

## Great Falls Construction of Gorham begins train station work

**PORTLAND, ME** – The Northern New England Passenger Rail Authority (NNEPRA) announced that the expansion to Downeaster train facilities at the Wells Transportation Center began the week of March 3, 2025. The project includes the replacement of the existing high level boarding platform adjacent to the Wells Station building as well as the construction of a second boarding platform across the tracks connected by an overhead pedestrian bridge. The additional platform will allow Amtrak Downeaster trains arriving at the station from opposing directions to board and alight passengers simultaneously.

The contract to construct the platform and pedestrian bridge was awarded to Great Falls Construction, based in Gorham, following a com-

petitive bid process. The \$11.8M project will support approximately 80 jobs and involve approximately 40 suppliers throughout its 18 month duration.

“We are excited to collaborate with NNEPRA on this endeavor which will enhance transportation infrastructure and serve the Maine community and its visitors well for year to come. It’s a great project and we are happy to be a part of it,” said Jon Smith, President of Great Falls Construction.

Amtrak Downeaster trains will continue to operate throughout construction. A temporary boarding platform will be built to provide passenger access to trains and the traffic flow within the parking lot will be modified while work is underway.

The platform expansion is part of the \$31.9 million Wells Area Im-

provement Project (WAIP) funded in part by the Federal Railroad Administration through the Consolidated Rail Infrastructure and Safety Improvement (CRISI) discretionary grant program, with matching funds provided by the Maine Department of Transportation and CSX Transportation. The WAIP project also included a six-mile extension to the second track located in front of the station, which was completed by CSX in 2024.

The additional platform, combined with the added track capacity, will support an additional Downeaster train which will operate between Brunswick and Wells each morning on a schedule designed to serve commuters travelling to and from the Greater Portland Region. A start date for that frequency has not been determined.

“We are delighted to work with Great Falls on this important project that will provide more options for Maine residents to get back and forth to work without adding to traffic congestion,” said Patricia Quinn, NNEPRA Executive Director. “We are grateful for the partnership and collaboration with our funding and operating partners, as well as the Town of Wells and Maine Turnpike Authority, which owns the Wells Station property, throughout this project.”

Information and updates on the project will be posted on NNEPRA.com. For Downeaster schedules and fares visit Amtrak-Downeaster.com.

The Amtrak Downeaster makes five round-trips daily between Brunswick, Maine and Boston, Massachusetts serving 12 stations in 3 states and transports over a



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half a million riders annually. Amtrak operates the Downeaster per a service agreement with NNEPRA.

## Brunswick High School Players revive The Addams Family

**BRUNSWICK, ME** – In March 2020, just days before opening night, the Brunswick High School Players were forced to shut down their production of The Addams Family as schools across the country closed due to the COVID-19 pandemic. Now, five years later, the Players are bringing the beloved musical comedy back to the stage, giving a new cast and crew the opportunity to finally share this story with audiences.

Directed and choreographed by Linda Gardiner, with musical di-

rection by Ashley Albert and produced by Michael Millett, this production of The Addams Family is a testament to the resilience and passion of the Brunswick High School theater community. The show, filled with laughter, love, and all things delightfully spooky, follows Wednesday Addams as she falls in love with a “normal” boy and introduces him to her wonderfully weird family.

“This production is more than just a performance—it’s a full-circle moment,” said director



Morticia and Gomez Addams played by seniors Lily Calderwood and Asher Gillespie



Linda Gardiner. “We’re honoring the students who never got to take the stage in 2020 while giving our current cast the chance to

make this show their own.”

Performances will take place at Brunswick High School’s Crooker Theater on March 27–29 at 7:00 PM, March 30 at 2:00 PM, and April 4–5 at 7:00 PM. Tickets will be available at the door or online at <https://sites.google.com/brunswicksd.org/brunswickhighschoolplayers/home>.

Don’t miss this long-awaited revival of The Addams Family! Join the Brunswick High School Players as they finally bring this hilariously ghoulish tale to life.

The Addams Family, a new musical, includes book by Marshall Brickman and Rick Elice, Music and Lyrics by Andrew Lippa. Orchestrations by Larry Hochman, and is based on the characters created by Charles Addams. The Addams Family, a new musical, is presented through special arrangement with and all authorized performance materials are supplied by Theatrical Rights Worldwide 1180 Avenue of the Americas, Suite 640, New York, NY 10036. [www.theatricalrights.com](http://www.theatricalrights.com).

## 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](mailto:lnordfors@gorham.me.us). Applications

will be accepted through January 23, 2025. 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.

## 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!

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

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# Newsmakers, Names & Faces

## LASC announces Spring 2025 courses

**LEWISTON, AUBURN, ME** -- Lewiston Auburn Senior College (LASC) is pleased to announce our Spring Semester. Listed below are the Courses/Classes which will be starting in April. The catalog will be available online @ <https://lewiston-auburn-senior-college.coursestorm.com/> beginning on March 1, 2025 and registration opens on March 15, 2025. If you have any questions regarding registration, please contact LASC at [laseniorcollege@gmail.com](mailto:laseniorcollege@gmail.com) or call 207-713-7266.

**ACCESSIBLE, AFFORDABLE AND SUPPORTIVE HOUSING IN MAINE** by Paul Linet

**IN PERSON** at Auburn Public Library and **ZOOM APRIL 1 @ 1:00PM**

Everyone who registers will receive a link to ZOOM in their email on the morning of the class, and may attend either in-person or by ZOOM if desired.

Paul Linet is the Founder and CEO of 3i Housing of Maine, a non-profit organization working to promote Independent community based living options for adults (of all ages) with disabilities through Innovative, Affordable Housing and Integrated Support Services.

Since its establishment as a non-profit in 2020, 3i HoME has been pursuing unique models that leverage smart-home assistive technology with person-centered enhanced care coordination. Paul will be detailing the 3i HoME totally accessible housing developments occurring

in southern and western Maine and the potential for replication in the L/A area.

Following a lengthy career in business and law, Paul Linet, founded 3i HoME drawing on 25 years of family caregiving advocacy, as well as regulatory and legislative experience at the state and federal level. The 3i HoME team is creating supportive/accessible housing, thereby addressing the needs of thousands of Maine citizens dealing with the shortage of direct care workers, nursing home closures and the needless institutionalization of older adults and adults with disabilities.

**ASTRONOMY, SPACE SCIENCE, AND THE ENVIRONMENT** by Douglas N. Arion, PhD

**IN PERSON** at Auburn Public Library and **ZOOM MAY 13 @ 1:00PM**

Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired.

Astronomers are the 'canaries in the coalmine' and leaders in addressing a number of new and major environmental issues. Light pollution, space crowding and space debris, and climate change are all connected with our disciplines. As individuals and communities, we can make a difference - but only if we know what the issues are and how to address them. The documentary

film, *Defending the Dark*, tells the story of our work combatting light pollution and protecting the dark skies of northern

Maine, with lessons that can be applied anywhere. Our workshop and presentation will discuss these and other environmental issues that we can, and must, address.

Douglas Arion, PhD is the director of Mountains of Stars, a public science outreach and education program that engages the public with 'environmental awareness from a cosmic perspective,' is Professor Emeritus of Physics and Astronomy and Donald D. Hedberg Distinguished Professor Emeritus of Entrepreneurial Studies at Carthage College, and has been a leader in many astronomy educational programs. Arion led the effort to create the AMC Maine Woods International Dark Sky Park, which protects over 100,000 acres in Maine - the last substantial dark sky region in the eastern 2/3 of the US. He produced *Defending the Dark*, a documentary on dark skies in Maine that has been shown on PBS across the US and at several major film festivals. Among his many awards and honors is Dark Sky Defender Award from the International Dark Sky Association.

**BOTANY OF NON FLOWERING PLANTS** by Jeff Pengel

**IN-PERSON** at L-A Metro Chamber of Commerce (415 Lisbon Street, Suite 100, Lewiston, ME) 6 weeks @ 3:00 to 4:30 PM starting April 16

When we think of plants and botany, many of us think first of flowers, but there is a whole world of non-flowering plants out there. These include lichens, liverworts, mosses, clubmosses, horsetails, ferns and conifers. This course will cover the basic structures, functions,

ecological relationships, and taxonomy of this diverse group of organisms, including an introduction to the specialized vocabulary used to study them. The course is primarily taught with PowerPoint but will include live and preserved specimens from each group. An optional field trip on a weekend day will be scheduled near the end of the course.

Jeff Pengel was trained as a geologist and botanist and holds degrees in Natural Science and Secondary Education. He is a Certified Interpretive Guide, a Maine Master Naturalist instructor, and an Appalachian Mountain Club volunteer naturalist. Jeff has worked as geologist, high school science teacher, outdoor educator, and park ranger but has spent most of his career in IT and project management.

**CAJUN, CREOLE AND SOUL FOOD** by Larry Canepa

**IN PERSON** at Auburn Public Library and **ZOOM APRIL 29 @ 1:00PM**

Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired.

A vastly over-simplified way to describe the two cuisines is to deem Creole cuisine "city food" and Cajun cuisine "country food." While many of the ingredients in Cajun and Creole dishes are similar, the real difference between the two styles is the people behind these famous cuisines. Cajun and Creole are two distinct cultures, and while over the years they continue to blend, there is still a vast distinction. When it comes to cooking

dishes packed full of spices and flavor,

there are no two better styles of cooking than Cajun and Creole. Oftentimes, these two types of food get mixed up due to their similar origins and flavors. But they are actually both quite unique. So to ensure you know what you're getting when you order a new dish, let's explore a few key differences between Cajun and Creole food. As a bonus, we'll explore the roots and traditions of 'soul food', too.

Chef Larry P. Canepa, is a Certified Culinary Educator with over 50 years of experience, including management and operation of free-standing restaurants, hotels and resorts. For over 30 years, Chef Larry Canepa has operated Dinner at Eight, specializing in community and private cooking classes, food and beverage demonstrations, and Food Studies seminars. Chef Canepa brings a passion for food and beverage through his 'food-tainment' lectures, demonstrations and engaging presentations and provides comprehensive, engaging and culinary education workshops and cooking demonstrations at public libraries, universities, workshops, local, county, state and national venues and farmers' markets throughout the United States.

**CARD MAKING FOR BEGINNERS** by Jo McDougall

**IN PERSON** at Auburn Public Library Thursday, April 17 @ 1:30 PM

Students will learn the basics of making greeting cards. I will discuss materials, tools, and measurements. Each student will make at least two cards. (Each student who wishes to make cards should bring

a ruler, scissors and a double-sided tape runner, or a liquid glue appropriate for paper, such as Tombow liquid glue.)

Jo has always enjoyed crafting, and for the past 20 years or so, she's been into paper crafting, mainly ornaments. That has led her to card making, selling the cards at craft fairs and donating them to charities. She looks forward to helping others make their own cards. Jo is semi-retired and looking forward to full retirement soon.

**CONSERVATION DOGS SNIFFING OUT SCIENCE** by Lindsay Ware

**ZOOM and IN PERSON** at Auburn Public Library **APRIL 8 @ 1:00PM**

Lindsay will join us via Zoom. Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired

Lindsay Ware will introduce us to the work of Science Dogs of New England, an organization that trains both dogs and their human handlers to use the superior scent-detection abilities of dogs for low-impact conservation and research work. The presentation will include a video of the dogs working on important environmental research.

Lindsay has partnered with dogs for conservation purposes since 2011, when she began training dogs to find mortally wounded large game animals for hunters. Passionate about wildlife and conservation from a young age, Lindsay earned her B.S. in Wildlife Biology from Unity College, and her M.S. in Biology from the University of Western Ontario. She spent many years

traveling the U.S. and Canada working as a wildlife research technician for several government and non-profit agencies.

**REMEMBER: A FLASH MEMOIR WORKSHOP** by Barbara Gravinese

**IN-PERSON** at Auburn Public Library 6 weeks @ 1:00 to 3:00 PM starting April 3

Join us in exploring Flash Memoir, a short form, non-fiction way of recording your memories, and to share them with our group, if you wish. All suggested assignments will be written outside class time and be no longer than 500 words (about two pages,

See Courses, page 10

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# Newsmakers, Names & Faces

## Program elevates behavioral health training for new grads

**WESTBROOK, ME** – Expanding on the traditional clinical orientation experience to include behavioral health-specific education the inaugural New Graduate Nurse Residency Program (NRP) with MaineHealth Behavioral Health at Spring Harbor (MHBHSH) has successfully graduated its first class from the program.

The NRP consists of a year-long series of monthly learning experiences that support new nurses as they transition into professional nursing practice in the

treatment of individuals diagnosed with a behavioral health diagnosis. The program represents a significant solution to the ongoing shortage of behavioral health professionals facing MHBHSH and psychiatric facilities across the nation.

A total of five nurses working at MHBHSH successfully completed the program:

- Mediatrice Kantarama, RN
- Toia Francis, RN
- Shane Grenier, RN
- Samantha Holichork, RN



L-R: Samantha Holichork, Delaney Collins, Shane Grenier, Toia Francis, Mediatrice Kantarama

Delaney Collins, RN  
All five graduates have elected to remain at MHBH to continue their professional growth as behavioral health professionals.

“MHBH is immensely proud to welcome our new nurse graduates into the behavioral healthcare community, said Jason Rosenberg, MHBH CNO. “Their journey has been marked by unwavering dedication, exceptional skill, and a profound commitment to patient care. As they embark on their pro-

fessional paths, they bring with them the promise of compassionate leadership and innovative care. These graduates are not just the future of nursing; they are the embodiment of hope and excellence in behavioral healthcare.”

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

## Free website-building class open to Wiscasset-Area business owners

**AUGUSTA, ME** -- New Ventures Maine (NVME) in partnership with Empower by GoDaddy and Lincoln County Regional Planning Commission has opened registration for a free Build Your Business Website class. The goal of the class is for participants to build or update their business website. This free, hybrid five-week class is open to business owners in the Midcoast area to attend in person or online. The class

starts April 3.

Class topics will include:

- How to build or update a website
- Getting found – Search Engine Optimization (SEO)
- Reaching your customers through social media and email marketing
- How to build an online store
- Branding
- Creating content for your site
- This five-week class

is designed to meet the needs of local businesses, to help business owners gain the knowledge and tools to build their online presence, reach their customers, and grow their business.

Classes are Thursdays from April 3 to May 1, from 3:00 p.m. – 4:30 p.m. The in-person location is Lincoln County Regional Planning Commission, 297 Bath Road, in Wiscasset.

Registration is open for online and in-person attendees here.

“This class is part of our Business Booster Series, which provides business support and resources from service providers available to boost all types of businesses in Lincoln County,” said LCRPC’s Economic and Community Development Planner Alex Zipparo. “All are welcome to attend, and we hope our businesses in Lincoln County will take advantage of this excellent opportunity.”

This program builds confidence to manage a website, social media and online store with extra support through 1:1 mentoring. Participants will have a website ready to publish by the end of the class.

“GoDaddy is mission-driven; everything we do is in service of empowering entrepreneurs and making opportunity more inclusive for all,” said Ebony Janelle, Empower by GoDaddy spokesperson. “Each journey into entre-

preneurship is unique and some face greater challenges than others when getting started. Through the Empower by GoDaddy program, we create lasting impact for all participating entrepreneurs.”

Empower by GoDaddy covers the cost of programming (valued at over \$3,000) as well as free products. For more information, contact Alicia LaFosse at alicia.lafosse@maine.edu or (207)-621-7457.

## Maine’s first-ever feature-length wildlife film premieres at USM

**MAINE** -- Presumpscot Regional Land Trust is proud to partner with Falmouth Land Trust and nine other Portland-area land trusts and trail organizations, to host a screening of the Maine-made wildlife documentary *A Peace of Forest* at USM’s Hanford Hall on Saturday, March 29th. Doors will open at 6:30 pm, and the film will begin at 7pm. A Q+A with the filmmakers and producers, Lee Ann and Thomas Szelog, will be held from 8:30-9 pm.

Adult tickets are \$15, and kids’ tickets are \$5. There are also a number



of free community tickets available. Buy tickets here.

Created in Whitefield, Maine, *A Peace of Forest* is a grand 87-minute film that has been described by audience members as “The most beautiful film I have ever seen, exhibiting our natural world,” and “This film is a gift; it is so rich.” Touted as a quiet film, *A Peace of Forest* is a one-of-a-kind cinematic adventure,

allowing viewers to experience a wild, peaceful and mysterious world that is filled with complex relationships and ways of wonder. *A Peace of Forest* celebrates the beauty and intimacy of wildlife in Maine with surprising, tender and exquisite interactions of wildlife during undisturbed moments in Maine’s natural world. Click here to view the movie trailer, and click

here to read the reviews. For more information about the film, please visit [apeaceofforest.com](http://apeaceofforest.com)

Cohosts include:

Portland Trails, Chebeague Cumberland Land Trust, Freeport Conservation Trust, Cape Elizabeth Land Trust, Scarborough

Land Trust, Oceanside Conservation Trust, South Portland Land Trust, and the Maine Land Trust Network.

## 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.

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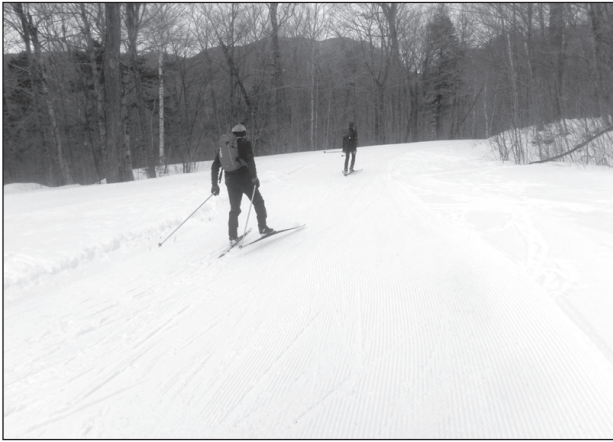
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# Seniors Not Acting Their Age

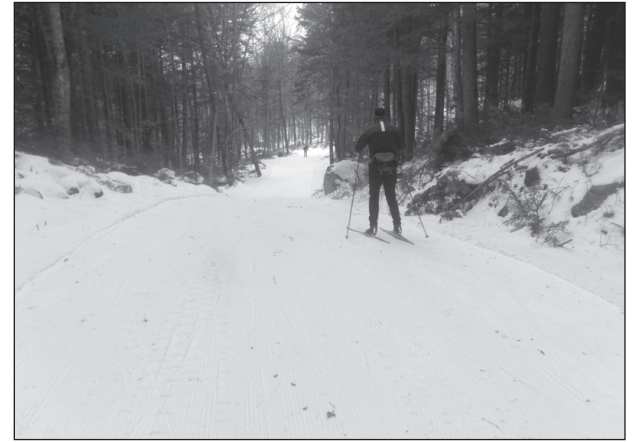
## Outstanding Nordic Skiing at Jackson Ski Touring



Skate skiers on Jackson Ski Touring's Boggy Brook Trail



Lynn Meehan reaches the top of Boggy Brook Trail



A skier begins a descent on Jackson's Yodel Trail

Jackson Ski Touring in Jackson, New Hampshire, is usually one of the first Nordic ski centers in the region to offer quality skiing. However, they experienced a dearth of snow during the first several weeks of the winter season. A succession of late-January and early-February snowstorms changed that dramatically.

Jackson Ski Touring has much to offer. They have over 100 kilometers of trails in several different locations all in the vicinity of the Village of Jackson. The ski area has an outstanding team of trail groomers that consistently provide a high quality outcome and their online trail report is exceptionally reliable.

Two friends, Steve

Fortin and Lynn Meehan, live near Jackson and frequent the touring center. When they reported that the Prospect Farm Trails had excellent conditions, my friend, Eggman DeCoster, and I decided to complete the drive to New Hampshire and join them.

The Prospect Farm Trails are the highest elevation trails in the extensive Jackson network. Situated on the southern slope of Wildcat Mountain, the area receives a substantial volume of snow each year and is usually the first Jackson trail system to open at the beginning of winter and last to close in the spring.

Four of us met at the touring center in Jackson on a cold, breezy, cloudy day. After purchasing

passes, we left a vehicle behind and carpooled to Prospect Farm since there is limited parking. Just a handful of spaces remained when we arrived at the trailhead at the top of Carter Notch Road after a seven mile drive.

Our New Hampshire companions skate skied while Eggman and I used the classic technique. We started north on the well-groomed Wildcat Valley Trail in a predominantly conifer forest. Skiers immediately find themselves cruising down a hill and then persisting up a rise to a junction with Boggy Brook Trail on the right.

We proceeded gradually uphill on Boggy Brook Trail for about three kilometers and then angled abruptly right where

the trail slopes downward and crosses a bridge over a tributary of Wildcat Brook. Shortly after, we ascended steeply to the top of the trail where skiers were gathered enjoying the views and socializing. A very stimulating downhill cruise back to Wildcat Valley Trail ensued.

Turning right on Wildcat Valley Trail, we progressed steeply uphill to Quail Trail on the left. Quail Trail is a very entertaining series of rolling hills that ends with a moderate ascent to an open field where partial views of Mount Washington can be observed on a clear day. Unfortunately, New England's highest peak was enveloped in clouds when we arrived this cloudy afternoon. Often double-poling, an exhilarating predominantly downhill ski followed to Wildcat Valley Trail.

At the Wildcat Valley Trail junction, we paused to discuss options for extending our ski. Instead of continuing north on an arduous climb to Orchard Trail, we decided to complete an exciting descent back to the Wildcat Valley Trailhead with the intent of exploring the Upper Village Trails closer to Jackson afterwards.

Departing from Wildcat Valley Trailhead, we drove south on Carter Notch Road for about four

miles to the Woodchuck Trailhead on the left. From there, a collection of Upper Village Trails lead to Jackson. Since we had left a vehicle at the touring center parking lot, arranging a shuttle was unnecessary.

We began skiing generally downhill in a southerly direction on Woodchuck Trail in an open field. The difference in the two trail networks was quickly apparent as the snow depth was much thinner on the lower elevation Upper Village Trails. Despite the limited snow, groomers managed to provide quality ski conditions.

Since Steve was more familiar with the Upper Village Trails, we followed him while cruising easily through Woodchuck and Eagle Fields to the junction with Yodel Trail. Carter Notch Road must be crossed before starting down the more difficult Yodel Trail.

Yodel Trail begins with a succession of precipitous twisting descents. The thinner snow added to the challenge. We plummeted down several abrupt turns. A steep climb was necessary before finishing Yodel with a thrilling plunge to Wentworth Resort Course. An easy glide across the course brought us to the parking area ending a very entertaining day of skiing.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates several outstanding Nordic ski trips in Maine including exciting 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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# Pine Tree Camp awarded grant to support youth campers

**ROME, ME-** Pine Tree Camp has received a two-year, \$200,000 grant from the Evelyn S. and K.E. Barrett Foundation. The Barrett Foundation funds organizations that benefit children in need and these funds will support camp's Dirigo Experience and Camp Pine Cone programs.

Dirigo Experience is a six-day overnight camp for Deaf and hard of hearing youth ages 7 to 15. Camp Pine Cone is a fully-accessible summer day camp for kids ages 5 to 13 who are not yet ready for overnight camp.

"Both these programs fill critical needs," said Pine Tree Camp Director, Dawn Willard-Robin-

son. "Our fully-accessible waterfront campus gives young people of all abilities the chance to come together for a summer camp experience, make new friends, try new things and develop greater self-esteem, confidence and a sense of independence that carries over into their daily lives."

Thanks, in part, to the support of the Barrett Foundation, Pine Tree Camp's Dirigo Experience overnight camp will take place August 18 through August 23. There will be six Camp Pine Cone sessions. Campers are encouraged to apply for more than one week of this specialized day camp.

Camp Pine Cone Ses-



**A grant from the Barrett Foundation provides support for Pine Tree Camp's Dirigo Experience overnight summer camp for Maine Deaf and Hard of Hearing youth. Applications are now open for this week-long camp in August. Abel Celestino, Saco (left); Gabriel Alberto, Westbrook (center); Hunter Minch-Bohlin (right); and Fion McLoughlin, Mount Desert Island (holding ball) were among 22 young Mainers who attended this unique program last summer.**

sion Dates: Week 1: June 30-July 4  
Week 2: July 7-July 11  
Week 3: July 14-July 18  
Week 4: July 21-July 25  
Week 5: July 28-August 1  
Week 6: August 4-August 8

Applications for Dirigo Experience and Camp Pine Cone open on Monday, March 3. Full tuition assistance is available. For more information, please visit <https://pinetreesociety.org/camp-home/> or contact Lori Chesley, Camp Relations Coordinator at 207-386-5993 or [ptcamp@pinetreesociety.org](mailto:ptcamp@pinetreesociety.org).

More about Pine Tree Camp: Pine Tree Camp, which celebrates its 80th anniversary in 2025, is a program of Pine Tree Society and an American Camp Association-accredited camp for people with disabilities. Every year, hundreds of Maine children and adults with disabilities arrive at Pine Tree Camp in Rome and their lives are transformed. Year-round, campers experience freedom and independence by actively participating in outdoor activities like kayaking, boating, swimming, fishing, hiking, biking, archery, snowshoeing and cross country skiing thanks to Pine Tree Camp's 285-acre, fully-accessible campus on North Pond. Full tuition assistance is available. Since 1945, no camper has ever been turned away due to their ability to pay. <https://pinetreesociety.org/camp-home/>

## Becoming a resilient gardener hosted by UMaine Extension



**New techniques can help gardeners maintain a successful vegetable garden despite shifting weather challenges. Photo courtesy University of Maine Cooperative Extension/Edwin Rensberg.**

**MAINE --** University of Maine Cooperative Extension will offer a webinar for home gardeners titled "Becoming a Resilient Vegetable Gardener" from 6 - 7:15 p.m on Wednesday, March 26.

As gardeners in Maine deal with more periods of intense heat, prolonged drought, dramatic rain, and a slew of pests and diseases, they need

new techniques and strategies to be successful. Carrick Gambell, urban agriculture professional for USDA Natural Resources Conservation Service and UMaine Extension, will discuss crop succession planning, season extension, techniques to protect your vegetables from the elements, and ideas for pest and disease management. This webinar is the

third 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 or receive the recording link. For more information or to request a reasonable accommodation, contact Rebecca Gray at 207.356.1348 or [extension.gardening@maine.edu](mailto:extension.gardening@maine.edu).

## 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 auction 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 [pbs.org/roadshowtickets](https://pbs.org/roadshowtickets).

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/](https://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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# Arts & Entertainment

## 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/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!

## Maine State Ballet presents "Don Quixote"



**FALMOUTH, ME** – Maine State Ballet is excited to announce its upcoming production of "Don Quixote," bringing Miguel de Cervantes' timeless tale to life. Celebrated for its colorful characters and spirited choreography, the ballet follows the journey of the knight-errant Don Quixote and his loyal squire, Sancho Panza, as they embark on a quest to find the enchanting Dulcinea. Along the way they help two local villagers,

### 1922-2022 MAINE STATE BALLET *Celebrating One Hundred Years*

the feisty Kitri and her handsome beau, Basilio, battle against her greedy father and a wealthy suitor. With the help of Don Quixote, Kitri and Basilio's love triumphs over all.

Choreography is by Artistic Director and former New York City Ballet dancer Linda MacArthur Miele, with costumes and scenery by Associate Di-

rector Gail Csoboth, and light design by Frederick Bernier.

Performance Schedule

Dates: March 21st – April 13th (4 weekends)

Venue: Lopez Theater

Tickets: \$25-\$35 with discounts for seniors & children at [mainestateballet.org](http://mainestateballet.org) or 207-781-3587.

**LEWISTON-AUBURN COMMUNITY LITTLE THEATRE**  
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March 13, 14 & 15 at 7:30 pm • March 16 at 2:00 pm

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Director - Jackie McDonald  
Assistant Director - Sean Wallace  
Music Director - Alex Castonguay  
Choreographer - Danielle Eaton  
Producer - Emily Flynn  
Stage Manager - Brandon Chaloux

For tickets or info call 783-0958 or visit [LACLT.com](http://LACLT.com)  
Tickets: \$25 adults • \$22 seniors & students • \$17 (children under 13) includes all taxes and fees

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**Saturday - March 22**  
7:00PM - Franco Center, Lewiston  
Guest Conductor, Hiroya Muira

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

Free Pre-Concert Event:  
**A Conversation with the Conductor**  
6:00 pm - Franco Center  
Sponsored by MAINE TRUST for Local News

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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 Month honors community heroes

**AUGUSTA, ME** — Governor Janet Mills issued a proclamation recognizing March as Red Cross Month to honor the compassion and dedication of people who serve communities through Maine.

“The American Red Cross aspires to turn compassion into action, and Mainers – American Red Cross volunteers – help each other when we are in need,” Mills said in the proclamation. “Because of the American Red Cross’s work, children and youth

in Maine know how to prepare for and stay safe during a disaster, people have working smoke alarms and emergency escape plans, and there are always trained individuals nearby ready to use their skills to save lives. I urge all citizens to recognize the tremendous contributions that the Red Cross and its volunteers make in Maine each and every day.”

During its annual Red Cross Month celebration, the Red Cross honors the people who deliver

support when help can’t wait — including volunteers who comprise 90% of its national workforce, generous blood, platelet and financial donors, and other supporters who power its lifesaving mission.

“Red Cross Month is a special time to recognize our neighbors who step up to care for each other,” said Stephanie Couturier, regional CEO, Red Cross of Northern New England. “Across Maine, these community heroes provide a beacon of hope in people’s darkest hours, whether it’s

comforting a family after a disaster, donating vital blood for hospital patients, saving a life with skills like first aid and CPR, or supporting military and veteran families. If you’re looking for a meaningful way to give back, join us to help ensure no one faces an emergency alone.”

Visit [redcross.org](http://redcross.org) to make a financial donation, schedule time to give blood, volunteer or take a class. Financial gifts made on March 26 will be part of our annual Giving Day to help people affected by

disasters big and small across the country. In addition, the Red Cross is expanding its health offerings to include free A1C testing (commonly used to screen for prediabetes and diabetes) on successful blood, platelet and plasma donations March 1-31. Visit [RedCrossBlood.org/March](http://RedCrossBlood.org/March) for full details.

**DELIVERING SUPPORT WHEN HELP CAN’T WAIT** In Maine, the Red Cross has more than 600 active volunteers, who, on average, log more than 55,000 hours a year

providing care and comfort to Mainers in need. Last year, the Red Cross responded to more than 250 home fires across the state and installed nearly 1,000 free smoke alarms in Maine homes. The Red Cross collected nearly 43,000 lifesaving blood products and held more than 1,900 blood drives. The Red Cross trained more than 11,600 Mainers in first aid, CPR and AED skills – and provided nearly 1,500 services to military members, veterans and their families.

## “Buy a Brick, Build a Kitchen” for Nathaniel Hawthorne’s home

**RAYMOND, ME** — Nathaniel Hawthorne’s Boyhood Home in Raymond (40 Hawthorne Road)—which now serves as a beloved community and cultural center for Sebago Lake area residents—is in great need of a renovated kitchen at its upcoming concerts, art shows, lectures, watch-parties, and festivals throughout 2025 and beyond. To raise the \$12,000 needed for the full-scale kitchen renovation, The Hawthorne Community Association has launched an innovative “Buy a Brick, Build a Kitchen” fundraising campaign.

A donation of \$300 per brick will enable the donor to have engraved on his or her brick such things as “In Loving Memory of [a Loved One,]” favorite pithy quotes, or other matters



“Image courtesy of the Hawthorne Community Association.”

close to the donor’s heart. Each brick then will be placed in a small patio near Nathaniel Hawthorne’s Boyhood Home, around a larger stone with the saying “Time flies over us / But leaves its shadow behind,” attributed to Nathaniel Hawthorne.

For more details—including how to submit your brick’s “legacy words” for engraving and pay the donation fee—please

visit <https://hawthorneassoc.com/>. After printing and filling out the request form, donors may scan it and email it to [info@hawthorneassoc.com](mailto:info@hawthorneassoc.com) or snail-mail it to: Hawthorne Community Association / P.O. Box 185 / South Casco, ME 04077. Donors may also send a check to that address, or submit their donation online.

For more information, please email [info@hawthorneassoc.com](mailto:info@hawthorneassoc.com).

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by Norm Foster

March 14-23

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## Portland Downtown seeks makers, farmers for Market Series

**PORTLAND, ME** — Portland Downtown is now accepting applications for vendors, makers, and farmers to join the third annual Monumental Market series, a weekly outdoor market running every Friday from July 11 through August 29, 2025. This popular event, held in Monument Square, aims to showcase local talent and bring together fresh, high-quality goods for the community to enjoy. We are looking for a diverse range of vendors, including:



Local farmers offering fresh fruits, vegetables, flowers, and herbs.

Artisans and makers featuring handmade goods such as jewelry, textiles, and artwork.

Food vendors providing packaged items

like baked goods, cheeses, sauces, and specialty snacks.

This is an excellent opportunity for businesses based in the Greater Portland area to connect with the community, grow their customer base, and be a part of a vibrant downtown event.

Interested vendors can apply through the Portland Downtown website. For more information or questions, please contact us at [info@portlandmaine.com](mailto:info@portlandmaine.com).

## 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



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

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 accommodation, contact Rebecca Gray at 207.356.1348 or [extension.gardening@maine.edu](mailto:extension.gardening@maine.edu).

## Grow your own organic garden with MOFGA

**MAINE** --- The Maine Organic Farmers and Gardeners Association (MOFGA) will hold its annual Grow Your Own Organic Garden class in person at locations across Maine for the first time since 2019. In this class, participants will learn the basics of organic gardening — such as supporting soil and plant health, starting seeds indoors and outdoors, interplanting, pest management, watering, and harvesting. The class includes plenty of time for participants to ask questions and connect with one another about shared experiences in their gardening journeys.

Participants will leave the class equipped with core knowledge of how to grow an organic garden, connected to resources and community members that will help them grow an organic garden, and feeling ready to take the first steps toward doing so. Additionally, participants will receive seeds to start in their homes and communities!

"MOFGA has offered Grow Your Own Organic Garden at hubs



across the state since the 1990s, and this is the first time MOFGA will be offering it in person since the pandemic," says Madi Whaley, MOFGA's educational programs coordinator. "We, and the educators we work with, are excited to connect with gardeners, especially first-time gardeners, through this class."

The class will be held on the evening of Wednesday, April 2 unless otherwise noted. Pricing and age requirements vary by location. This class is appropriate for beginner and seasoned gardeners alike. MOFGA is collaborating with community partners, and farm and garden educators to offer this class.

Participating Locations:

Alan Day Community Garden — Norway.

Augusta Adult and Community Education — Augusta.

Bangor Adult Education Center, in partnership with Brewer Community Center — Brewer.

Belfast Free Library — Belfast.

Bonny Eagle Adult Education — Buxton.

Morning Dew Farm — Damariscotta.

Mt. Desert Island Adult & Community Education — Bar Harbor.

Lawrence Adult Education — Fairfield.

Lewiston Adult Education — Lewiston.

Piscataquis Valley Adult Education Cooperative — Dover-Foxcroft.

RSU 24 Adult Education — Sullivan.

RSU 3 Adult & Community Education — Thorndike.

South Portland Public Library — South Portland.

Learn more about Grow Your Own Organic Garden at: [mofga.org/event-calendar/grow-your-own-organic-garden-2025](http://mofga.org/event-calendar/grow-your-own-organic-garden-2025). Information about the class can also be found on the websites of respective host locations.

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

**GORHAM, ME** -- Now through April 2025, citizens can access various maps and a survey on site in Gorham offices or visit <https://www.gorhamopenspace.com> 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.



## 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.

**ONLINE SURVEY**



PLEASE VISIT THE WEBSITE

**Gorham MAINE** [WWW.GORHAMOPENSOURCE.ME](http://WWW.GORHAMOPENSOURCE.ME)

# Gorham School Committee Nomination Papers available

**GORHAM, ME** -- A Municipal election will be held on Tuesday, June 10, 2025 for the purpose of electing:

ONE (1) persons for School Committee to serve the remainder of this year's term

Nomination papers will be available from the Town Clerk's Office beginning on Thursday, February 27, 2025. Completed nomination papers must be submitted to the Town Clerk's office no later than 5:00 p.m. on Thursday, April 10, 2025.

Any registered voter of the Town of Gorham, who is interested in running for this position, must submit nomination papers with no less than 35 or more than 50 signatures of persons who are registered voters of the Town of Gorham.

Please contact the Town Clerk's Office at 222-1670 if you have any questions.

# 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

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## Courses

*Continued from page 2*

double spaced, 12pt type). In this workshop you will find a safe place to hear your work read aloud, and to invite our group to engage in constructive discussion. All are welcome, no previous experience is necessary. Our first meeting will be an open forum, so bring your questions and curiosity!

Barbara Gravinese is a published writer of memoir, poetry, and informational booklets, born in New York City, who has lived in Vermont, Kansas, New Mexico, Newfoundland and Labrador, Canada. Her work experience has included teaching painting and drawing, English language, and human anatomy. She holds Master Degrees in Folklore and Counseling, and was awarded a US-Canadian Fulbright Fellowship to study abroad. Barbara is currently a resident of Brunswick, Maine.

**INTRODUCTION TO BIRDWATCHING** by Dr. Loring Danforth

IN PERSON at Auburn Public Library and ZOOM May 6 @ 4:00PM

Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired.

In this class students learn the basics of bird watching. Topics include useful equipment (binoculars, guidebooks, cell phone apps), desirable skills (identification by visual field marks or by songs and calls), accounts of some of the common birds in the area and major categories of birds, productive locations and seasons for birding in Maine, and finally a discussion of the joys and satisfactions of watching birds.

Loring Danforth is a retired professor who taught at Bates College for many years. He has been an active birder for 40 years and has birded extensively in Maine and in other areas around the world.

**P H A N T O M PUNCH: CONTEMPORARY ART FROM SAUDI ARABIA** by Dr. Loring Danforth

IN PERSON at Auburn Public Library and ZOOM APRIL 15 @ 4:00PM

Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired.

A mosque made out of chain link fencing. A gasoline pump that morphs into a man committing suicide. A jet fighter emerging threateningly from the roof of a beautiful mosque. Works like these demonstrate the wonderful creativity of Saudi conceptual artists and reveal fascinating insights into a country known primarily for its fundamentalist form of Islam and its oppression of women.

Loring Danforth is a retired professor of anthropology at Bates College. In 2012 he spent a month in Saudi Arabia with a group of Bates students, an experience chronicled in his book *Crossing the Kingdom: Portraits of Saudi Arabia*. In 2016 he co-curated an exhibition of contemporary Saudi art at the Bates College Museum of Art.

**ROCK OF AGES** by Stephen Carnahan

IN-PERSON at AUBURN LEWISTON AIRPORT 6 weeks starting Wednesday April 23 @ 1:00PM

A look at a few pieces of popular music from the era now described as Classic Rock. But this is not so

much about the music as it is about the lyrics. There was some powerful poetry during this time, as found in the music of the Beatles, the Rolling Stones, the Youngbloods, Marvin Gaye, The Temptations, Simon and Garfunkle, Elton John, Bob Dylan, and many others. We will listen to and then examine what these poets had to say that resonates still today. Join us for a course that will be lots of fun, and will help us to keep learning from these masters.

For his 13th birthday (1967) Stephen Carnahan received a transistor radio. His parents didn't allow any of that "devil music" to be played in the house, so he lay at night, under the blankets, with his ear piece in, listening to WCAO in Baltimore as they played the hits of the day from The Doors lighting his fire, to Aretha Franklin demanding respect. He found that the music enhanced, rather than detracted from his spirituality. He has served for nearly 40 years as a pastor in the Congregational Church (United Church of Christ), and that music still feeds his soul. Songs from Paul Simon, The Rolling Stones and Percy Sledge have all found their way into his sermons. That little radio unleashed a stream of truth that still has meaning for today.

**SPRING GUIDED NATURE WALK** by Alan & Linda Seamans

IN PERSON at BEAVER PARK, Lisbon (all participants will be asked to complete a Liability Release and Emergency Contact Forms prior to the walk) Wednesday May 28 @ 9:00 AM

A guided nature walk to explore spring birds, wildflowers, and any other interesting finds we encounter.

(The Walk will be held at Beaver Park, Lis-

bon, ME. Located on Cotton Rd., off of Pinewoods Road. Trails are level and wide. Meet at large main parking lot on the left by the big field just

beyond main gate. Meet at 9 am, walk will end by 11 am, participants may leave at any time. No entry fee required. Bring binoculars if you have them.)

Rain date - Thursday, May 29

Alan Seamans is a Maine Master Naturalist and a lifelong science and nature enthusiast. Linda Seamans enjoys sharing her lifelong love and knowledge of birds with others.

**THE GOODNESS PARADOX** by Steve Piker ZOOM ONLY 6 weeks starting Tuesday May 6 @ 10:00 AM

Our species has a rare and perplexing combination of moral tendencies: We can be the nicest of species, and also the nastiest. We can present with heartwarming generosity and unspeakable viciousness. How to understand this? Evolution science provides insights into this contrariness, as do many religions, especially Roman Catholicism and Theravada Buddhism. We will consider the big question: How might the balance be shifted away from nasty, in favor of nice?

Suggested Book: Richard Wrangham. *THE GOODNESS PARADOX: THE STRANGE RELATIONSHIP BETWEEN VIRTUE AND VIOLENCE IN HUMAN EVOLUTION*. Brief materials on Roman Catholicism and Theravada Buddhism will be distributed to the class via email.

Steve is an anthropologist who taught at Swarthmore College for 44 years and did field work in Thailand and the U.S. Religion has been a career-long interest for both his teach-

ing and research. Since retirement, he has offered more than 30 courses at 4 of Maine's senior colleges.

**TRAVEL LOGUE: VIETNAM AND CAMBODIA** by Bill Frayer & Bill Phillips

IN PERSON at Auburn Public Library and ZOOM APRIL 22 @ 1:00PM

Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired.

The Bills will present photos and commentary of their 2024 trip to Vietnam. Bill Phillips will present photos and commentary about his additional trip to Cambodia.

Bill Frayer is a longtime Senior College instructor who taught for over thirty years at CMCC. Bill Phillips is a retired Cardiologist from CMHVI, who has been lucky to travel quite extensively in his life.

**WHAT PUT THE ROAR IN THE ROARING 20'S?** by Diane Parker

ZOOM ONLY Thursday May 8 @ 10:00 AM

The US experienced a roaring twenties era that was unique in the world. Through research and her mother's personal memories of the era, she has put together a fun and interesting look at the fashion, hip talk, people, and events in this crazy, amazing decade.

Diane usually teaches about all things Spanish. But after reading about the 1920's in Spain and Argentina, she decided to explore closer to home.

**YEARNING TO BREATHE FREE: THE IMMIGRANT EXPERIENCE IN MAINE** by Alexandra Magnaud

IN PERSON at Auburn Public Library and

ZOOM May 20 @ 1:00PM

Everyone who registers will receive a link to ZOOM in their email on the morning of the class and may attend either in-person or by ZOOM if desired.

This one-hour program provides an overview of the history of immigration in Maine. *Yearning to Breathe Free* begins with the arrival of the Europeans to what would become Maine and moves through the subsequent waves of French-Canadian, Irish, Swedish, Lebanese, Armenian, Chinese, and East Asian immigrants. Not all immigration to Maine was voluntary, however, and the presentation discusses the importation of African slaves into the state. *Yearning To Breathe Free* takes a deep look at the tension between the state's need for labor and its recruitment of immigrants to fill that need and the suspicion, discrimination, prejudice and hatred that accompanied immigration. The program ends with a discussion of contemporary immigration to Maine, noting that, in contrast to earlier times, most immigrants coming into the state today are coming as refugees.

Alexandra Magnaud is an educator for the Holocaust and Human Rights Center of Maine (HHRC). She has a Bachelor's in Educational Studies from Colgate University and a Master's in Childhood and Special Education from the College of Saint Rose and has worked as an educator in a variety of roles and settings. In her role with the HHRC, Alex does educational programming for students, educators and community members throughout the state and she is speaking to us due to the generosity of the Holocaust and Human Rights Center.

## 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 reasonably 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 demonstrated leadership skills are encouraged to



apply for the Chet Jordan Leadership Award. Eligible applicants

are pursuing post-secondary study for a certificate or undergraduate degree with-

in 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).

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# Drummer hosts 5th Make-A-Wish fundraiser concert

LYMAN, ME -- The 5th annual Drumming Up Wishes concert, to benefit Make-A-Wish Maine, will be held noon to 6 p.m., Sunday May 4 at Funky Bow Brewery in Lyman.

Drummer Jeff Glidden, of South Portland, founded Drumming Up Wishes and organizes it each year. He became involved with Make-A-Wish Maine after his two daughters received wishes.

The Make-A-Wish Foundation's mission is "to create life-changing wishes for children with critical illnesses."

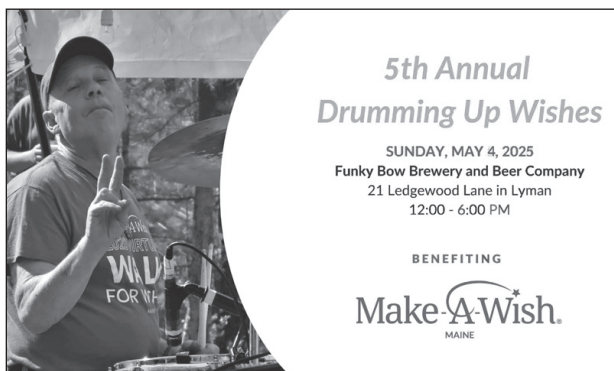
Glidden said the foundation not only helped his children, but brought emotional support for his entire family.

"I had daughters with health problems and went through a couple of years when I was aimless and angry," he said. "When people were running away from us, these people (Make-A-Wish) ran right at us."

"And they did it twice," he said, referencing the two wishes his family received -- one for each daughter.

"I was incredibly moved by their generosity," Glidden said. "It had quite an effect. It changes you as a person."

The organization's generosity and support moved Glidden to pass that same generosity and support forward for other families by hosting fundraising concerts for Make-A-Wish Maine.



Glidden has raised \$80,000 in the past five years, and is one of the foundation's top fundraisers in the state, both overall and each year.

This year, Glidden is hosting Drumming Up Wishes with a theme -- "Sisters in the Name of Love" -- featuring Maine bands led by female singers.

Performing the 5th annual concert are Bonnie Edwards and the Practical Cats, Ruby Dame and the Easy Money Band, and Julia Gagnon and the Time Pilots.

"These are three really great female singers," Glidden said of the band leaders.

Edwards, who grew up in Lewiston and now lives in Auburn, describes herself as a "blue-eyed soul singer" with "a gutsy blues vocal style and dynamic stage presence." The Practical Cats got their start as in Portland, Maine as an R&B band with horns in the 1970s and have toured the U.S. and Canada.

She is known as "Maine's Number One Lady of the Blues," said

Glidden. "She's a Maine legend."

Glidden said he will be keeping time on the drums for Ruby Dame and the Easy Money Band.

Glidden said of Dame, who grew up in North Waterboro and now lives in Kennebunk, "She's just amazing. I just can't believe the voice on this woman. She just, she just knocks me out. And they do a great variety of music, upbeat."

Another band Glidden performs with, The Time Pilots, will be fronted by Julia Gagnon at this year's Drumming Up Wishes concert.

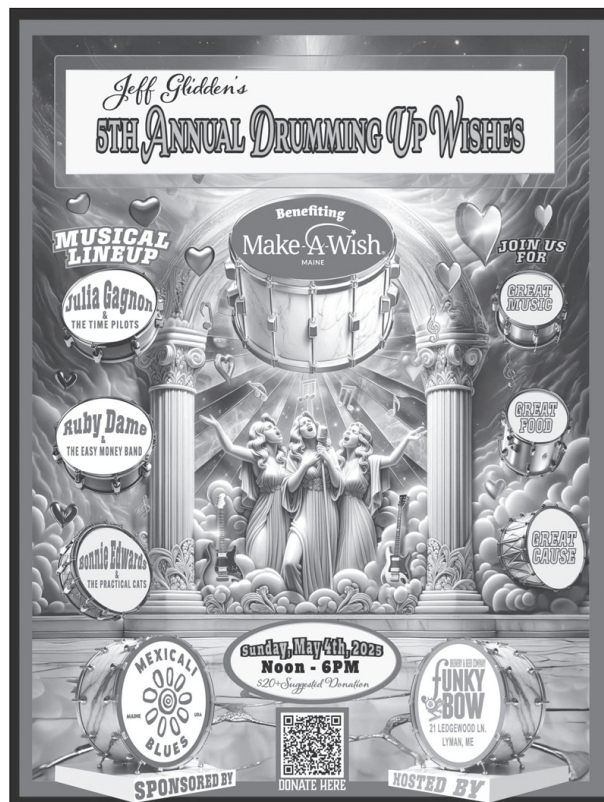
"She's gonna sing with with us, which is pretty cool, pretty because she's a rising star, and it's pretty great to have her involved," he said of Gagnon.

Last year, Drumming Up Wishes raised \$10,765 for Make-A-Wish Maine, despite the concert being held during pouring rain with bands performing in the venue's indoor facility.

The event is otherwise held outside at Funky Bow, if the weather allows. The concert draws hundreds of people each year.

Glidden said the average cost for Make-A-Wish Maine to provide one wish to a child is \$8,500 and his primary goal is to raise \$17,000 this year so that two children in Maine can receive a wish.

However, Glidden noted that if he were to raise \$20,000, it would put the Drumming Up Wishes



causes and will be developing some in-store promotions to help raise money for the children's wishes.

The May 4 concert is free but donations are encouraged and accepted at the event, with a suggestion of \$20.

People who can't attend the concert may also donate independently, on behalf of Drumming Up Wishes, by using a Quick Response code published on the concert's promotional materials and online event listings. Glidden said scanning the QR code will direct users how to donate.

According to the Make-A-Wish Maine website, more than 1,850 wishes have been granted in Maine since the chapter's founding in 1992.

Glidden said the event grows every year despite that it has never featured a popular nationally-recognized celebrity musician. The bands that have played Drumming Up Wishes have all been local bands who perform for free. As for his efforts to raise funds for a good cause, the drummer said Drumming Up Wishes has become a permanent part of his life that "will never go away."

"Working for a greater good is something everybody should do in some way. Anybody can do it. The need never goes away," he said. "It means everything to these people and can make all the difference in the world."

For more information on Make-A-Wish Maine, visit <https://wishes.org/maine>. For Glidden's Drumming Up Wishes donation page, visit <https://tinyurl.com/drummingup-wishes>.

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cumulative total over the \$100,000 mark for all-time money raised.

One change this year, added Glidden, is that the concert has a corporate sponsor for the first time -- Mexicali Blues, a

Maine-based clothing and wares store with six locations statewide in Bangor, Freeport, Kittery, Portland, Newcastle and Raymond.

Glidden said Mexicali Blues has a long history of donating to charitable

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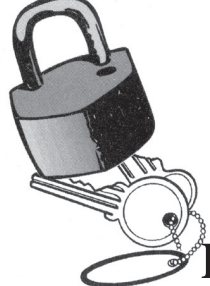
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**Wednesdays**

**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 browse our ever changing

# Calendar

Send your submissions to the Editor. More online.

selection! Auburn Public Library, 49 Spring Street.

**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://ticket-stripe.com/womenharmony>

**Mar 16**

**AUBURN** -- Annual Music Service featuring music and spoken word celebrating "community," First Universalist Church of Auburn, 169 Pleasant St. (across from Dairy Joy). Parking; accessible. FMI call 783-0461 or auburn-

UU.org.

**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:

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

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

**Mar 21**

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

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**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

at the Androscoggin Bank on 683 Minot Avenue in Auburn. Executive officers will be chosen. For more information: [auburn-maine73@gmail.com](mailto:auburn-maine73@gmail.com)

**Mar 29**

**BUXTON** -- Try our delicious Haddock Supper Buffet - Saturday, March 29, 2025 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.

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

## GORHAM LITTLE LEAGUE

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

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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**

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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.

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

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

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

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



**JUST 2 APARTMENTS LEFT!**  
RESERVE YOURS BY MARCH 15 AND WE'LL WAIVE THE COMMUNITY FEE!\*

# WE LOVE YOU TO **Pizzas!**



**THURSDAY, MARCH 13 | NOON - 1:30 P.M.**

50 New Portland Road | Gorham, ME 04038

It may sound cheesy, but we'd love to get to know you! Join us for delicious pizza, tasty wings, refreshing drinks and lots of laughter. Spend quality time with residents, team members and new friends while discovering just how fulfilling and vibrant senior living can be!

**While you're here, we'd love to take you on a tour.**

**RSVP to 802-636-6343**

\*Valid 2/28/25 through 3/15/25. Community fee regularly priced at \$3,000. Must take financial responsibility by 3/15/25. Only available to private-pay move-ins. Cannot be combined with any other offer. Offer based on room availability. Move-in subject to applicable statutes and regulations. Other terms, conditions and restrictions may apply. Reach out to Gorham House for additional information.



Independent Living | Assisted Living  
Memory Care | Skilled Nursing & Rehabilitation  
[WWW.SENIORLIFESTYLE.COM](http://WWW.SENIORLIFESTYLE.COM)



**ACT FAST! ONLY 2 APARTMENTS AVAILABLE**  
DEPOSIT BY MARCH 31 TO SAVE ON THE COMMUNITY FEE!\*

# Navigating Dementia



**WEDNESDAY, MARCH 19 | 2 - 3 P.M.**

440 Minot Avenue | Auburn, ME 04210

Caring for a loved one with Alzheimer's or another form of dementia often brings challenging questions and meaningful conversations. Join us for an insightful presentation on how you can still create meaningful connections and shared moments that matter.

**While you're here, we'll share more about our award-winning Embrace memory care program.**

\*Valid 3/2/25 through 3/31/25. The community fee is regularly priced at \$1,500. Must take financial responsibility by 3/31/25. Only available to private-pay move-ins. Cannot be combined with any other offer. Offer based on room availability. Move-in subject to applicable statutes and regulations. Other terms, conditions and restrictions may apply. Reach out to the Clover Health Care for additional information.



**RSVP to 207-367-3679**

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