

Teen driver safety art exhibit on display at Gorham High School

GORHAM, ME — A powerful traveling art exhibit designed to raise awareness about teen driver safety is currently on display at Gorham High School. The exhibit features over 75 paintings and drawings, all created by high school seniors who were winners of the annual Arrive Alive Creative Contest, sponsored by the Law Offices of Joe Bornstein. The celebrated artwork has been showcased in schools, libraries, malls, and other public venues across Maine, with the goal of promoting safe driving habits to drivers of all ages in all 16 counties.

Now in its 21st year, the Arrive Alive Creative

Contest invites graduating high school seniors throughout Maine to create a project that depicts the dangers of drinking and driving or distracted driving. Seniors can enter a creative project of their choice, including essays, poems, paintings, videos, songs, public service announcements, t-shirt designs, and more. First-place winners receive a new laptop computer, second and third-place winners receive a new iPad, and everyone who enters the contest wins fun prizes from the Law Offices of Joe Bornstein.

In the past 20 years, the contest has received more than 1,500 entries from over 125 high schools



across Maine, with more than \$200,000 in prizes awarded to graduating high school seniors. The contest not only highlights the creativity of Maine's youth but also serves as a platform to address the ongoing tragedy of preventable driving accidents in communities throughout the state.



"The work we see in the Arrive Alive Creative Contest is incredibly moving and real," said attorney Ben Bornstein. "Our goal is to help raise awareness and

educate teenagers about the dangers of distracted driving in their formative driving years. Our traveling art exhibit highlights the dangers teenagers face when



behind the wheel and is inspiring in its peer-to-peer messaging."

To learn more about the Arrive Alive Creative Contest, including a complete set of rules and how to host the traveling art exhibit in your community, please visit: www.arrivealivecreativecontest.com.

Gorham's Joshua Wright runs for Wheaton in Post-Season Qualifier

NORTON, MA — Junior Kai Hillier (Hinesburg, Vt.) broke his own school record and placed first in the 3000 meters to lead the Wheaton College (Mass.) men's track & field team this evening at the Post-Season Qualifier at Wheaton in Beard Field House on the Wheaton campus in Norton, Mass.

Hillier shattered his previous school standard for the Lyons by almost five seconds with a time of 8:33.95. Senior Noah White (Winchester, Mass.) was second in the race with

a time of 9:00.23, while junior Nick Lacroix (Bedford, N.H.) placed fourth with a personal-record mark of 9:06.77. First year Nathan Pires (Yarmouth, Maine) posted a time of 9:34.19 to place seventh and classmate Finn Morris (Cape Elizabeth, Maine) solidified Wheaton's dominance in the event with a ninth-place showing on a personal-best time of 9:44.75 as one of 10 personal-record efforts on the day for the Lyons.

Senior Jordan Pinnix (Manchester, Conn.) near-

ly matched his school-record time from a week ago in placing first in the 60-meter hurdles on a time of 8.26 for the Lyons. First year Gael Vera (Westminster, Mass.) placed second in the high jump with a personal-best mark of 1.90 meters to also rank as the seventh-best height in school annals. He added an eighth-place effort in the long jump with a leap of 6.11 meters.

First year Gavin Landry (Westbrook, Maine) added to Wheaton's prowess in the 60-meter hurdles, placing fifth with a time of 8.70, while classmate Joshua

Wright (Gorham, Maine) was eighth with a mark of 8.94.

Senior Kelvin Peterson (Eliot, Maine) finished third in the 60 meters for the Lyons with a time of 6.99, while junior GJ Mualis (Taunton, Mass.) turned in a personal-record time of 7.23 to place 10th in the race.

Senior Ryan Ventura (South Easton, Mass.) led Wheaton with a time of 23.26 to finish fourth in the 200 meters and Mualis placed 10th at 23.69. First year Harrison Page (South Berwick, Maine) placed fifth in the 400 meters with a time of 53.09 with se-

nior Zac Elmasri (Groton, Mass.) in sixth with a time of 53.45.

First year Dan McIntyre (Keene, N.H.) was the Lyons' top finisher in the mile with a time of 4:48.38 to place ninth, while junior Parker Fullem (Wantage, N.J.) clocked in with a personal-record mark of 4:58.22. Junior Lucas MacKenzie (Saint Albans, Vt.) posted a personal-best time of 10:01.20 to lead Wheaton with a 12th-place effort in the 3000 meters.

Wright, first year Travis C. James (Hamden, Conn.), senior Will Singer (Los Angeles, Calif.) and McIntyre combined

on a time of 3:44.42 for a third-place showing in the 4X400-meter relay for the Blue and White.

Sophomore Logan Quinn (Portsmouth, R.I.) recorded a toss of 12.63 meters to finish sixth in the weight throw, while first year Kieran Templeton (Glens Falls, N.Y.) finished 12th in the event with a throw of 10.41 meters.

Junior Griffen Copp (Littleton, Mass.) registered a heave of 12.38 meters to finish seventh in the shot put, to lead the Lyons, and first year Scott Sloan (Barrington, R.I.) was 11th in the event with a mark of 12.09 meters.

UMaine Extension webinar on backyard pollinators March 19

MAINE -- University of Maine Cooperative Extension will offer a webinar for home gardeners titled "Backyard Resilience for Pollinators" from 6 - 7:15 p.m. on Wednesday, March 19.

Participants will learn about the interdependence of pollinators, plants and the environment. Hannah Mullally, Wildlife Biologist for U.S. Fish and Wildlife Service Maine Field Office, will cover what

participants can observe in their own backyards and actions everyone can take to create resilient backyard habitat for pollinators now and in the future. This webinar is the second in the 5-part series Gardening for the Future.


Registration is required; sliding scale fee options are available. Register on the event webpage to attend live. For more information or to request a reasonable accommoda-

tion, contact Rebecca Gray at 207.356.1348 or extension.gardening@maine.edu.

extension.gardening@maine.edu.



Gardeners can support pollinator resilience in their own backyards by adding crucial food and habitat resources to their gardens.



Author Event: Peter D. Brown
Wednesday, March 12th 6pm

Join us to hear local author Peter D. Brown speak about his recently released book, *I Am Joseph*. *I Am Joseph* is a compelling work of historical fiction positioned to remind readers of the reality of the transatlantic slave trade and the key role the enslaved played in the development of America.

Peter D. Brown is a Maine-based author of historical fiction with a deep interest in social justice and a passion for preserving history. His writing relies on a deep commitment to historical accuracy while aiming to illuminate stories of the oppressed or misunderstood. Through his work, Peter hopes to promote thoughtful conversations about the enduring impact of history on contemporary society.

March Greetings from Baxter Memorial Library!

Did you know that Baxter Memorial Library is partnering with Maine Needs?

MAINE NEEDS
a community effort

Book Club!
Thursday, March 6th
One Puzzling Afternoon
by Emily Gruchley
Thursday, March 20th
The Women
by Kristin Hannah

Meets at 10:15am in the Schneider Great Room. No registration necessary. All are welcome!

Evening Book Club!
Tuesday, March 25th
So Late in the Day
by Claire Keegan

Meets at 6pm in the Main Library. No registration necessary. All are welcome!

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Things that you can bring include:

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- Clothing & Jackets
- Small Appliances
- Wood Furniture
- Bicycles

Give new life to old items, meet your neighbors, learn repair skills, and have a cup of coffee on us!

To volunteer or for more information, please contact: **Nissa Flanagan** at flanagan@baxterlib.org or (207) 222-1190

Saturday, March 22
10 AM to 1 PM



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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. 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 or contact Kirstin Hayward, at (207) 386-5912 or 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-</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-</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/.

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

Seabreeze Property Services, Piscataqua Landscaping partner

ELIOT, PORTLAND, & TOPSHAM ME – Seabreeze Property Services, Portland-based commercial landscaping and property management for over 30 years, announced its merger with Piscataqua Landscaping & Tree Service (PLTS). Based in Eliot, Maine, PLTS is a full-service landscaping company serving Maine and New Hampshire for over 45 years with comprehensive residential and commercial service offerings including snow removal services, design/construction, maintenance,

plant and tree healthcare, lighting, and irrigation. This strategic partnership strengthens both companies' capabilities with expanded services, a commitment to staff education, and a full range of expertise for clients.

After careful consideration, Seabreeze leadership determined that merging with Piscataqua Landscaping & Tree Service was the best path forward to enhance service capabilities and better meet the evolving needs of its clients. This merger is not an acquisition but a collab-

oration that brings together two industry leaders with shared values and a commitment to excellence.

The Seabreeze Property Services leadership stated, "Our goal has always been to deliver the highest-quality landscaping and property care services. By partnering with Piscataqua, we're gaining access to additional resources, expertise, and services that will benefit our commercial and residential clients and team members alike."

As part of the transition, Seabreeze will adopt

the Piscataqua Landscaping & Tree Service brand name, with changes to logos, uniforms, invoices, email addresses, and website assets taking effect as of March 1, 2025. Several key elements of the company will remain unchanged:

All current contracts and agreements will remain intact.

The Seabreeze office in Portland will stay in its current location.

All existing team members will remain, with additional staff being added.

Clients will continue receiving the same high-quality service they have come to expect.

Justin Gamester, President & CEO of Piscataqua Landscaping & Tree Service, welcomed the Seabreeze team into the company, emphasizing their shared commitment to quality, professionalism, and customer satisfaction. "We are thrilled to welcome Seabreeze into the Piscataqua family. This partnership allows us to continue growing while maintaining the high standards of service that both

companies are known for. Our combined expertise will ensure that clients have access to the most comprehensive landscaping solutions in the region."

With this merger, Piscataqua Landscaping & Tree Service solidifies its position as the leading full-service landscaping provider in Northern New England. Clients can look forward to an expanded range of services, a stronger team, and a continued commitment to delivering exceptional landscaping and property care.

Share your input on Gorham's Open Space & Trails Master Plan

OPEN SPACE & TRAILS PLAN



WE WANT YOUR INPUT!

The Town of Gorham is developing an Open Space & Trails Master Plan and we want to hear from you! From now until April 2025, maps and surveys will be on site in the Planning Office, the Baxter Memorial Library, The North Gorham Public Library, and the Little Falls Activity Center, as well as online!

We want you to identify opportunities, connections, and issues to address. The town, with their consultant, will then take this information and work with the Open Space and Trails Steering Committee, and YOU to develop priorities for the town to adopt.



WWW.GORHAMOPENSOURCE.ME

ONLINE SURVEY



PLEASE VISIT THE WEBSITE

GORHAM, ME -- Now through April 2025, citizens can access various maps and a survey on site in Gorham offices or visit [https://www.gorham-](https://www.gorham-openspace.me)

[openspace.me](https://www.gorham-openspace.me) to share input via an online survey that will help develop opportunities, connections, and issues for the Town to adopt under its Open

Space & Trails Master Plan.

Repair Fair with Gorham's Baxter Memorial Library

GORHAM, ME -- Baxter Memorial Library is bringing a Repair Fair to Gorham. Bring your broken household items, and learn to repair them with the help of other community members!

We also need your help! We are looking for more volunteers who can repair clothing, small appliances, furniture, electronics, lamps, jewelry, bicycles, and more! You don't need to be an expert or a professional - we're also looking for people who are handy enough to fix things around their own

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To volunteer or for more information, please contact Nissa Flanagan at nflanagan@gorham.me.us or (207) 222-1190

Saturday, March 22
10 AM to 1 PM

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homes.

If you are willing to share your skills and expertise, and help your neighbors give new life to old items,

please reach out to Nissa Flanagan at nflanagan@gorham.me.us or (207) 222-1190.

March 22 10AM-1PM.

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

ne 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 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/EndHomes-FiresNNE 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

Film Festival runs through March 9 in Portland, Brunswick

PORTLAND, ME – Through March 9, MJFF will screen 15 evocative, engaging and inspiring dramatic feature and documentary films. Exploring the theme of “Destinations Unknown,” the 26th Festival will offer fresh perspectives on familiar icons, illuminate the lives of hidden figures, and provide a revealing look at lesser-seen territories.

“The 2025 Maine Jewish Film Festival seeks to engage and entertain audiences with films and programs that will uncover hidden stories, reveal important historical figures, and widen perspectives about important issues. This year’s film slate is incredibly diverse, featuring

enlightening documentaries, intense dramas, and uplifting comedies -- there is something for everybody.” —David Andrusia, Executive Director

“We were energized by Executive Director David Andrusia’s fresh idea of ‘Destinations Unknown’ as the theme for this year’s festival. With this theme in mind, the film screening committee has curated films that highlight both established and emerging filmmakers, broadening what we define as global Jewish experiences. From Colombia to India and many places in between, ‘Destinations Unknown’ takes us on a journey / odyssey / voyage / schlep to both new geographical



locales and to new inner worlds.”

—Phyllis Graber Jensen and Stephanie Pridgeon, co-chairs of the MJFF film screening committee

This year’s calendar of films is the Festival’s most far-reaching ever, and includes films that have won national and global acclaim, including Israel’s official entry for the Best Foreign Film Academy Award and the Best Actor winner of the César Award, France’s version of the Oscars.

MAINE JEWISH FILM FESTIVAL

Documentaries will explore civil rights (Ain’t No Back to a Merry-Go-Round); self-discovery (Call Me Dancer); influential artists (Janis Ian: Breaking the Silence, The True Story of Tamara De Lempicka & The Art of Survival, and Vishniac), Israeli-Palestinian relations (The Other); disability (The Ride Ahead); history (Spinoza: Six Reasons for the Excommunication of the Philosopher); and the search for belonging (Tora Tropical).

Spirited comedies

and riveting dramas also feature in the 2025 film lineup. Spanning the globe, this year’s fictional films include a dark comedy set in New York (Bad Shabbos); explorations of grief (Come Closer); courtroom drama (The Goldman Case); Klezmer music (The Klezmer Project); unlikely encounters (No Name Restaurant); and surprisingly funny stories of resilience (Thelma).

Many films will include Q&As or panel discussions.

Screenings for the festival will be held in four cities: in Portland at the Portland Museum of Art, The Hill Arts, and Jewish Community Alliance; in Brunswick at the Evening-

star Cinema; and in Lewiston for students at the Bates College Olin Arts Center; and in Waterville at the Maine Film Center.

The Festival will also include a special screening of *The Ride Ahead*, an inspirational film about 21-year-old New Hampshire Samuel Habib, a neurologically challenged young man who is surmounting obstacles to a fulfilling, productive life—and who served as co-director on this film. This special event will reach many disabled Mainers through the organizations that serve them, and will take place on Monday, April 3 at 2pm at the Jewish Community Alliance of Southern Maine.

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Lakes Region Senior Center invites Gorham seniors to activities

GORHAM, ME -- If you are looking for a fun senior center with lots of activities daily, come join us at Little Falls Activity

Center, 40 Acorn Street, Gorham, Maine. We are open from 8:30 to 2 or 3 pm depending on the activity. Our calendar is online.

Call Gerry Day, President, at 839-3859 for more information

Membership fee is \$20 a year with many perks.

Bean Supper at Gorham’s Cressey Road Christian Church

GORHAM, ME -- 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!

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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.maineef.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.maineeflu.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.

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Capture the beauty of Gorham in PRLT's Winter Photo Challenge



Photo by Ashanthi Maxworth

Photo by Ray Monahan

GORHAM, ME -- Whether it's frosty landscapes, snowy adventures, or winter wildlife, Presumpscot Regional Land Trust wants to see your unique perspective on the trails. It's your chance to showcase your talents and

the magic of the season! Send your photos to outreach@prlt.org to enter the contest. At the end of March, we will let the PRLT community vote, and the winning photo will receive a PRLT-branded travel coffee/tea mug as

a prize, and be featured in PRLT print and digital media.

For more information about the photo challenge, visit PRLT's website.

Submission Dates: January - March 14th

Clothes galore at Gorham's Mission of Hope Clothes Closet

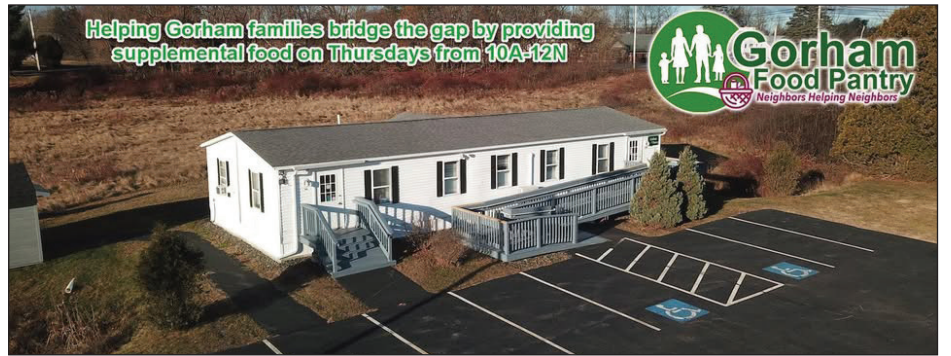
GORHAM, ME -- The FREE Clothes Closet at Cressey Road Church (Mission of Hope Clothes Closet) is open to all who need Fellowship, Friendship and Clothes. We are located at 81 Cressey Road, Gorham, and we are open on the FIRST and THIRD Saturday of each month from 9 o'clock AM to 12 Noon.

We focus on clothes and accessories (gloves, scarves, hats, etc.) and welcome your donations during our operating hours. Clean clothes in good shape help the most, as they go right out to help people locally or in nearby communities. An attempt is made to have season appropriate clothes available to you. After we have

displayed them for a time, they are donated to our local second-hand shops.

In addition to helping folks find clothes, we want to spend time with you! There are tables to sit, talk and to share a cup of coffee and usually a goodie with volunteers or others. Come see us! You might make a new friend. All are welcome!

Skip the store, support Gorham Food Pantry with online orders



GORHAM, ME -- Pantry friends, The Gorham Food Pantry is trying a new thing! We've created a list of needs on Amazon (at <https://www.amazon.com/registries/gl/guest-view/3QN61MNCPU76N>), being

careful to choose items that are of most need (as well as a few "nice to haves") and creating a way to have them shipped directly to the Pantry bin.

If you'd like a way to help out that doesn't involve going to

the store, shopping for the item, and bringing it to the Pantry, feel free to try this out!

We'll continue to watch and edit the list over the next 30 days to make improvements. Thanks for trying it out with us!

Volunteers needed for Gorham Cemetery Advisory Committee

GORHAM, ME -- The Town Council Appointments Committee is seeking citizen volunteers for a newly formed Cemetery Advisory Board Committee.

The committee has been created for the purpose of encouraging citizen involvement in maintaining, documenting and preserving Gorham's local public cemeteries.

The committee shall

consist of seven members appointed by the Town Council for staggering terms and shall be advisory in nature.

If you are interested in applying to serve on the Cemetery Advisory Board Committee, or for more information, please visit the Town Clerk's Office. To apply, please complete and submit a Committee Volunteer Application available online. You may

also contact the Town Clerk's Office at 222-1670 or email the Town Clerk Laurie Nordfors at lnordfors@gorham.me.us. The Appointments Committee will schedule short informal interviews with applicants starting in February and the Town Council will appoint applicants at their March meeting.

Applications will be accepted until March 27, 2025.

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Climate change, gardening webinar highlight resilience

MAINE -- University of Maine Cooperative Extension will offer a webinar titled, "Gardening in a Changing Climate: What Maine Gardeners Need to Know," from 6 - 7:15 p.m.

on Wednesday, March 12, 2025. Sean Birkel, assistant Extension professor and Maine state climatologist, and Rebecca Long, coordinator of horticulture train-

ing programs for UMaine Extension, will discuss climate change in Maine, important impacts to your garden, and how to make your garden more resilient. This webinar is the first in the 5-part series, Gardening for the Future, and will lay the groundwork for the rest of the series, which will cover specific resilience topics in more detail. We recommend registering for this session, either to watch live or view the recording, if you plan to attend any upcoming webinars in the series.

Registration is required; sliding scale fee options are available. Register on the event webpage to attend live or receive the recording link. For more information or to request a reasonable accommodation, contact Rebecca Gray, 207.356.1348 or extension.gardening@maine.edu.



Long-term weather data can help climatologists understand climate variability and inform techniques gardeners can use to build resilience.

Explore hidden history with Gorham Historical Society



GORHAM, ME -- Join the Gorham Historical Society on the first Sunday in April for a look at the hidden history of the Presumpscot River and Dundee Pond. See a fascinating display of objects unearthed by a local metal detector specialist. Hear stories from 100 years of hidden history revealed when Dundee Pond was drained last summer and

the wild river was restored. Sunday, April 6th at 3 pm in the barn at Cherry Hill Farm (to the left of Sebago Brewing Company at 616 Main St. in Gorham).

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

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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 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, 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 Remsberg.

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.

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

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Calendar

Send your submissions to the Editor. More online.

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

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

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

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

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 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 experi-

ence 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.

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Tickets: \$15 in advance, \$20 at the door, \$10 Students/Children. Available at the church office, Gulf of Maine Books, or online at <https://ticket-stripe.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 -- Se-

niorsPlus, 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.

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

GORHAM LITTLE LEAGUE

Field Funding Campaign

The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

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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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