is actively involved in the Maine community, collaborating with organizations like United Way and their CASH Maine program, as well as The Olympia Snowe Leadership Institute, where she has volunteered as an Olympia’s Leader Advisor. Kelsey also serves as a respected board member for the Financial Managers Society, a non-profit organization committed to providing education, networking, and resources to finance professionals. Her dedication to financial education and leadership

development reflects her passion for empowering individuals and strengthening the local community. “I am honored to step into this role and lead cPort into its next chapter,” said Kelsey. “I look forward to building on the strong foundation we’ve created and continuing to serve our members, support our employees, and make a lasting impact in the communities we call home.”

“Kelsey’s experience at every level of the organization has given her unique insight into the needs of our members and the opportunities ahead,” said cPort’s CEO, Gene Ardito. “As President and CEO, she will be responsible for executing cPort’s strategic vision, ensuring operational excellence, and continuing to strengthen our position as a leader in Maine’s credit union community.”

As cPort Credit Union looks to the future, the organization remains committed to its vision of providing the best financial experience to its members. Under the leadership of Kelsey Marquis, the organization will continue to build on the strong foundation laid by Gene Ardito. The credit union thanks Gene for his years of dedicated service and looks forward to the exciting opportunities ahead.

## CareerCenter Resume Workshop at LPL

**LEWISTON, ME** -- In partnership with the Lewiston CareerCenter, the Lewiston Public Library will host a resume workshop on Tuesday, March 11th in the Idea Lab on the second floor at 11am.

The CareerCenter will provide interactive resume writing guidance. No registration is required.

The CareerCenter provides a variety of em-

ployment and training services at no charge, whether you’re looking for your first job, trying to find another job, or striving for a better job. They look at each step of your career-decision process and make recommendations as to which CareerCenter resources might be most helpful. For more information, please visit <https://www.mainecareer-center.gov/locations/lewiston.shtml>

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 513-3135 or [LPLReference@lewistonmaine.gov](mailto:LPLReference@lewistonmaine.gov).

## WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Jonathan Knowlton  
Licensed Agent

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



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## Seniors Not Acting Their Age

# Nordic Skiing is Back!



Nordic Skiers glide along Bridge Trail at Rangeley Lakes Trails Center

For the first several weeks of winter, Nordic Skiing was almost non-existent in Maine. Rainstorms dominated the weather pattern in December and early January. Cold weather with minimal snowfall ensued. Finally, beginning in late January a succession of modest snowstorms gradually covered the trails in my favorite ski areas.

As usual, Rangeley Lakes Trails Center was one of the first to report quality ski conditions. Located at the foot of northwest-facing Saddleback Mountain in Dallas Plantation, the high elevation trail system receives over 200 inches of snow

each winter. A succession of snowstorms allowed the center to groom about half of their 55-kilometer trail network.

Anxious to return to the trails, I announced a late-January Penobscot Paddle & Chowder Society (PPCS) ski trip at Rangeley Lakes Trails. Two of the usual suspects, Eggman DeCoster and Brent Elwell, enthusiastically agreed to join me.

When we arrived at the Nordic center parking area on Saddleback Mountain Road on a cold, breezy, partly sunny day, only a handful of hardy skiers had turned out to challenge the frosty weather. The friendly



Skiers consult a map at Tote Road junction on Rangeley Lakes Trails

folks in the sizeable yurt that functions as the ski lodge eagerly updated us on trail conditions and the best choices for a lengthy ski. The center is operated by Rangeley Lakes Cross Country Ski Club and I find them to be exceptionally helpful.

The snow was fast when we began classic skiing on the easy Tote Road Trail while traveling east in a predominantly spruce forest. Gliding over long gentle hills, we arrived at a major intersection at the end of Tote Road that connects with several trails.

Consulting a trail map at the junction, we planned the next portion

of our itinerary which was a gradual ascent on twisting, hilly Bridge Trail. Although thin in a couple of steep sections, overall the snow depth was sufficient for a stimulating climb to an open area at the foot of View Trail. True to its name, we enjoyed excellent views of Saddleback Mountain.

We progressed gradually upward on the exposed eastern half of View Trail until reaching the approximate highpoint. After following a circuitous path in a relatively level landscape northwest, we enjoyed a long exhilarating downhill ski to a junction with Lower Pumhouse Road.

Turning right, we proceeded up Lower Pumhouse to the top of a rise and then rapidly descended double-poling to a junction with the eastern terminus of Hoffman Run. Traveling westerly on Hoffman Run, we returned to Lower Pumhouse completing what I call the Hoffman Loop. The loop was so invigorating we skied it again.

After finishing the second loop, we cruised down the western end of Lower Pumhouse until connecting with Lower Pipeline Trail near the shore of Saddleback Lake.



A skier finishes a descent of Express Way at Harris Farm Trails

We progressed effortlessly east on straightforward Lower Pipeline along Haley Brook to the Tote Road junction.

Another review of the trail map resulted in a decision to ascend the one-mile hill to the top of Upper Pipeline Trail. Most of the incline is on a moderate gradient that steepens at the end. While climbing, I optimistically contemplated a long rousing descent.

Our rigorous ascent accomplished, we joined the beginning of Larry Hall Trail. My companions decided to traverse south to the yurt on rolling Larry Hall Trail.

Not to be denied my downhill reward, I proceeded down Upper Pipeline into a strong headwind. Protected from the gusty weather most of the day, I misjudged the severity of the chill factor. Mine was a frigid, wind-driven descent before returning to the yurt on Tote Road completing a great day of skiing.

A few days later, Harris Farm in Dayton finally received enough snow to open their trails. I met Eggman for an entertaining ski on their outer perimeter trails on a cool, partly sunny early-February day. We glided over

Joe Buzzell Trail, around Bobcat Loop, and plunged down Express Way. In short, we enjoyed another outstanding day of skiing.

As I write, we're in the midst of a significant snowstorm. Chowderheads with the PPCS are planning more ski trips. Some of us will meet at Harris Farm after the storm ends tomorrow. We'll most likely travel to Rangeley Lakes Trails the following day. Let it snow! Let it snow! Let it snow!

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* devotes several chapters to some of the best Nordic skiing in Maine including winter expeditions into Baxter State Park.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at [www.northcountrypress.com/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.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

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# UUCB Concerts for a Cause presents Women in Harmony



**BRUNSWICK, ME** -- The UUCB Concerts for a Cause series presents the Portland-based choral group WOMEN IN HARMONY on Saturday, March 15, 2025 at 7:30 pm at the Unitarian Universalist Church of Brunswick, 1 Middle Street, Brunswick. All proceeds from the concert will be split between the Brunswick Area Teen Center and Maine Family Planning.

Women in Harmony

is an affirming and inclusive community of women who sing for social justice and the joy of making music together. The group has been dedicated to both musical excellence and social justice for over 20 years, giving them a unique niche among singing groups in Northern New England.

Catherine "Kitty" Beller-McKenna has been the director of Women in Harmony since the fall of 1999, bringing to the



group extensive experience in conducting both women's and mixed choruses in community and collegiate settings. She is known for her innovative programming and her wide-ranging musical interests embracing a variety of styles and cultures

Deana Ingraham Gur-

ney is the accompanist for Women in Harmony. She has played with the Portland Symphony Orchestra, Portland Opera Repertory Theater, Portland Players, the Maine Gay Men's Chorus, and the Oratorio Chorale in Brunswick. A consummate musician and technically skilled player, Deana



is equally comfortable in a wide variety of styles.

For this concert, Women in Harmony is presenting a program of pieces that embody their commitment to working together to make the world a better place. The concert ranges in content from songs about making change happen to songs about holding onto love in an increasingly divided society. Some highlights are I am Willing by Holly Near, What

Happens When a Woman (Takes Power) by Alexandra Olsavsky, and Prayer by Ysaye Barnwell.

Now, more than ever, we need groups like Women in Harmony to provide us with hope for our future.

Tickets: \$15 in advance, \$20 at the door, \$10 Students/Children

Available at the church office, Gulf of Maine Books, or online at <http://ticketstripe.com/womenharmony>.

## Red Cross offers free A1C testing for blood donors in March

**PORTLAND, ME** — The American Red Cross is helping to bridge access to health care for blood donors by providing free A1C testing, commonly used to screen for diabetes and pre-diabetes, on all successful blood, platelet and plasma donations in March.

One-third of people lack access to regular primary care in the U.S., where diabetes affects 1 in 10 people and nearly a quarter of those living with it have been undiagnosed, according to the Centers for Disease Control and Prevention (CDC). The free A1C screening aims to help address this gap by empowering blood donors with valuable information to maintain their health and well-being. This new offering is among the longtime work of the Red Cross to support the health of communities, which also includes disaster relief efforts such as basic disaster health and mental health services among other assistance.

Visit RedCrossBlood.org, use the Red Cross Blood Donor App or call 1-800-RED CROSS to book a time to give in March and learn more about your health. Additionally, all who come to give blood, platelets or plasma March 1-31 will receive a \$10 Amazon.com Gift Card by email. See RedCrossBlood.org/March for details on both offers.

You can also make a financial donation at [redcross.org/GivingDay](http://redcross.org/GivingDay) on March 26 to support people in need of disaster services such as emergency shelter, food, relief supplies, basic health care, emotional support and financial assistance. Both efforts are part of Red Cross Month activities in March.

The Red Cross is also helping to support the health of communities by installing free smoke alarms and sharing home fire safety information with families in at-risk communities through its Sound the Alarm

events. Home fires claim seven lives every day in the United States, but having working smoke alarms can cut the risk of death by half.

Here in Maine, the Red Cross responded to more than 250 home fires in 2024, assisting more than 900 Mainers. This March, the Red Cross will be hosting free smoke alarm installation events in the following communities:

Saturday, March 15, 2025, in Readfield, Maine

Saturday - Sunday, March 22-23, 2025, Standish, Maine

Appointments are required for these events. Residents can register at here.

Maine residents who live outside of Readfield and Standish, can also visit [redcross.org/EndHomeFiresNNE](http://redcross.org/EndHomeFiresNNE) or call 1-800-464-6692 (Option 4) to schedule a free installation. A member of our Red Cross team will follow-up to schedule your appointment.

B R I D G I N G

HEALTH CARE ACCESS THROUGH A1C SCREENING According to the CDC, some 90% of people living with diabetes in the U.S. have Type 2, a largely preventable and often reversible insulin-resistant condition that can cause dangerously high blood sugar levels. Left untreated, Type 2 diabetes can lead to serious health complications, such as kidney failure, stroke and heart issues.

"Type 2 diabetes develops over years and may not cause obvious symptoms until serious damage has been done," said Dr. Courtney Lawrence, medical director for the Red Cross. "By understanding our own health, we can create a foundation to help prevent chronic illness, improve the quality of day-to-day living and save lives. Blood donation can now be part of that journey."

The Red Cross will begin the month-long A1C screening for successful do-

nations starting on March 1. Donors can expect to receive the results of their test within one to two weeks through the Red Cross Blood Donor App or online donor portal, and they are encouraged to consult their health care provider if their A1C level is elevated. A1C is the latest health insight that the Red Cross provides to blood, platelet and plasma donors, who can already access ongoing donation information such as pulse, blood pressure, body temperature and hemoglobin levels.

DELIVERING CARE AMID INTENSIFYING DISASTERS As part of disaster relief efforts, disaster health and mental health services are as important as ever in the face of intensifying extreme weather across the country. The Red Cross is responding to nearly twice as many major disasters than it did a decade ago across the country — on top of everyday crises like

home fires. After disasters of all sizes, the Red Cross also provides emergency lodging, food and financial assistance.

Red Cross health and mental health support may include replacing lost prescription medications and medical equipment, helping people in its shelters cope with chronic illnesses aggravated by the disaster, and providing emotional support and referrals to community health and mental health professionals for additional care.

So far this year, the Red Cross has helped people affected by large disasters such as the record-breaking wildfires in California. This came on the heels of 2024 having the second-highest number of billion-dollar disasters in a single year, due to major events like hurricanes, floods and tornadoes, according to the National Oceanic and Atmospheric Administration.

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# Arts & Entertainment

## Franco Center to host 75 students in Franco-American theater

**LEWISTON, ME—** The Franco Center's third La Rencontre luncheon of its 25th season will feature over 75 students Thursday, March 13, aged 3 to 11, from L'École Française du Maine in a performance of "Le Coeur de Maine," an original play by Jennifer Lemaire. The theme of the performance, "The Heart of Maine," is a celebration of Franco-American history and culture.

Doors will open at 10 a.m. followed by an intro-

duction to the performance at 11:15 a.m. The performance will take place from 11:30 a.m. to 12 p.m. A traditional boiled dinner will be served after the performance at 12:15 p.m.

The theatrical performance is set in an imaginative animal kingdom and tells the story of Lewiston's Franco-American heritage through characters like the wise lion, the diligent bear, the migratory chickadee, and the resilient moose. Each animal symbolizes an

essential aspect of the Franco-American experience, from migration and hard work to resilience in the face of challenges. Highlights include:

- Narration by the Lion: The wise narrator introduces the chapters of Franco-American history.
- The Chickadee: Represents the migration of Acadians and French Canadians.

- The Bear: Symbolizes the industrious Franco-Americans working in factories.
- The Moose: Embodies resilience and adaptability, bridging Franco-phone and American cultures.
- Grand Festive Finale: A joyful celebration of Franco-American heritage.

Blending history, memory, and imagination, the students bring this story to life through engaging dialogues, songs, dances, and visual projections. From the opening narration by the lion to a celebratory grand finale featuring all performers, "The Heart of Maine" offers a family-friendly portrayal of Lewiston's rich cultural tapestry.

The cost is \$17 per person. Tickets must be purchased by noon Thursday,

March 6. Call the box office at 207-689-2000 or visit between 10 a.m. to 1 p.m. Tuesdays and Wednesdays. Purchase online at [www.francocenter.org/shows](http://www.francocenter.org/shows).

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

Tickets: <https://app.arts-people.com/index.php?ticketing=franc>

Champoux Insurance is the event sponsor.

## NSB provides free tickets to youth for Maine Music Society events

**LEWISTON, ME--** For over 50 years, thousands of Mainers of all ages have been delighted by exhilarating perfor-

mances hosted by the Maine Music Society in Lewiston.

The society is comprised of the MMS Cho-

rale, a mixed-voice community chorus led by MMS Artistic Director Dr. Richard Nickerson, and the MMS Chamber Sing-

ers, a 15-voice, a cappella group that performs at a variety of venues, large and intimate, including the Inauguration Celebration for Governor Janet Mills.

Norway Savings



Bank has long supported MMS, including over \$20,000 in contributions in recent years. Now, NSB is helping to ensure that young people get a possibly transformative opportunity to take in the magic.

"This year, our contributions will help subsidize free tickets to all MMS concert events for children 12 and under,"

said Dan Walsh, President and CEO of Norway Savings. "We love the idea of students having the chance to see these talented choruses present a broad range of musical genres. In many cases, these students wouldn't be exposed to these events and the immense talent on display."

"We are so thankful

for NSB's longtime support of the Maine Music Society," said Dr. Nickerson. "The bank recognizes the importance of our organization and appreciates the role we play in the community. We are able to connect these talented and engaged singers and offer cultural initiatives that reach people who otherwise wouldn't be exposed to the arts and the beauty of this music."

To learn more about the Maine Music Society, visit the organization's website at [www.mainemusicsociety.org](http://www.mainemusicsociety.org).

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# Scholarships available to student leaders, aspiring journalists

**PORTLAND & ELLSWORTH, ME** — Student leaders and aspiring journalists may be eligible for scholarships from the Maine Community Foundation (MaineCF).

The Guy P. Gannett Scholarship provides support for students majoring in journalism or a field rea-

sonably related, including print, broadcast or electronic media.

The scholarship has awarded more than 170 scholarships totaling \$4 million since 2000. In 2024, 21 scholarships totaling \$211,000 were awarded.

Graduating high school seniors who have



**Maine**  
Community Foundation

demonstrated leadership skills are encouraged to apply for the Chet Jordan

Leadership Award.

Eligible applicants are pursuing post-second-

ary study for a certificate or undergraduate degree within the University of Maine System, Maine Community College System, Maine Maritime Academy and all vocational and technical schools in the state. Recipients will demonstrate independent thinking, initiative, hard work and the ability to

lead others in their communities.

In 2024, eight scholarships totaling \$25,000 were awarded.

The application deadline for both scholarships is Tuesday, April 1. For more information and to apply, visit [www.mainecef.org/scholarships](http://www.mainecef.org/scholarships).

# Seasonal influenza activity remains elevated in Maine

**AUGUSTA, ME** — Influenza (flu) activity remains high across Maine with hospitals admitting over 900 individuals so far this season. The Maine Center for Disease Control and Prevention (Maine CDC) encourages everyone to take steps to protect themselves and others from getting sick.

People with flu often experience fever, cough,

sore throat, runny or stuffy nose, muscle aches, and fatigue. Certain groups face a higher risk of developing severe illness and hospitalization, including:

adults 65 years and older

people with certain chronic medical conditions (e.g. asthma, diabetes, or heart disease)

pregnant people

children younger than 5 years (particularly those under 2 years old)

Recent data indicate that one in 10 emergency department visits in Maine are related to flu-like illness. Last week marked the fourth consecutive week with more than 100 flu-related hospital admissions in Maine. Additionally, the Maine CDC has reported

42 flu-related deaths and 109 flu outbreaks so far this season.

Vaccination is the most effective way to prevent the flu or becoming severely ill from the virus and its complications. It is not too late to receive a flu shot this season. Annual flu vaccination can help reduce the risk of illness, lessen the severity of symptoms, and prevent

missed work or school.

To protect yourself and others, the Maine CDC recommends the following prevention strategies in addition to getting vaccinated:

Stay home when you are sick.

Wash your hands frequently with soap and water.

Cover your coughs and sneezes with a tissue

or your elbow.

Avoid close contact with people who are sick.

Clean and disinfect commonly touched surfaces and objects.

For more information about the flu and prevention tips, please visit: [www.maineclu.gov](http://www.maineclu.gov).

To find the nearest location to get a flu vaccine, contact your local pharmacy or health care provider.

# Credit Union Donates \$1.5K to Bowdoin Community Cares

**LISBON, ME** — Lisbon Community Federal Credit Union proudly donated \$1,500 to Bowdoin Community Cares Association to support the purchase of an Electric Vehicle (EV) fire suppression blanket for the Bowdoin Fire Department. This essential safety equipment will help first responders manage electric vehicle fires more effectively, enhancing safety for both emergency personnel and the community.

With the growing number of electric vehicles on the road, fire departments nationwide are adapting to new fire suppression challenges. EV fires burn hotter and longer than traditional vehicle fires, requiring specialized equipment to contain them efficiently. The new EV fire blanket, funded through this donation, is designed to quickly smother and



(L to R): Thomas Garrepy, Bowdoin Fire Chief, Karen Mayo, Chairman, Bowdoin Community Cares, Jason Hilt, Treasurer, Bowdoin Community Cares, Shiloh Hagerman, Vice President of Lending, Lisbon Community Federal Credit Union

isolate high-intensity fires, proving firefighter safety. limiting damage and im-

es, this donation for an EV blanket is a huge lifesaver for us," said Thomas Garrepy, Bowdoin Fire Chief, "This will allow Bowdoin Fire Department to lend mutual aid to other local fire departments and therefore have an impact on the greater community, not just the Town of Bowdoin."

"Supporting our local emergency responders is an important part of our commitment to the community," said Shiloh Hagerman, Vice President of Lending, "We're grateful for the dedication of Bowdoin Community Cares Association and the Bowdoin Fire Department, and

we're proud to contribute to their efforts to keep our community safe."

Bowdoin Community Cares Association, a local nonprofit dedicated to assisting community members and supporting first responders, facilitated the purchase of this critical safety tool. The Bowdoin Fire Department now joins the growing number of fire departments nationwide equipped with EV fire blankets to address emerging safety challenges.

For more information about Bowdoin Community Cares Association and its commitment to community support, visit their Facebook page.

# Vegetable, fruit school with UMaine Extension in Lewiston

**LEWISTON, ME** — University of Maine Cooperative Extension and the Maine Vegetable and Small Fruit Growers Association are hosting a Maine Vegetable and Fruit School from 8:30 a.m. to 4 p.m on March 25 at the University of Southern Maine Lewiston Campus, 51 Westminster Street.

Topics include pest management for beans, lettuce and carrots; weather monitoring and pest management; potato disease identification; crop insurance; alternative berry crops; and food safety. Additionally, the event will feature a virtual visit to Tougas Farm in Northborough, MA, where owner



Photo of Highmoor Farm courtesy University of Maine Cooperative Extension.

Mo Tougas will share experiences and insights on diversifying growing practices. Presenters include experts from UMaine Extension as well as representatives from Maine Department of Agriculture, Conservation and Forestry. Pesticide applicator training credits and Certified Crop Advisor credits are available.

Cost is \$45 and includes lunch. Register by

March 22 on the program webpage. Walk-ins are welcome but lunch will not be guaranteed for those participants. In case of bad weather, check the University of Southern Maine weather hotline announcement at 207.780.4800. For more information or to request a reasonable accommodation, contact Stephanie Wright, 207.933.2100; [stephanie.wright@maine.edu](mailto:stephanie.wright@maine.edu).

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# CLT's Nunsense opens March 7

AUBURN, ME -- Community Little Theatre announces the second show of its 85 season, the musical "Nunsense". "Nunsense" is a hilarious farce about a group of five nuns trying to raise money under some rather unfortunate circumstances. "Nunsense" is directed by Jackie McDonald and Assistant Director Sean Wallace, with music direction by Alex Castonguay and choreography by Danielle Eaton.

"Nunsense" is a zany musical about the Little Sisters of Hoboken, a group of nuns who find themselves in a rather unfortunate situation. When the majority of their convent dies of botulism, leaving only five of them alive, they are suddenly in need of funds to bury their deceased sisters. The money runs out with four sisters left in the freezer! In need of quick cash, they decide to put on a talent show to raise the needed money. The talent show is to take place in a high school gymnasium. The gym is also being used by the students as they prepare to stage the musical "Grease". As

the sisters prepare for their talent show, the audience is treated to some lively music, fun dancing and some wacky comedy. There is even some audience participation thrown in!

Director Jackie McDonald said she chose "Nunsense" because it's a CLT fan favorite and, as such, has always been well received. It's a fun, lighthearted show and we all could use some lighthearted fun right now! The large Catholic Community in the area will understand and appreciate the familiarity of the various references in the story, along with the not so subtle Catholic humor. McDonald stated that her own Catholic background, including family members who are nuns, made the show even more meaningful to her. She stated that nuns represent "the women of her childhood".

The amazingly talented group of actors represent both familiar CLT faces as well as some newcomers to the theater world. They have been rehearsing since early December and their dedication shows. It's a challenging time of year to do a show and the cast



The cast of Nunsense Back row - left to right - Kay Warren as Sr. Mary Hubert, Michael James Litchfield as Sr. Mary Regina, Mother Superior, Nicole Frydrych as Sr. Robert Ann. Front row - left to right - Casey Waters as Sr. Mary Leo, Jenn Rennie as Sr. Mary Amnesia

has had to overcome some obstacles such as snow storms and the usual winter illnesses. They have pulled together amazingly, despite the hurdles, and the audience can expect to be amazed!

The cast of Nunsense includes Michael Litchfield as Sister Mary Regina, the feisty Mother Superior, Kay Warren as the mistress of the novices Sister Mary Hubert, Nicole Frydrych as the tough, street-wise Sister Robert Ann, Jen Rennie

as the spacey and entertaining Sister Mary Amnesia, and Casey Waters as the ambitious, ballet-dancing Sister Mary Leo.

CLT will present "Nunsense" March 7th, 8th, 13th, 14th and 15th at 7:30 p.m, and March 9th and 16th at 2:00 p.m. Call 783-0958 or visit [www.LACLt.com](http://www.LACLt.com) for tickets and information.

L/A Community Little Theatre, located at 30 Academy Street in Auburn, has been producing live theatre since 1940. A volunteer, non-profit organization, our goal is



Left to right - Kay Warren as Sr. Mary Hubert, Nicole Frydrych as Sr. Robert Ann



Left to right - Michael James Litchfield as Sr. Mary Regina - Mother Superior, Jenn Rennie as Sr. Mary Amnesia



Left to right - Jenn Rennie as Sr. Mary Amnesia, Casey Waters as Sr. Mary Leo

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# Open auditions announced for Maine's Got Talent

**LEWISTON, ME** — Maine's Got Talent presented by Maine Community Bank will hold three open auditions for Maine-based singers, bands, and musicians of all kinds who are interested in a chance to be selected as one of eight performers to compete for cash prizes during the 2025 event set for May 3rd at the Franco Center in Lewiston. Three auditions will be held:

Sunday, March 9, 2025  
10am to 2pm  
Portland Media Center  
516 Congress Street, Portland, Maine  
Saturday, March 29, 2025  
9am to 11am  
Penobscot Theatre  
131 Main Street, Bangor, Maine  
Sunday, March 30, 2025

10am to 2pm  
Community Little Theater  
30 Academy Street, Auburn, Maine  
Details: Auditions are open to all performing artists who live in Maine, including out-of-state students attending Maine schools. Must be 16 years old or older. Auditions are first come, first served. Bands, please bring light set-up. Vocalists, please bring soundtrack.

This is a live audition. FMI: visit the Maine's Got Talent Facebook page, or <https://andwell.org/get-involved/maines-got-talent/> or call (207) 330-0777. Auditions aim to secure eight musical performers and two alternates

who will compete for \$750, \$500, and \$250 during the 11th annual Maine's Got Talent on May 3, 2025, held at the Franco Center in Lewiston, Maine. A reception will be held at 6:00 pm and the show starts at 7:00 pm. Get your tickets

now at: <https://MGT2025.eventbrite.com>  
Past musicians have ranged from eight-person house bands and solo acoustic singer-songwriters to large-scale collegiate cappella groups and teen singers with ambition.

## Soup and Song Friday Night in Gray

**GRAY, ME** --The First Congregational Church of Gray, UCC is hosting its second Soup and Song Fest Friday, March 14, from 5:30 to 7:30 p.m. This family-friendly event features bowls of homemade soups, warm bread, and a beverage for just \$5 per person, with all children five and under admitted free! For the sweet-toothed among you, there will be desserts by donation: a long table laden with wondrous goodies for "pay what you will." Providing entertainment for the duration of the evening will be Jenn Dupuis, maestro of the Music and Movement group for kids 5 and under, held Tuesday mornings at the church Parish Hall on Brown Street. Playing along with Jenn is native daughter Georgia Humphrey. Georgia grew up in a musical family right in Gray, though she spends her days in nearby Gorham

where she manages the Public Access TV channels for the town. While in elementary school, she started playing the trombone. Later, she attended the University of Southern Maine and has degrees in music composition and music education. After school, she spent several years in the Maine National Guard tooting her horn up and down the state! Now she plays with Saco River Jazz, a 16 piece big band, and also belongs to the Fanfare Concert Band in the Lakes Region. "I always like to express my gratefulness to my parents, Barbara and George, for their support of my passion," explains Georgia. "I have been a lucky person. Music has filled my life and brings me joy." Jenn Dupuis started singing and playing guitar at 7 years old. "Perhaps this was because my Dad nicknamed me Songbird," Jenn says, "and I was al-

ways the loudest singer in the church pews! Whatever the reason, I have had a joyous lifelong relationship with music in one form or another." Jenn has sung and played guitar during Catholic mass, for Girl Scout events, and for weddings and funerals. She has now turned her love of music and of children into Christian Music and Movement, music-filled Tuesday mornings for 5 and unders. Soup and Song is a guaranteed good time. Good food, good music, (mostly) good comedy, and good friends. We hope you will join us at the Parish House, 5 Brown Street, on Friday, March 14. Soup bowls start filling at 5:30. For more information about Music and Movement, more Soup and Song events, or other activities held at the First Congregational Church of Gray and the Parish House, email [grayfirsttucc@gmail.com](mailto:grayfirsttucc@gmail.com), or call 207-657-4279 and leave a message.

## Androscoggin Retired Educators' Association meeting in March

**LEWISTON, ME** -- Androscoggin Retired Educators' Association meets five times per year: September, October, November, March, and April. Dues are \$10 per year for educators, \$6 per year for non-educator spouses. Due are payable

in September. You need not have taught in Androscoggin County, or even in the state of Maine. All educators are welcome: teachers, assistant teachers, ed techs, librarians, principals, guidance counselors, secretaries, anyone who

has worked with children. Send reservations to Gina Fuller, 36 Elliott Ave, Lewiston, Maine 04240. Elizabeth Bell 782-4413 [Skoolbell2@gmail.com](mailto:Skoolbell2@gmail.com)



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**Saturday, March 8**  
at 7:00pm

**Sunday, March 9**  
at 2:00pm

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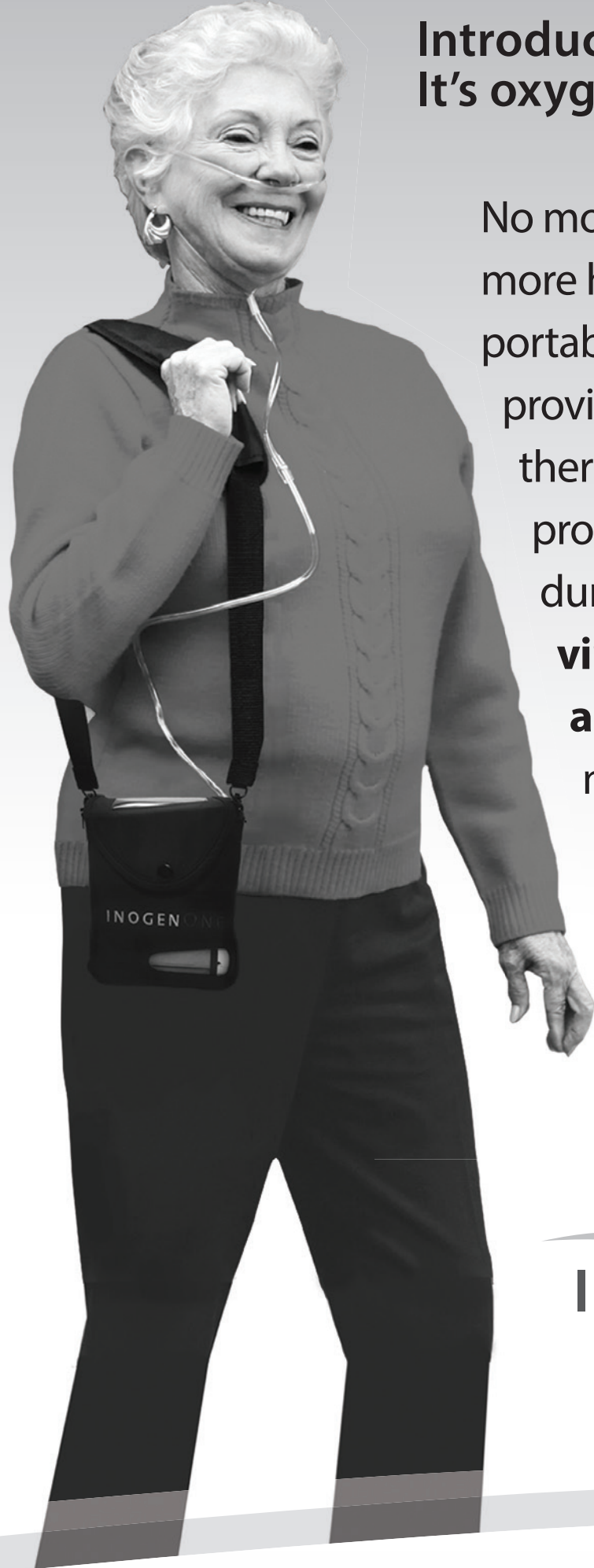
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# Eric Milliken joins Fontaine Family Team

**LEWISTON, ME** -- Fontaine Family - The Real Estate Leader is proud to announce Eric Milliken as the newest addition to their growing Auburn team. Eric grew up in Lewiston, Maine, and attended Lewiston High School before continuing his education at Wentworth Institute of Technology in Boston. With nearly three decades of experience in surveying, he has worked in boundary and construction surveying and currently applies his expertise at Bath Iron Works. His deep

understanding of land use and property boundaries will be a valuable asset to his real estate clients.

Eric has been married to his wife, Wendy Milliken, since 2001. Together, they have two children, Hannah (19) and Hunter (18). When he's not assisting clients, Eric enjoys fishing, camping, and spending time outdoors. He and his family are avid supporters of youth sports and can often be found cheering on their kids at sporting events.

For real estate oppor-



tunities with Eric Milliken, he can be contacted by phone at (207) 240-4217 or email [Eric@fontaine-team.com](mailto:Eric@fontaine-team.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

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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](http://FontaineTeam.com), download their free home search mobile app "Fontaine Family Real Estate" or call (207)784-3800 or (207)289-3830.

## 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 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, Ex-



Photo courtesy University of Maine Cooperative Extension / Edwin Remsburg.

tension 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](mailto:carrick.gambell@maine.edu).

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

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**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.

**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

# Calendar

Send your submissions to the Editor. More online.

browse our ever changing selection! Auburn Public Library, 49 Spring Street.

**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 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 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.

**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 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 fea-

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ture 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.

**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 25**

AUBURN -- The Auburn and Lewiston Republican Committees will meet on Tuesday March 25th 6pm, at the Androscoggin Bank on 683 Minot Avenue in Auburn. Executive officers will be chosen. For more information: [auburnmaine73@gmail.com](mailto:auburnmaine73@gmail.com)

**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](http://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.

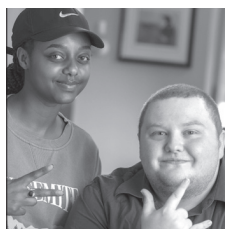
"It makes me feel so happy to be a part of society," he said. "With her support, I really feel like I've been able to flourish."

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



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