



TWIN CITY TIMES

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CMH celebrates National Nutrition Month

LEWISTON, ME -- Central Maine Healthcare is encouraging the communities it serves to remember the saying, "You are what you eat" throughout March, which is National Nutrition Month.

The theme for this year's National Nutrition Month is "Food connects us." Food is a beautiful way that we can connect with one another through culture and community,

registered dietician nutritionists say.

Central Maine Healthcare, which includes Central Maine Medical Center (CMMC), Rumford Hospital, Bridgton Hospital and numerous practices, includes a team of registered dietitians that plays a critical role in helping patients and its own team members understand the connection between the food we eat and



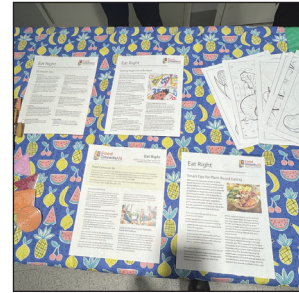
Central Maine Healthcare dietitians at CMMC nutrition information table



WHERE YOU ARE THE CENTER

how it impacts our health throughout our lives.

"It's no secret: healthy food choices are key to well-being and longevity," said Sandy Collins, RDN, LDN, clinical dietitian, Central Maine Bariatric Surgery. "Some of the steps we can take to



achieve this include dining out less, eating more plant foods and fiber, choosing whole grains such as

brown rice, whole wheat bread and sides such as quinoa and consuming healthy fats and lean protein. Regular physical activity can also make a big difference."

Members of Central Maine Healthcare's nutrition team are hosting information tables in the CMMC cafeteria in March to help spread the word about healthy food choices.

Fill the Plate Breakfast to honor Lewiston's Margaret Craven

AUBURN, ME— SeniorsPlus, the designated Agency on Aging for Western Maine, will hold a breakfast to benefit its Meals on Wheels nutrition program. The 2025 Fill the Plate Breakfast will be held from 7 to 9 a.m. Friday, March 21, at the Hilton Garden Inn Riverwatch in Auburn. The breakfast will honor Lewiston resident Margaret Craven with the 2025 Ikaria Award.

For the keynote, singer Julia Gagnon will give a talk titled The Music in My Veins. 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.

Margaret Craven will be the recipient of the 2025 Ikaria Award, which recognizes an individual or organization for singular and outstanding contributions toward improving

the lives of older adults. A resident of Lewiston, Craven recently stepped down from the Maine State Legislature after serving in the House for nine years and the Senate for six. She holds a master's degree in adult education from USM Gorham and an undergraduate degree in social sciences from USM.

In a talk titled "The Music in My Veins," singer Julia Gagnon will reflect on her upbringing and the people who helped her carve a path from Cumberland, Maine, to the 22nd season of "American Idol." Gagnon is a student at the University of Southern Maine.

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

The Fill the Plate Breakfast is presented in conjunction with March

for Meals, a national campaign of the Meals on Wheels America. The fundraiser is made possible by the support of major sponsor Andwell Health Partners and additional sponsors Northeast Bank, Vital I/O, AARP Maine, Berman & Simmons, and Richard Brothers Financial Advisors.

Last year, SeniorsPlus delivered 147,000 meals to more than 1,000 homebound older adults and adults with disabilities in Androscoggin, Franklin and Oxford counties through its Meals on Wheels program. Each meal provides one third of the recommended daily allowance of nutrition, a safety check, and a visit to these vulnerable adults. The majority of the clients of Meals on Wheels are lower income or on fixed income.

The overall program goal of SeniorsPlus is to assist older adults and adults with disabilities in our tri-county area to re-



Former Maine State Legislator Margaret Craven will be honored with the 2025 Ikaria Award on Friday, March 21 at the Fill the Plate Breakfast to benefit Meals on Wheels at SeniorsPlus.

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

Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin

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

Free online business planning class starts April 1

AUGUSTA, ME— New Ventures Maine (NVME) has an open call for Venturing Forth, a free, online comprehensive business planning class for entrepreneurs.

For new entrepreneurs or current business owners, Venturing Forth

helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The 60-hour course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, le-

gal aspects, and more. In-class activities, guest speakers, and homework assignments lead to the completed business plan and road map for success. This comprehensive course also includes follow-up networking sessions.

Individuals complete an online application and attend an orientation and individual interview to participate in the class. The application is accessible online and is due by noon on Friday, March 21. Class size is limited to 15.

"This class supports small business owners in all aspects of creating their business plan," said NVME Microenterprise Program Manager Alicia LaFosse. "Participants will not only learn through the class content, but they'll also learn from their peers and from entrepreneurs in the community as they hone their vision and create their plan."

The Venturing Forth class will meet via Zoom on Tuesdays from 9:00 a.m. to 2:30 p.m., April 1 through June 24, 2025.

Anyone with a business idea or current business is welcome to apply.

The class also qualifies for three pass/fail credits from the University of Maine at Augusta upon approval of a completed business plan.

To request or complete an application, register for the orientation, or learn more, contact Alicia LaFosse at 207-621-7457 or alicia.lafosse@maine.edu or visit the New Ventures Maine website.

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 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

Harris appointed to Maine Community College System Board

AUGUSTA, ME — The Maine Community College System (MCCS) welcomes construction executive Stacey Harris as its newest trustee.

Harris, of Windham, was nominated by Governor Janet Mills and confirmed by the Maine Senate. Her first Board of Trustees meeting was February 12.

Harris is a general superintendent in Consigli Construction Co., Inc.'s Portland, Maine office, where she leads field operations for the firm and manages large-scale commercial projects across market sectors throughout the region.

"I am very pleased Stacey Harris has joined the MCCS Board of Trustees, particularly now, when training students to work

in construction is so critical for the state. Her experience, perspective, and guidance on how to grow and strengthen our trade programs will help us tremendously," system President David Daigler said. "The trades, and electrical programs in particular, are hugely popular with today's students and we're seeing incredible demand. Working closely with employers will ensure those students are ready to step into good jobs right away."

"Having grown up in Maine and a proud graduate of its public university system, I am honored to join the MCCS Board of Trustees and help support efforts to expand educational opportunities for learners of all ages and build the future of Maine's trades workforce," said



Stacey Harris. "Maine is filled with talented, hard-working individuals who are ready to develop hands-on skills and explore career paths like construction, and industry leadership

and partnership is critical to ensuring that students have the tools they need to succeed in the classroom, on the jobsite and beyond."

Harris has been deeply involved in higher edu-

cation professionally and personally. Since 2016, she has managed notable Consigli projects including the Ferland Engineering and Design Center at the University of Maine, the Gordon Center for Creative and Performing Arts at Colby College, and Bowdoin College's Center for Arctic Studies and Barry Mills Hall. Prior to Consigli, Harris worked as superintendent at Turner Construction in Boston.

She has served on the board of directors for the University of Maine Alumni Association and for MedRhythms. An advocate for young women considering a career in STEM industries, Harris is a frequent collaborator with local high schools and workforce development organizations, including

her local ACE Mentor Program Chapter, which connects local high school students with architecture, construction, and engineering employers. She is a member of the National Association of Women in Construction (NAWIC) and the Society of Women Engineers (SWE).

Harris has an MBA in global enterprise management from Rensselaer Polytechnic Institute in New York, and a bachelor's degree in civil and environmental engineering from the University of Maine.

The Board of the Maine Community College System consists of 13 appointed voting members, one ex-officio voting member, and one ex-officio non-voting member.

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,



Photo of Highmoor Farm courtesy University of Maine Cooperative Extension.

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 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.

Little Masterpieces: Mess-free painting with LPL

LEWISTON, ME -- On Friday, March 14th 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.

The Lewiston Public Library is located down-

town at 200 Lisbon Street at the corner of Pine Street. More information is available by contacting the Lewiston Public Library at 513-3133 or LPLKids@lewistonmaine.gov.

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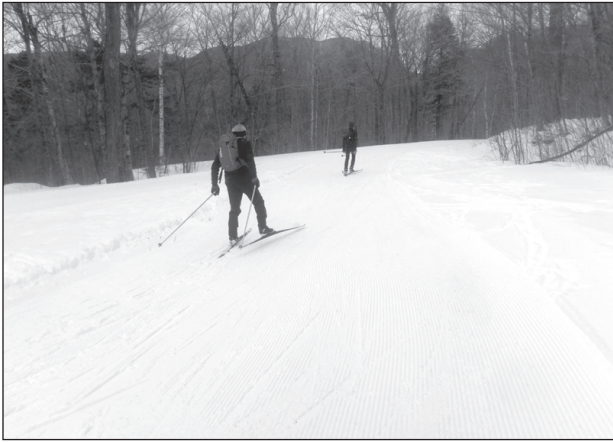
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Seniors Not Acting Their Age

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 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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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-Robinson.

"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

18 Week 4: July 21-July 25
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.

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 Remsburg.

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.

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.

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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Arts & Entertainment

Chase away winter blues with TPT's *Halfway There*

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

Imagine Steel Magnolias meets The Golden Girls when four lovable ladies meet every day for coffee and a gab fest at a local diner in Stewiacke, Nova Scotia. When a handsome doctor unexpectedly arrives in town and takes an interest in one of the women, hilarity and a bit of change is inspired in everyone's life. Filled to the brim with humor, heart and romance, this comedy is the perfect way to chase

away the winter blues!

"The great thing about this show, says Artistic Director/ Director Janet Mitchko, is the delightful way it shows the strength and vulnerability of women and celebrates friendship. This very funny rom-com is truly the perfect show to see with your sweetheart or a group of friends and I guarantee that you will recognize yourself or someone you know in every character you see onstage". Playwright Norm Foster is the most produced playwright in Canada, and often referred to as the "Canadian Neil Simon".

Starring as the four lovable ladies are Nikki Ferry as practical, wise-

cracking Violet, Laurie Rose Carter as flirtatious Rita, Heather Dilly as unassuming pre-school teacher MaryEllen, and Rebecca Tucker as feisty diner waitress Janine. The handsome new doctor in town is played by Gil Brady. All five actors are professional members of Actor's Equity Association with successful careers in New York and regional theatre.

The iconic Nova Scotian diner where the play takes place is designed by Kit Mayer, lighting by Michal Reidy and costumes by Rebecca Armstrong.

Special events at The Public Theatre included in the cost of your ticket are a pre-show wine tasting on Thursday March 20 and



Rebecca Tucker, Heather Dilly, Nikki Ferry, Laurie Ann Rose

a pre-show beer tasting before the evening "date night" performance on Saturday March 22.

Halfway There plays

March 14 – 23 at The Public Theatre, Lewiston/Auburn's Professional Theatre - Thursday/Friday at 7pm, Sat at 3pm, Sat at

7:30 pm on March 22, and Sun at 2pm. For tickets and more information visit thepublictheatre.org or call 782-3200.

Music Worship Service at Auburn UU March 16

AUBURN, ME -- First Universalist Church of Auburn will present its annual Music Worship service on Sunday, March 16, at 10am. This service will be hosted by the Music Associates committee.

Members of the congregation and the choir will share inspiring selections expressing this year's theme of "Com-

munity." Worship will feature songs, as well as poems or other texts that speak to the connection between music and community.

The First Universalist Church of Auburn is located at 169 Pleasant St. (across from Dairy Joy). Parking; accessible. The Music service can also be experienced on Zoom

or on Facebook Live- see auburnUU.org for details. FMI call 783-0461.

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

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Samuel Coleridge-Taylor.....Ballade
Stravinsky.....Firebird Suite (1919 version)

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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 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 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 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.

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by Norm Foster

March 14-23

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WHA Rotating Art Gallery at CMMC

LEWISTON, ME -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is proud to display the paintings of Kate Cargile and Connie McVey during the month of March.

A local art teacher, interested in literature, history and visual culture studies, Cargile uses these aspects of her life to shape and inspire her artwork. She works in a variety of media, including painting, drawing, and printmaking with subject matter ranging from the beauty of the people, objects and places that make up her everyday life to fanciful ideas from myths, legends, tales and her imagination.

"A few years ago, I decided to bring the beautiful, intricate patterns of quilt fabrics into some of my paintings. I associate fabric remnants with



"Tree Logic" by Kate Cargile (photo supplied by artist)

memory: each scrap has associations that come flooding back as they are pieced together. I mix these fabric-inspired patterns with diverse visual



"Spring Flower Bouquet" by Connie McVey

elements from my life, and combine them in a non-specific space saturated with color. While the resulting paintings have clear narratives for me I

wanted viewers to be able to put their own stories into these paintings".

Retiring after 40 years working in the field of commercial art, McVey moved to Auburn where she expanded her art studio time to include more paintings of Maine's scenic vista. She finished her art education with a BFA in 2012 from the University of Southern Maine in Gorham. Presently working at her Pond Lily Art Studio, she has exhibited her work at the Main St. Art Gallery and the Matolcsy Arts Center in Norway, the Greenwood Gallery in Auburn and at many local art fairs.

The works on display may be purchased through the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

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

What do you think?
We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know!
Email all submissions, including name, address and phone number, to the editor.

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Transportation Pilot Grants to help recruit & retain employees

AUGUSTA, ME – The Central Western Maine Workforce Development Board (CWMWDB) is inviting local businesses and employer partners with- in Kennebec, Somerset, Franklin, Oxford, and Androscoggin counties to apply for transportation pilot program funding.

The transportation pi- lots will be created to help mitigate transportation as a barrier to the recruitment and retention of qualified employees. These pilots may include but are not

limited to van pools, shut- tles, e-bikes, or other viable solutions. CWMWDB will select up to nine projects with an allocation not to ex- ceed \$25,000 each.

“Any conversation about barriers to employ- ment often brings up trans- portation,” explained Erin Benson, CWMWDB’s executive director. “Most areas of the central west- ern Maine region are rural in nature with little access to public transportation. Recruiting and retaining employees who don’t have

MAINE DEPARTMENT OF LABOR

access to a vehicle or public transportation is a difficult task.”

CWMWDB will be

partnering with GoMaine, an organization that assists employers and employees with commute options, and

works with planning agen- cies, businesses, advocacy groups, and other partners to reduce barriers to trans- portation.

The pilot will help employers, groups of em- ployers, or employer part- ners gauge the success of a program and find ways to keep it going beyond the life of the grant.

Applicants must sub- mit a fillable application along with an excel file that lists the individual zip codes of all employees. GoMaine will use this information to

create a map that identifies the scope of transportation needs. All materials must be submitted electronically to workforce@cwmwdb.org by April 15.

Information about the grant and a fillable applica- tion can be found at www.cwmwdb.org.

Maine CareerCenters and Maine Department of Labor are equal opportunity providers.

Auxiliary aids and services are available to in- dividuals with disabilities upon request.

Tri-Town Optimist Club-Student of the Month

Congratulations to Poland Regional High School Student of the Month, Elise Gagnon.

Elise Gagnon is a senior at Poland Region-

al High School. She is a member of National Honor Society and participates in the Precision Machining program at Lewiston Re- gional Technical Center

(LRTC). Last year in the Food, Travel, and Tourism program she received state recognition and completed in Washington D.C. Elise is described by her teachers

as a motivated and person- able student who always gives her absolute best,

treats others with respect, and possesses natural lead- ership qualities. Elise has

a strong interest in horses and is dedicated to caring for her own horses.



Yarn Swap

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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 long-time 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.

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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."

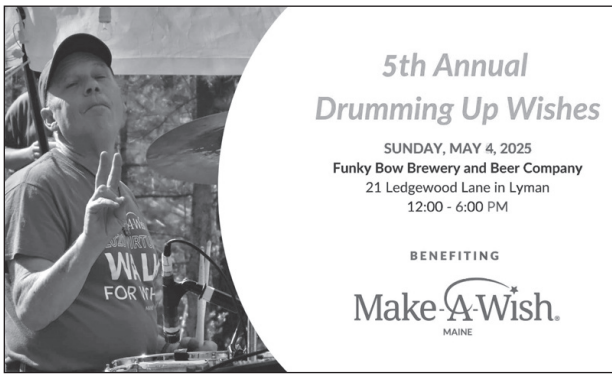
Glidden said the foundation not only helped his children, but brought emotional support for his entire family.

"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.

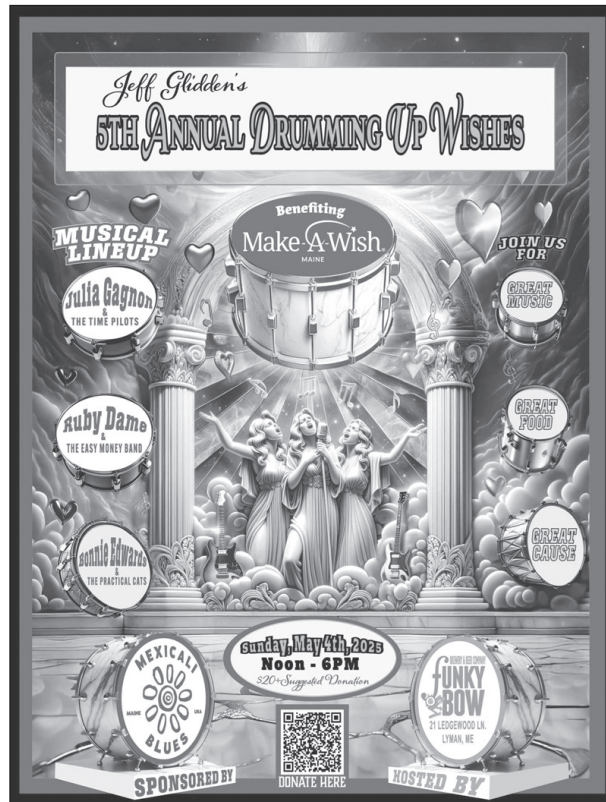
"She's gonna sing with with us, which is pretty cool, pretty because she's a rising star, and it's pretty great to have her involved," he said of Gagnon.

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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Wednesdays

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

Thursdays

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

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

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

Saturdays

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

Calendar

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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 Brun-

wick Area Teen Center and Maine Family Planning. For further details about the concerts, go to <https://www.uubrunswick.org/events/>.

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

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

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

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

Mar 22 and 23

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

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

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

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

Mar 25

AUBURN -- The Auburn and Lewiston Republican Committees will meet on Tuesday March 25th 6pm, at the Androscoggin Bank on 683 Minot Avenue in Auburn. Executive officers will be chosen. For more information: 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. Sug-

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

Mar 31

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

Apr 12

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

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

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

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

Apr 26

TOPSHAM -- "All Aboard for the 2025 Great Falls Model Railroad Club Train Show! 10:00 AM - 3:00 PM, Mt. Ararat High School, 68 Eagles Way, Topsham, ME 04086

(Handicapped Accessible). Admission: Just \$5 per person (kids under 12 free with an adult).

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

May 4

LYMAN -- 5th Annual Drumming Up Wishes benefiting Make-A-Wish Maine at Funky Bow Brewery, Lyman, ME on Sunday, May 4, from noon to 6 p.m. Donations requested for admission

May 17

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/>.

House of Hamill - Sat, May 17, 2025 at 7:30 pm. Doors open 7:00 pm.

The upcycled Celtic folk trio, House of Hamill, features Brian Buchanan and Rose Baldino of the Celtic folk-rock band Enter the Haggis. They are both accomplished traditional fiddle players and classical violinists, with over 25 years of writing and performance experience between them. They write unusual new fiddle tunes and exciting, unpredictable original songs while breathing new life into traditional and contemporary songs. A third full-time member, Caroline Browning, recently joined the duo, playing bass, mandolin, and vocals. Their music occupies a space between traditional Irish and sophisticated indie folk.

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



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

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

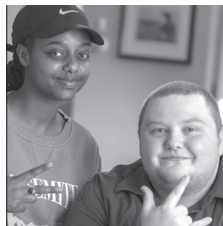
"It makes me feel so happy to be a part of society," he said. "With her support, I really feel like I've been able to flourish."

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



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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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