



# TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

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## Final weekend of TPT's *Halfway There*

FINAL WEEK-END! Imagine Steel Magnolias meets The Golden Girls in the hilarious and heart-warming comedy **HALFWAY THERE**, playing at The Public Theatre now through March 23.

Filled to the brim with humor, heart and romance, this delightful comedy about four lovable ladies who meet every day for coffee and a gab fest at a diner in Nova Scotia celebrates the unshakeable bonds



of female friendship and blues! For tickets visit [thepublictheatre.org](http://thepublictheatre.org) or call 782-3200.

## Lewiston legislative delegation to host public office hours

**AUGUSTA, ME** – Members of Lewiston's delegation to the State Legislature will hold constituent office hours at the Lewiston Public Library on Saturday, March 22, from 10:30 a.m. until noon to provide local residents a chance to meet with their elected officials and discuss

legislative and state government matters. The delegation will give updates on their work on various policy areas, including the state budget, law enforcement, insurance and financial affairs, taxes, transportation and veterans issues. Office hours are scheduled for the fourth Saturday of every

month during the legislative session.

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

## CMMC receives generous donation from new neighbor

**LEWISTON, ME** -- Central Maine Medical Center's (CMMC) soon-to-be new neighbor is already making a positive impact.

cPort Credit Union is preparing to open its doors this fall at its Lewiston location on Main Street, directly across the street from CMMC. In a show of support for the hospital and its team members, cPort has generously given CMMC a \$10,000 donation, reinforcing its commitment to community well-being, even before its official launch.

"We are excited to be partnering with Central Maine Medical Center," said Gene Ardito, CEO of cPort Credit Union. "This collaboration represents an important milestone as we work together to better serve this region. We are particularly enthusiastic about being partners and neighbors, contributing to the strong sense of community in the Lewiston-Auburn area."

"This partnership with Central Maine Medical Center underscores



Pictured left to right: Sophia Giancotti, Marketing Manager, cPort, Kelsey Marquis, President of cPort, Lisa Lavallee, System Director of Philanthropy, Central Maine Healthcare, Kara Johnson, Senior Vice President of Business and Community Development, Central Maine Healthcare, Dick Kropp, Chief People Officer, Central Maine Healthcare, Gene Ardito, CEO of cPort, Mandy Hill, Marketing and Communications Coordinator of cPort

our commitment to our community's well-being by supporting both financial and physical health," said Kelsey Marquis, President of cPort Credit Union. "Together, we can work towards ensuring a healthy future for all area residents."

"We are grateful to cPort Credit Union for their generous \$10,000 donation to support our Corporate Partnership Program," said Lisa Lavallee, Development Director at Central Maine Healthcare.

"This contribution will directly impact our ability to provide vital services and resources to our patients and team members. Their commitment to our mission strengthens our community and enables CMMC to continue delivering exceptional care."

For more information on Central Maine Healthcare's Corporate Partnership program, please contact System Director of Philanthropy Lisa LaVallee at 207-795-2685 or [ging@cmhc.org](mailto:ging@cmhc.org).

## Good Shepherd Food Bank responds to federal reductions

**AUBURN, ME** – Good Shepherd Food Bank is preparing for recently announced reductions in federal food assistance that will significantly impact people in Maine facing food insecurity. With the cancellation of a key local food purchasing initiative and anticipated cuts to staple food deliveries, hunger-relief efforts across the state face new obstacles.

"These changes pose real challenges to the charitable food network's ability to provide nutritious food for people across Maine," said Heather Paquette, President of Good Shepherd Food Bank. "We are grateful for our strong partnership with Department of Agriculture, Conservation and Forestry and our elected officials as we work together to address these federal disruptions. Our focus remains on supporting Maine households in accessing the food they need."

Both the Local Food Purchasing Assistance (LFPA) program and The Emergency Food Assistance Program (TEFAP) are U.S. Department of Agriculture (USDA) programs, administered in Maine by the Department of Agriculture, Conservation, and Forestry (DACF). The Food Bank works closely with DACF to source and distribute these resources and will continue

to advocate for solutions to minimize the impact of federal funding changes. Mainers experiencing hunger rely on fresh produce like this display at a food pantry in Sabattus. Loss of LFPA25 Funding The LFPA program was designed to strengthen local food systems and help food banks source fresh, nutritious food from local producers. However, the USDA has now cancelled the LFPA25 extension, which would have provided \$1.25 million in funding to Maine over



the next three years. This change represents a projected loss of 500,000 to 600,000 pounds of fresh, local produce Good Shepherd Food Bank would have distributed, through its partners, to families facing food insecurity.

Potential TEFAP Reductions TEFAP is a long-standing federal program that provides food banks with staple food products for distribution to individuals and families in need. Disruptions to the availability of TEFAP resources will reduce Good

Shepherd Food Bank's distribution by approximately 250,000 pounds of food per month effective in April 2025—a substantial shortfall at a time when food insecurity remains high in Maine.

Maine's Response The state legislature is already considering LD 415, a bill to expand its investment in Mainers Feeding Mainers, the partnership between the state and Good Shepherd Food Bank that sources fresh produce and other nutritious foods from 90 local farms to supply food pantries and meal sites across Maine. These newest cuts to federal funding highlight the urgent need for Maine to invest in sustainable, local food solutions that support both farmers and households experiencing food insecurity.

Good Shepherd Food Bank is committed to working collaboratively to find solutions and ensure Mainers continue to receive the food they need. Community Support and How to Help With ongoing uncertainty surrounding federal food programs, community involvement is more critical than ever. For more information on how to support Good Shepherd Food Bank's mission, visit [feedingmaine.org](http://feedingmaine.org).



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# Newsmakers, Names & Faces

## Job & Resource Fair with Maine CareerCenters is March 26

**AUGUSTA, ME** - The University of Maine at Augusta (UMA) will host more than 50 employers ready to connect with job seekers looking for their first job, exploring new career paths or seeking better opportunities.

In collaboration with Maine CareerCenters, UMA's third annual Job & Resource Fair will be held on Wednesday, March 26, from 10 a.m. to 2 p.m., in the Randall Student Center Fireplace Lounge on the Augusta campus. Open to the public, the fair will provide job seekers with a wealth of opportunities to connect with local em-

ployers from numerous industries.

"We are excited to partner with Maine CareerCenters to bring this event to UMA again this year," said UMA Student Services Coordinator Haley Brown. "This is a great opportunity for students and the public to connect face-to-face with employers, network and build self-confidence as part of the job search process."

Brown emphasized the value of job fairs in the job search process, calling them an efficient use of time that allows attendees to ask questions, practice networking skills and establish important con-



At a previous UMA Job & Resource Fair, Emily Lathrop of Kennebec Savings Bank listens intently to a job seeker. KSB will be one of over 50 employers at this year's job fair.

nections. "It's a win-win for everyone," she said. "Employers can meet a lot of great candidates, while job seekers can expand their professional

networks and potentially secure their next job or internship."

**Job Fair Tips:**

Have a clear sense of the position you're seek-

ing and what you bring to the role. Prepare a 30- to 60-second elevator pitch to make the most of your time with employers.

Bring several copies of your résumé – more than you think you'll need.

Research the companies you're interested in before the fair, so you can incorporate what you've learned into conversations with recruiters.

Be open to talking with employers you may not have considered before. Many organizations have departments such as IT, finance and accounting that support their operations.

The Job & Re-

source Fair will take place Wednesday, March 26, from 10 a.m. to 2 p.m. in the Randall Student Center Fireplace Lounge at 46 University Drive on the UMA Augusta campus. The public is invited to attend.

For more information, please contact UMA Student Services Coordinator Haley Brown at 207-621-3130 or [hbrown120@maine.edu](mailto:hbrown120@maine.edu).

The UMA Job & Resource Fair is presented through a partnership of the University of Maine at Augusta Career Connections program and UMS TRANSFORMS Pathways to Careers.

## AARP News You Can Use – March 2025

By Joyce Bucciantini, AARP Maine Community Outreach Volunteer

The Maine Legislature is in full swing. Legislators are working diligently through a myriad of proposed bills on a wide range of topics of concern to the citizens of Maine. In Maine, every proposed bill receives a public hearing by the appropriate legislative committee. These hearings provide opportunities for Mainers to make their voices heard by elected officials, creating empowering opportunities for community engagement.

AARP Maine is closely following LD 186,

"An Act to Clarify the Public Utilities Commission's Authority to Establish Time of Use Pricing for Standard Offer Service". This bill seeks to allow the Public Utilities Commission (PUC) to change the standard offer rate (the default rate for the supply of electricity set by the Commission) from a flat rate to a time of use (TOU) rate. Electric rates would be higher for morning and late afternoon peak usage times—a big change for most home consumers.

AARP Maine has concerns about the impact of LD 186 on the pocketbooks of Mainers who al-



ready concerned about the rising cost of electricity. Families could be forced to pay more to keep their homes warm during evening hours—often when it gets coldest. The legislation could also lead to



higher utility bills for people who rely on life saving medical devices.

AARP Maine advocacy volunteers are asking the Maine legislature to vote NO on LD 186. Instead, we encourage the PUC to wait until December 2025, when the results of an already ordered rate design study will be avail-

able. These findings will help them consider the best options for possible time of use rate changes. We're also urging the PUC to develop a pilot program that would allow consumers to opt in to time of use rates to provide useful data for consideration.

One thing I have learned on my trips to the Maine State House is that our legislators are happy to hear from their constituents about any proposed legislation. Our state legislators are concerned individuals who seek to do the best for their communities, and for our great state. Maine residents have a great oppor-

tunity in the ability to share their ideas with our legislators about the proposed bill, LD 186, or any other issues in Maine. Every voice does truly make a difference.

Joyce Bucciantini is a retired middle school educator. She currently coordinates Delta Kappa Gamma's Read to Me program, is a tutor with Literacy Volunteers-Androscoggin, and is an active AARP Maine volunteer. In her spare time, she enjoys her gardens, being outdoors and traveling.

Please use the QR Code or web address to find more information about AARP Maine and events near you.

## Becoming a resilient gardener hosted by UMaine Extension

**MAINE** -- University of Maine Cooperative Extension will offer a webinar for home gardeners titled "Becoming a Re-

silient 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



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

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).

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# Newsmakers, Names & Faces

## Rinck Advertising celebrates PR, influencer teams with promotions

**LEWISTON, ME** - Rinck Advertising, a full-service agency known for its strategic, integrated marketing approach, is celebrating the continued success of its powerhouse Public Relations and Influencer Marketing team with three key promotions. Kevin Gove and Janelle LoSciuto have each been promoted to the role of Senior Public Relations Manager, while Mackenzie Fritz has been elevated to Senior Influencer Marketing Manager.

Rinck's Public Relations and Influencer Marketing team drives high-impact storytelling and strategic media engagement across industries, including consumer packaged goods (particularly in the food and beauty categories), biotechnology, public health, and public and higher education. The team's expertise spans media relations, corporate social responsibility, community engagement, thought leadership, influencer marketing, events, and crisis/reputation management, ensuring measurable results for their diverse roster of clients. They have earned regional and international recognition, with recent award wins such as five



**Kevin Gove**

Golden Arrow awards—including Best in Show—at the 2024 Maine Public Relations Council Golden Arrow Awards and an Award of Excellence from the Public Relations Society of America (PRSA) for its exemplary behavioral change influencer marketing work with the Maine CDC.

Kevin Gove has been instrumental in leading public relations strategies for Rinck clients in the CPG, quick-serve restaurants, education, financial, pet health, and public health realms, currently working with the Maine CDC, Pears soap, and Rinck's own agency initiatives. With his keen ability to uncover newsworthy insights and a track record of securing high-profile media coverage, Gove continues to elevate brand nar-



**Janelle LoSciuto**

ratives that resonate with target audiences. A 22-year veteran of the PR industry, he has kept up with the changing environment and adapted traditional media models to incorporate affiliate marketing approaches. In his decade of service to Rinck, Gove has been a reliable and dedicated team member who keeps his clients' and his colleagues' interests at heart. He has given back to the profession by serving on the Maine Public Relations Council board of directors as well as the Husson University School of Business advisory board. He lives with his wife and two children in Topsham, and he enjoys supporting and coaching their sports teams, as well as hiking as often as possible.

Janelle LoSciuto has played a pivotal role in



**Mackenzie Fritz**

shaping the external communications strategy for Rinck client, Novonesis, a leader in biosolutions, while also spearheading Rinck's internal public relations efforts. Her expertise in media relations, thought leadership, and community engagement drives brand awareness and understanding. She recently completed her PRSA certificate in Crisis Management. LoSciuto's quest for knowledge and dedication to passionately advocating for those she supports is unending. She and her family live in Westbrook, Maine where she also enjoys teaching private voice lessons and



seeing as much theater as possible while supporting her two children in their many endeavors.

Mackenzie Fritz has driven exceptional awareness and engagement via innovative influencer marketing campaigns across a wide spectrum of industries and brands, including Colman's Mustard, Kayem al fresco, Maine CDC, Dove, Pears, Vaseline, Lamey Wellehan and the Vermont Department of Health. Her ability to identify ideal partners, forge authentic relationships with them and collaborate to create meaningful and impactful work has not only helped brands reach and engage their target audiences, but also earned international recognition. Fritz's public health influencer campaigns have supported important causes including alcohol misuse education, tobacco and vaping cessation and prevention, as well as suicide prevention. Fritz and her husband recently

bought a home in Gorham and, an influencer herself, her passion includes sharing Maine life with her audiences on TikTok and Instagram.

"These promotions reflect the incredible talent and leadership within our Public Relations and Influencer Marketing team," said Katie Greenlaw, Rinck Advertising's Vice President of Public Relations and Influencer Marketing. "Kevin, Janelle, and Mackenzie have each demonstrated a deep commitment to their clients, crafting innovative strategies that not only tell great stories but also deliver real business impact. I am so thrilled that we have some of the top minds in our industry doing incredible work right here in Maine and oftentimes for the benefit of fellow Mainers."

Rinck Advertising continues to build on its reputation as a results-driven agency, providing clients with award-winning PR and influencer marketing services that connect brands with their audiences in meaningful ways.

## SeniorsPlus' Aging Well Living Well Franklin County Expo 2025

**FARMINGTON, ME** - SeniorsPlus is presenting the 18th annual Aging Well Living Well Franklin County Expo on Friday, April 25, 2025, at the University of Maine Farmington, Olsen Student Center, 111 South St., Farmington. This half-day event, running from 8:00 a.m. to 12:30 p.m., offers older adults and their families an opportunity to learn, connect, and engage with workshops, exhibitors, and more—all at no cost. The event begins with a continental breakfast and concludes with a chance to win raffle prizes.

The expo, hosted by SeniorsPlus, the designated Area Agency on Aging

for Western Maine, provides a unique educational and social experience. Attendees will have the opportunity to participate in three 45-minute workshops of their choice from topics including estate and long-term care planning, understanding Medicare, Bingocize, emergency preparedness, internet safety, funeral options, and backyard birding. Additional offerings include an e-bike demonstration and secure paper shredding. A variety of exhibitor booths will also be available, offering resources, products, and services relevant to older adults and caregivers. Expo attendees can bring their expired and/or

unused medications for secure disposal to the Franklin County Sheriff's Office, a short drive from the UMF campus.

"Our goal is to inspire and encourage healthy, active aging," said Betsy Sawyer-Manter, president and CEO of SeniorsPlus. "This event is a wonderful way for older adults to gain valuable knowledge while also enjoying a social and engaging atmosphere."

To learn more about the workshops offered and event details, visit [www.seniorsplus.org/](http://www.seniorsplus.org/)

See Expo, page 14

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

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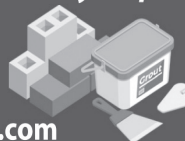
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# Seniors Not Acting Their Age

## Superb skiing on the exceptional Penobscot River Trails



A Nordic skier descends one of many hills on the Penobscot River Trails



Two skiers glide along the Riverside Trail



A skier returns on Tote Road Trail

When conditions are right, the Penobscot River Trails (PRT) in Grindstone offer some of the best Nordic skiing in Maine. As was true throughout most of Maine, snow was scarce in northern Penobscot County during the first several weeks of winter. A major mid-February snowstorm dumped sixteen inches of powder on the trail network significantly increasing the snow depth.

Established by the Butler Family Conservation Fund, the PRT consists of 25 kilometers of cross country ski and snowshoe trails along the East Branch of the Penobscot River. When there is sufficient snow, a state of the art Piston Bully Snow

Groomer with tiller is used to groom the trails.

After the storm, a check of the PRT Facebook page indicated their groomers were out rolling trails and laying track. Assuming expertly groomed trails coupled with the heavy snowfall would provide an outstanding ski experience; I packed my bags for an overnight trip.

Located on Route 11 about twelve miles north of Medway, a short dirt road on the left leads to the PRT Visitor Center. The large parking area was about half full when I arrived early afternoon on a cold, breezy, partly sunny mid-February day.

I gathered my skis, poles, and pack, and

walked a short distance to the Visitor Center. Skiing is free but all users must register. The large facility includes a warming room, wood burning stove, and heated restrooms. Equipment rentals are available for a donation.

I began skiing the well-groomed Silver Maple Trail right outside of the Visitor Center door. The tracks were fast and conditions superb.

The Silver Maple Trail travels through a mixed hardwood and conifer forest until joining Tote Road Trail. From there, I followed the two often combined trails north along the East Branch. The Silver Maple Trail separates from Tote Road and

veers closer to the river in several locations.

After about two miles, Tote Road connects with Riverside Trail at a major junction. I turned left onto hilly Riverside Trail which immediately drops abruptly and crosses the first of many sturdy bridges on the trail. Soon after, the path curves up a steep pitch. This section is indicative of the entire trail which is an absolute delight to ski.

The serpentine Riverside Trail continues along the river for about 7 miles to Long Meadows Warming Hut. Straight-forward Tote Road and the more complex Riverside Trail parallel one another and are divided into five sectors separated by connecting trails called Links. My goal was to ski to the hut and complete a loop by returning on Tote Road.

I glided along the scenic rolling path climbing and descending hills while enjoying frequent views of the snow-covered river on my left. I paused to talk with two skiers at Link 1. They had skied up Tote Road to Link 2, stopped at nearby Pines and Ridges Warming Hut and were returning to the Visitor Center.

Progressing north, I passed another skier at Link 2 who had decided to

turn back. A sign indicated Pines and Ridges Warming Hut was a short distance away. The signage on the trail system is exceptional. At each link or junction, prominent signs provide valuable information on distances back to the Visitor Center and other important landmarks.

Still intent on continuing to Long Meadows Hut, I persisted to Link 3 where I stopped to assess my progress. Based on the remaining distance to the hut, it was clear I would have to endure an unappealing return in the dark. I decided to forego my unrealistic objective and start back.

Returning to Link 2, I turned left to visit Pines and Ridges Hut. The impressive structure is located on a bluff between Riverside and Tote Road Trails. From a vantage point facing west, I was able to view the top of spectacular Mount Katahdin in the distance.

I met a skier relaxing at the hut. After a short break, we cruised back to the Visitor Center. At the parking area, we decided to ski the Hammond Ridge Trails at New England Outdoor Center near Baxter State Park the following day. For me, a new Nordic ski adventure was in the offing.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* details three of the best Nordic ski outings in Maine and narrates several epic expeditions skiing 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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# Registration open for Bath Savings Paddle for Pine Tree Camp

**SOLON AND BRUNSWICK, ME** – The 29th Annual Bath Savings Paddle for Pine Tree Camp returns in June with one goal in mind: to raise funds for Maine kids and adults with disabilities to experience freedom and independence at Pine Tree Camp.

On Saturday, June 7, paddlers will reunite in Solon for the traditional route down the Kennebec River. On Sunday, June 8, paddlers will come together to loop the Androscoggin River in Brunswick. Both paddles are family-friendly and perfect for all ages, skill levels and abilities.

Since 1945, Pine Tree Camp has welcomed all who could benefit, regardless of their ability to pay. This is one of our largest fundraisers of the year and 100% of proceeds support our open door policy.

Register for the paddle at this link: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

On Thursday, May

29, the 3rd Annual Hammond Lumber Company Cornhole for a Cause and Party for the Paddle to benefit Pine Tree Camp will take place at The Woodshed in Manchester. For more details and to register for this cash prize competition, please visit: <https://pinetreesociety.org/pts-events/cornhole-for-a-cause/>

29th Annual Bath Savings Paddle for Pine Tree Camp

Saturday, June 7  
9:30am

Solon: Traditional route down the Kennebec River

Paddle begins at The Evergreens Campground in Solon (202 Ferry Street, off Route 201A) and ends in North Anson on the Patterson Bridge Road. This is a three mile, two-hour paddle.

Register: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

Sunday, June 8  
9:30am

Brunswick: Loop on



**Kathy Clement and Steven Everett, both from Starks, paddled the Kennebec River in Solon in 2024 to support Pine Tree Camp. The 29th Annual Bath Savings Paddle for Pine Tree Camp Weekend will take place Saturday, June 7 in Solon and Sunday, June 8 in Brunswick. All proceeds support the camp's tuition fund which ensures Maine kids and adults with disabilities can attend Pine Tree Camp regardless of their ability to pay.**

the Androscoggin River

Paddle begins and ends at the Water Street Boat Landing (located at the end of Water Street) in Brunswick. This is a two mile, two-hour loop.

Register: <https://pinetreesociety.org/paddle-for-pine-tree-camp/>

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/>

Sponsors of the 29th Annual Bath Savings Paddle for Pine Tree Camp include: Bath Savings, Hammond Lumber Company, The Woodshed, HUB, Franklin Savings, Central Maine Power, Harvard Pilgrim Healthcare, Evergreens Campground, Marden's, NRF Distributors, Seaspray Kayaking and Paddleboarding, Assistance Plus, Brookfield Renewable and Alice's Awesome Adventures.

# Social Security Fairness Act implemented

**WASHINGTON, D.C.** – U.S. Senator Susan Collins announced that the Social Security Administration (SSA) responded to a letter she sent last month, along with 27 of her Senate colleagues, calling for the immediate implementation of the Social Security Fairness Act (SSFA). Signed into law in January, the SSFA, coauthored by Senator Collins and former Senator Sherrod Brown (D-OH), eliminates two provisions that unfairly reduced earned benefits for individuals who worked in both the public and private sector or who had a spouse who paid into the Social Security system.

According to the SSA's letter, of the approximately 3.2 million Amer-

icans who are due benefit adjustments or retroactive payments under the SSFA, already more than more than 1 million people have received a combined total of more than \$7.5 billion in retroactive payments dating back to January 2024. The SSA also announced that the agency has completed the future benefit adjustments for more than 70% of the nearly 3.2 million people who are due such an adjustment. The SSA believes that most will see their retroactive payment by the end of this month and will see their

benefit adjustment reflected in their April benefit payment.

"I am pleased that the Social Security Administration has begun implementing the Social Security Fairness Act, ensuring that millions of retired public employees and their families receive the full benefits they have earned. This law finally repealed unfair provisions that have penalized teachers, firefighters, police officers, and other dedicated public servants for decades. I will continue to monitor the SSA's progress to ensure that the law

is implemented as swiftly and efficiently as possible," said Senator Collins.

Mainers like Maryann Murray of Orrington and Mary Small of Bath have already started receiving their retroactive benefits:

"I was proud to work at Brewer High School for almost 30 years. When I got my benefits after all this time, it just took my breath away. I said, 'I can't believe someone finally thought of us.' I'm so thankful Senator Collins did," said Maryann Murray, former administrative

assistant at Brewer High School. "I never thought this would get fixed in our lifetime. It's amazing."

"I want to thank Senator Collins for championing this legislation and restoring fairness to the social security system for teachers, law enforcement, and state retirees. This has been proposed many times before and it took real leadership and, dare I say, bipartisanship to get it passed. I was glad to receive my retroactive benefits and I'm even more excited knowing Maine teachers, firefighters, police officers and more are finally receiving the benefits they are owed. Senator Collins once again shows the advantage of working across the aisle to get

things done," said Mary Small, former state legislator.

The SSA also noted that because retroactive payments are being expedited, beneficiaries may receive their payment before receiving an explanatory notice. The agency urges beneficiaries to wait until after receiving their April benefit payment before inquiring about the timeline for their benefit adjustments.



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

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# Arts & Entertainment

## Bates Dance Festival brings world-class performances to Maine

**LEWISTON, ME** – The Bates Dance Festival (BDF) returns this summer from July 11 to August 1, 2025, bringing together an exceptional roster of artists, educators, and students for three weeks of contemporary dance education and performances. This year, BDF proudly features the premiere festival appearance of the iconic Bill T. Jones/Arnie Zane Company, presenting a mixed repertory, including their seminal works Continuous Replay and D-Man in the Waters, as well as offering masterclasses, and participating in community engagement events.

remains one of the premier destinations for dance education and performance in the United States. Set against the backdrop of Bates College, the festival fosters a dynamic space where professional and emerging artists collaborate, train, and present groundbreaking work. Tickets will be available online on June 1.

A Landmark Performance: Bill T. Jones/Arnie Zane Company  
 Founded in 1982, the Bill T. Jones/Arnie Zane Company has been at the forefront of contemporary dance for over four decades and created over 140 groundbreaking works and performed in more than 200 cities across 30 countries.

Bill T. Jones, a celebrated choreographer, director, and MacArthur “Genius” Award recipient, continues to push the boundaries of movement-based storytelling.

Among the anticipated highlights of BDF 2025 is an evening of mixed repertory that includes a presentation of Continuous Replay and D-Man in the Waters (1989) by this internationally renowned collective. Originally conceived by Arnie Zane in 1977 and expanded by Bill T. Jones in 1991, Continuous Replay exemplifies the company’s commitment to rigorous form, performer agency, and sociopolitical dialogue while Jones’s joyful tour-de-force, D-Man

in the Waters is a true classic of modern dance and a two time New York Dance and Performance (“Bessie”) Award-winning work. The box office on campus opens June 27, Tues-Sat 1-5pm.

Under the guidance of Bill T. Jones/Arnie Zane Company’s Associate Artistic Director Janet Wong and other members of the company, festival participants will have the rare opportunity to learn Continuous Replay, engage in task-based improvisation, and delve into the company’s rich artistic history. This immersive experience culminates in a live performance where students will share the stage with company members, offering an

unparalleled learning and performance opportunity.

A Summer of Artistic Exploration

Beyond the Bill T. Jones/Arnie Zane Company, BDF 2025 boasts a diverse lineup of artists, performances, and workshops. The festival offers a dynamic mix of concert performances by leading dance companies and choreographers, intensive training programs in contemporary, modern, improvisation, and interdisciplinary dance forms and artist talks and community events fostering dialogue around the role of dance in today’s cultural landscape.

Other performances in the festival’s 2025 lineup include:

Ragamala Dance Company’s Invisible Cities, reimagining Italo Calvino’s metaphysical novel

OzuzuDances’s Space Carcasses

A free concert by award-winning violinist Rob Flax and the Boom Chick Trio.

A gallery show and performance activation by choreographer, performer, educator, and artist scholar Gesel Mason

BDF 2025 invites dance enthusiasts, students, and audiences to experience the transformative power of movement. For more information, registration, and details about purchasing tickets, visit [www.batesdancefestival.org](http://www.batesdancefestival.org)

## Vegetable, fruit school with UMaine Extension in Lewiston

**LEWISTON, ME**— University of Maine Cooperative Extension and the Maine Vegetable and Small Fruit Growers Association are hosting a Maine

Vegetable and Fruit School from 8:30 a.m. to 4 p.m on March 25 at the University of Southern Maine Lewiston Campus, 51 Westminster Street.

Topics include pest management for beans, lettuce and carrots; weather monitoring and pest management; potato disease identification; crop

insurance; alternative berry crops; and food safety. Additionally, the event will feature a virtual visit to Tougas Farm in Northborough, MA, where owner 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 in-



Photo of Highmoor Farm courtesy University of Maine Cooperative Extension.

cludes lunch. Register by March 22 on the program webpage. Walk-ins are welcome but lunch will not be guaranteed for those participants. In case of bad weather, check the University of Southern Maine

weather hotline announcement at 207.780.4800. For more information or to request a reasonable accommodation, contact Stephanie Wright, 207.933.2100; [stephanie.wright@maine.edu](mailto:stephanie.wright@maine.edu).

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 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  
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# MCSS President urges support for free college

**AUGUSTA, ME** — Maine lawmakers have good reasons to support extending Maine's Free College program to future high school graduates, Maine Community College System (MCCS) President David Daigler told Maine legislators on Tuesday.

"The Free College promise we have collectively made is changing lives," he told a joint convention of the 132nd Maine Legislature. "(It) is widening the pipeline for more skilled graduates entering the workforce and increasing transfers to our four-year college partners."

The leaders of the state's three public higher education institutions (MCCS, the University of Maine System, and Maine Maritime Academy) all addressed the lawmakers on Tuesday. It was the first in-person "State of Higher Education" event at the statehouse since 2019, before the pandemic.

The Maine Free College program covers 100% of tuition and fees for qualifying high school graduates from the graduating classes of 2020-2025. Students must live in Maine while enrolled, pursue a degree or certificate, complete the FAFSA, and accept all state and federal aid before the Free College funds are applied. It is a last-dollar scholarship.

State funding to continue the program beyond this year's high school graduates is in the governor's proposed biennial budget. MCCS has also requested an increase to its base funding to compensate employees and funding to meet financial obligations under the state's new paid medical leave law.

"Free College is an investment in our future," Daigler said. "And for those of you in the legislature, there are real financial

returns on your investment. With more college graduates, incomes rise, and balancing future budgets will be just a bit easier."

Daigler also highlighted the system's success in diversifying revenue to support expanded short-term workforce training programs; the doubling of the system's nursing programs; new transfer agreements; increased transfer rates; and expanded construction and manufacturing programs.

Daigler recognized several community college graduates in the audience, including:

Marilou Ranta, a 2016 Eastern Maine Community College (EMCC) culinary program graduate who won a coveted James Beard award for outstanding hospitality at her restaurant, The Quarry, in Monson.

Marilou's son, Gunnar, a 2021 EMCC grad-



uate who is a firefighter at Bangor International Airport.

Kristen Crowley, who

enrolled while still incarcerated through a limited "Second Chance" Pell program, eventually graduat-

ing with a 4.0 GPA and being named the Washington County Community College Student of the Year.

# Cancer Resource Center offers spring activities

**MAINE** -- The Cancer Resource Center of Western Maine offers a variety of activities that support our mission to embrace anyone affected by cancer in a hopeful and caring community here in Western Maine. Please review our schedule of free, in-person and virtual classes to see if there is something for you. Please call if you have questions, or if you would like to make an appointment to meet with one of our staff.

**Weekly Open Hours**  
 Monday – 9am – 3pm  
 Tuesday – 11am – 3pm  
 Wednesday – by appointment only  
 Thursday – 9am -3pm  
 Friday – by appointment only

**UPCOMING ACTIVITIES & EVENTS**

**NATIONAL CANCER SURVIVOR DAY - JUNE 1, 2025**

The Cancer Resource Center of Western Maine will once again host a FREE event in recognition of National Cancer Survivors Day on Sunday, June 1st, 2:00-4:00 pm, at King's Hill Inn & Barn, 56 King Hill Road, South Paris, Maine. There will be food catered by Blue Elephant Caterers; non-alcoholic beverages courtesy of Sips & Saddles and Stephens Hospital; and live music from the Maine musical group: Just-Because. Attendees must RSVP for this FREE event by calling (207) 890-0329.

**GET IN THE SWING - FRIDAY, JUNE 6, 2025**

This is the second year of Get in the Swing –

a FREE day-long retreat to introduce women who have survived cancer to the therapeutic advantages of golf. No golf experience necessary and all equipment is provided. Held at beautiful Paris Hill Country Club, on historic Paris Hill, attendees will receive hands-on golf instruction during the morning, a delicious lunch, and an afternoon of wellness workshops addressing the natural benefits of exercise, mindfulness, somatic movement, and meditation. Space is limited, so interested attendees should register early to reserve their spot by calling the Cancer Resource Center of Western Maine at (207) 890-0329.

**MAINE DRAGON BOAT CLUB Celebrates Cancer Survivors - SATURDAY, JUNE 21, 2025/ Rain Date June 22nd.**

In Honor of National Cancer Survivors Day in the month of June, the Maine Dragon Boat Club will sponsor a FREE paddle opportunity for anyone impacted by cancer. Cancer survivors, families and caregivers are invited to gather at 61 Lake Road, Norway, Maine. No prior experience is necessary and Club staff will be on hand to assist participants. Dragon boating is a fun, safe, worthwhile activity and has many health benefits. Around the world, dragon boating has become a very popular group sport, especially among all cancer survivors. The Maine Dragon Boat Club goal this year is to start an All Cancer Paddler Team which will include family, friends

and caregivers. **TIMES: 9:00am-5:00pm - Open House- Check out information about the MDBC and the boat. Family, friends, caregivers invited .10:00am-12:00pm and/or 2:00pm-4:00pm Participate in paddling the Dragon Boat. On land paddling and safety instruction will be given prior to going out in the boat. All equipment is provided. (No reservation needed)**

**In-person Classes**  
**Stamping Up at the Cancer Resource Center: First Monday of each month: 1:00 - 2:30pm**

**Join Kathy Pulsifer and make some beautiful greeting cards to take home! All materials provided.**

**Craft & Chat at the Cancer Resource Center: Mondays 1:00 – 3:00pm.**

**Drop in and explore your creative side, and meet new friends at the same time. All supplies are provided. No pre-registration is required.**

**Chair Yoga at the Cancer Resource Center: Thursdays 1:00 – 2:00pm. Join Kat Larsen for this gentle form of yoga which utilizes both seated and standing poses using a chair for support to provide all the benefits of traditional yoga. Chair yoga can help improve core strength and balance, promote better breathing techniques, increase flexibility and help reduce stress. Please call the Cancer Resource Center to register at 890-0329.**

**Chair Yoga in Bridgton: Mondays and Fridays 10am -11am. Taught by**

Susan Kane, this class is open to all cancer patients and can easily be modified to anyone's ability level. You do not need to register in advance. Meet at the Bridgton Community Center, 15 Depot Street, Bridgton. (Note: 12/23 will be the last class of 2024).

**Support Groups**  
**Women's Support Group and Coffee Hour: Meets the third Wednesday of every month from 10:30 to 12:00 noon at the Cancer Resource Center. No registration needed. For more information, call Kelsey at the Center at (207) 890-0205.**

**Men's Rally Group: \*Meets the third Friday of each month from 1:00pm-3:00pm at the Cancer Resource Center. No registration needed. For more information, call Nel Bernard at 207-312-9955 or Vance Jordan at 207-583-2975. \*Note: new day of week and time.**

**Sacopee Valley Cancer Support Group for Men and Women: Meets the fourth Friday of each month from 1:30-3:00 pm at the Riverside United Methodist Church, 5 Porter Street, Porter. For more information, please call Marianne Wyer at: (207) 749-0392.**

**Access to Free Counseling Services**

For patients and caregivers looking for more support during their cancer journey, please ask us about our access to free counseling programs. You have the option to meet with a professional counselor in person or via telehealth. Some limitations do

apply.

**Soup Program**  
 The Cancer Resource Center of western Maine has begun a Free Soup Program for patients who are in treatment. For those who are too tired, feel too ill or otherwise cannot prepare a meal, the Resource Center has individual containers of frozen, homemade soup that are easy to thaw. Several kinds of soup are available. Please call or stop in during our open house hours on Thursdays to pick some up.

**Other Exercise Opportunities**

**Exercise to Energize:** This is a 6- week program offered from September to July by Stephens Memorial Hospital's Physical Therapy Department – Wellness Programs. There are two ability levels offered. The cost is \$60 for the 6-week class and can be covered under our Live Well Program. Ask us for more details!

**Public Swim Passes:** For cancer patients who have completed their treatment and their caregivers, the Cancer Resource Center offers a free pass for 10 visits at the Colonial Mast Campground Pool & Hot Tub in Naples Maine. Ask for more details.

**Virtual Classes** on our website: [www.crcofwm.org](http://www.crcofwm.org)

**Weekly Classes:** Please pre-register for the weekly classes at [www.crcofwm.org](http://www.crcofwm.org), or by calling or emailing Diane at [dadden@crcofwm.org](mailto:dadden@crcofwm.org) or 207-890-0329.

**"Mind full of Good":** Monday morning med-

itation –Mondays, 9:00 -9:30am. Each class will focus upon cultivating an opportunity to grow inner resources for peace, satisfaction and joy. Led by Karen Vasil-Busch, LMT, CAP, who is a PNT Teacher, Licensed Massage Therapist, Karuna™ REIKI Master and Certified Ayurvedic Practitioner.

**"A Mindful Hour"** Mindfulness -based Stress Reduction: Thursdays, 9:00-10:00am. Learn how the practice of Mindful-based Stress Reduction (MBSR) can assist with reducing stress through breath, movement and meditation. Kat Larsen leads this class, and also integrates other practices from her work as a certified yoga therapist and registered yoga instructor.

**Recorded Classes:** Recorded classes are available via our YouTube Channel via the YouTube link on our website: [www.crcofwm.org](http://www.crcofwm.org)

**OTHER LOCAL WELLNESS ACTIVITIES**

**Wellness Share** at Center for Healing Arts, 180 Main St., Norway; 2nd Saturday of each month, 10am to 2pm. Free event offering Reflexology, Massage, and more. For more information: Charlotte LaBelle – 207-890-2177.

**Drum Circle** at Center for Healing Arts, 180 Main St., Norway – 4th Saturday of each month, 11am to 2pm. Free event, drums available for use. For more information: Dan Gravel - 207-604-0323 or Nel Bernard - 207-312-9955.



# Journey through the roots of American pop music

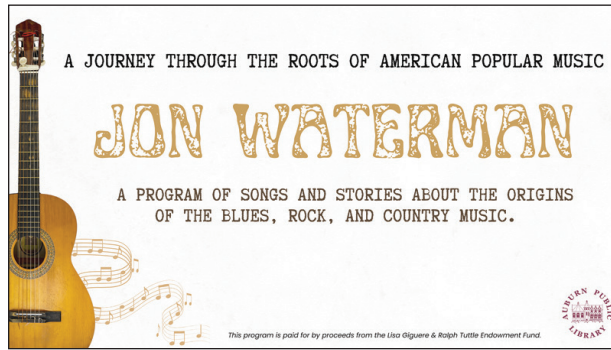
**AUBURN, ME** -- The Auburn Public Library presents "A Journey Through the Roots of American Popular Music" with Jon Waterman on Monday, March 24th at 5:30 PM. All are welcome to join for an engaging performance exploring the history of American popular music.

"A Journey Through the Roots of American Popular Music," is a program of songs and stories about the origins of the blues, rock and country music presented by singer and songwriter Jon Waterman. In the show, Jon is joined by Li Waterman on bass. The program, which also features an accompanying slideshow, explores

some of the fascinating characters and events that are part of the history and the role of music in our lives.

The performances have received enthusiastic reviews from those in attendance. Sarah Swifter, the Director of MAGMA in Gloucester, MA, where the program was presented in November of 2019 writes:

"A Journey Through the Roots of American Popular Music" by Jon Waterman is a unique performance experience combining music history, storytelling, and original songs inspired by his research. Waterman successfully transforms fascinating tales from history into an evening-length perfor-



mance that feels personal, contemporary, and politically relevant. A must see for anyone interested in American history or American music!" - Sarah Swifter, Director, MAGMA - Gloucester, MA (November, 2019)

This program is paid for by proceeds from the Lisa Giguere & Ralph Tuttle Endowment Fund. It

will take place in the Androscoggin Community Room at the Auburn Public Library. Registration is not required.

For more information about this and other programs offered at the Auburn Public Library, visit their website at [www.auburnpubliclibrary.org](http://www.auburnpubliclibrary.org) or call the Reference Desk at 207-333-6640, ext. 4



# Health Affiliates Maine welcomes new Medical Director

**AUBURN, ME** – Health Affiliates Maine (HAM) has named Lisa Pomerleau, PMHNP, as its new Medical Director. Pomerleau brings a wealth of experience in emergency psychiatry, substance use treatment, inpatient treatment, outpatient treatment, and detox care. Her deep understanding of the com-

plexities of mental health and substance use disorders, coupled with her seven years of experience as a private practice owner, make her well-suited for this role. Additionally, Pomerleau served as Medical Director for a substance use treatment agency, where she led clinical teams and worked to enhance patient care

strategies.

"Lisa's unique perspective as both a private practice owner and an experienced provider aligns with our mission to empower behavioral health professionals and improve access to quality care," said Andrea Conley, Executive Director of Health Affiliates Maine. "We are excited to pursue

agency excellence with her expertise and leadership."

Reflecting on her new position, Pomerleau shared, "HAM's commitment to supporting practitioners in building successful businesses and fostering interdisciplinary collaboration drew me to this role. I am excited about the opportunity to mentor and support a team of dedicated professionals,



creating a collaborative and positive work environment. This role also allows me to stay at the forefront of mental health practices through continuous learning and development."

At HAM, Pomerleau will provide consultation to affiliates, facilitate interdisciplinary collaboration, and introduce new support initiatives for psychiatric providers.

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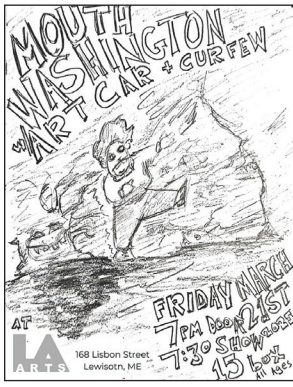


# One night, two generations, three local punk bands

**LEWISTON, ME** – Much may have changed in Lewiston since the city’s 90s punk era, but punk, rock, and post-punk are still alive and well in L/A. Not only is the music—and the ethos—still relevant to the original generation of area musicians, it’s inspiring their kids, too. In fact, they’ll even share a stage on Friday, March 21st when local headliners Mouth Washington play with area bands Art Car and Curfew at LA Arts’ gallery and performance space at 168 Lisbon St. Doors open at 7pm, music at 7:30. The general admis-

sion show has been curated for an all-ages audience to reflect the deep and living culture of the scene.

The show kicks off LA Arts’ stylistically eclectic Downstage Performance Series and will be the first plugged-in event on the organization’s brand new stage. Envisioned as a mixed-use community arts and culture space, the downtown art gallery may seem at first glance like an atypical venue for a punk show. But the event itself makes perfect sense to local musician, performance organizer, and LA Arts Board member Elijah True,



whose production vision is behind the Downstage series and the makeup of the March 21st bill.

“Punk is deeply connected to art, culture, and political expression, often tackling nuanced or dif-

icult topics,” says True. “Over the last two decades, opportunities for punk artists to perform in L/A have mostly been limited to a dwindling number of bars and unofficial DIY spaces. These opportunities are now virtually nonexistent. I think punk bands deserve a sustainable, above-board space to perform where they can remain appropriately connected to the arts and our community.”

Image: Event flyer for 3/21 Mouth Washington show with Art Car and Curfew

Details  
· Mouth Washington

with Art Car & Curfew at LA Arts

· Friday, March 21, 2025

· Doors: 7pm; Music: 7:30

· LA Arts, 168 Lisbon Street, Lewiston, ME

· Tickets: \$15 at laarts.org/performances

· General Admission, all ages

· Beer, wine, and non-alcoholic beverages available for purchase  
LA Arts, the arts agency for the cities of Lewiston and Auburn Maine, has pursued a mission to engage and inspire a vibrant community

through arts and culture since 1973. The agency works with governments, businesses, schools, and local arts and cultural organizations to create opportunities for community members across the generations to experience, learn, and participate in the arts. LA Arts organizes arts programs and initiatives, supports the work of local artists and arts organizations, and highlights the essential role the arts play in shaping an economically vital, socially integrated, and forward-looking future for its community. Learn more at [www.laarts.org](http://www.laarts.org).

## UMA’s Noel March to participate in law enforcement program

**AUGUSTA, ME** — Chief Noel C. March, lecturer of justice studies and community policing at the University of Maine at Augusta (UMA), has been selected to participate in a significant educational program titled Operation-izing Never Again: The Role of Law Enforcement in the Holocaust and Contemporary Genocide. This groundbreaking program is a collaboration between Rutgers University, the University of Virginia’s Center for Public Safety and Justice (CPSJ), and the Global Consortium for Law Enforcement Training Executives (GCLETE).



the role of law enforcement in Nazi Germany, particularly the actions of Reserve Battalion 101, and their relevance to contemporary policing. The program includes immersive training, historical case studies and experiential learning, including participation in the International March of the Living in Krakow, Poland.

“I am honored to take part in this pivotal pro-

gram that aligns with my commitment to educating future law enforcement leaders on ethical decision-making, accountability and the prevention of human rights abuses,” said Chief March. “It’s essential that we draw lessons from history to ensure the protection of human rights and the dignity of all individuals in today’s society.”

The Operationalizing Never Again program aims to provide law enforcement executives and educators with the tools to navigate complex ethical dilemmas and make decisions that uphold justice in today’s rapidly evolving global landscape. Participants will gain insights into law enforcement’s complicity during the Holocaust and

See UMA, page 14

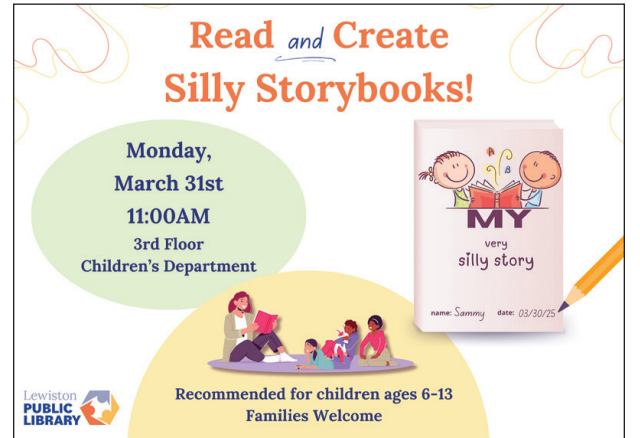
# Read and create silly storybooks with LPL

**LEWISTON, ME**

-- 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 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.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street.

More information on this program is available by contacting the Lewiston Public Library at 513-3133 or [LPLKids@lewiston-maine.gov](mailto:LPLKids@lewiston-maine.gov).

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# DOL: Unemployment guidance for laid off federal employees

**MAINE** – The Maine Department of Labor has published unemployment insurance guidance for federal employees affected by layoffs.

Topline information includes:

Prepare—Get as much information as you can

Print your paystubs – last one paid before 09/30/2023 and last one paid before 12/31/2024

Print your 2024 W-2 Before filing your claim, read through the unemployment FAQ for fed-

eral workers

File Immediately, even without all documents

Call 1-800-593-7660 to file your claim in Maine as soon as you separate from your employer. Documents will be collected for verification once your claim is started.

You must start your first unemployment insurance claim by phone. After your first claim is done, you can file weekly claims online.

File even if appealing the termination

Don't panic about a



\$0 determination— Federal wages aren't reported in state systems, so your initial claim may show \$0. As wages are verified your

Monetary Determination will be updated.

Request a wage affidavit if delayed— If your agency doesn't respond

within 12 days, you can complete an ES-935 affidavit to speed up your claim.

Once your initial claim is in system, you will find this form in your account under Correspondences.

Check messages regularly—State agencies may request additional information, so frequently check your portal, email, and mail.

Certify and job search weekly— You must certify unemployment and actively search for work each week to continue re-

ceiving benefits.

The Maine Department of Labor's Rapid Response team is holding a weekly session via Zoom at 10 a.m. every Wednesday to go over top line information for laid off workers, such as unemployment insurance, health insurance options, training and job search resources.

The full guidance and Rapid Response information for affected employees can be found here: [www.maine.gov/labor/federal-workers/](http://www.maine.gov/labor/federal-workers/)

# Adult volunteers needed to help 4-H youth understand ticks

**MAINE** -- University of Maine Cooperative Extension is seeking adult volunteers in Cumberland, Androscoggin, Sagadahoc and York counties to become 4-H Tick Project Mentors. Mentors will guide youth in learning about ticks and tick safety using engaging hands-on activities offered through the 4-H Tick Project.

"Understanding ticks is crucial for both human and environmental health," says Carla Scocchi, coordinator of the 4-H Tick Project. "By training



Students at Cave Hill School learn to identify ticks and provide data for statewide research as part of the 4-H Tick Project. Photo courtesy University of Maine Cooperative Extension.

a network of dedicated mentors, we can empower youth with the knowledge and skills they need to become citizen scientists, investigate tick populations in their communities and stay safe when recreating outdoors."

Mentors should have a passion for tick safety and youth education along with a commitment to providing positive youth development experiences. Participants are required to attend a free, in-person training session on April 11 at Wolfe's Neck Farm in

Freeport and complete the 4-H volunteer enrollment process which includes a background check.

In addition to making a valuable contribution to local communities, mentors will facilitate hands-on learning experiences in classrooms, after-school programs, and/or community events; model tick collection protocols and identification techniques; and share best practices for tick safety with young people.

No prior experience with tick science is re-

quired. The training will provide all the necessary knowledge and resources. This opportunity requires volunteers to work with educators and youth in various learning environments, including outdoors in tick habitat.

To learn more and register for the training, please visit the project website. The deadline to register is March 30, 2025. To request a reasonable accommodation, please contact Emily Booth, [emily.booth@maine.edu](mailto:emily.booth@maine.edu), 207.581.8205.

# Lisbon Community Federal Credit Union announces staff promotions

**LISBON, ME** — Lisbon Community Federal Credit Union is proud to announce the promotion of two dedicated team members as we continue to grow and strengthen our organization. These internal advancements reflect our commitment to recognizing talent, fostering career development, and enhancing service to our valued members.

Veronica Williams has been promoted to Deposit and Card Services Representative after serving as a Member Services Representative in our Lisbon office. Veronica has been a key part of our team since July 2000, demonstrating exceptional service and deep knowledge of our members' needs. In her new role, she will provide expertise in



Veronica Williams

deposit accounts and card services, ensuring our members receive the best support possible.

Alexia Moody has been promoted to Financial Resolutions Specialist after serving as a Teller in



Alexia Moody

the Lisbon Office. Since joining Lisbon Community FCU in September 2023, Alexia has shown

a strong commitment to assisting members and contributing to the credit union's success. In her new role, she will focus on helping members navigate financial challenges while supporting the institution's overall financial wellness initiatives.

"These promotions reflect our continued growth and the strength of our team," said Sarah Perkins, President/CEO. "Veronica and Alexia have demonstrated an unwavering commitment to

our mission, and we are excited to see them excel in their new roles. As our credit union expands, we remain focused on investing in our people, enhancing our services, and ensuring the best experience for our members."

Lisbon Community FCU is proud of the steady progress we've made and the opportunities we continue to create for both our staff and members. Our commitment to growth is driven by our dedication to providing top-tier financial services while strengthening our community.

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# Tips to brush up on your oral health

By Dr. Paul McConnell, National Dental Director, UnitedHealthcare Dental

Taking care of our mouth, teeth and gums is more crucial to our overall health than many people think. Since our mouths are the gateways to both our respiratory and digestive systems, germs and infections here can spread to other parts of our body, causing issues like pneumonia, heart infections, or complications during pregnancy. Additionally, health conditions that weaken our immune system, such as diabetes and HIV/AIDS, can also impact oral health.

Moreover, neglecting our dental health can lead to bad breath, toothaches and potentially gum disease and tooth loss, making everyday activities like eating, speaking and even smiling uncomfortable. In fact, over 40% of adults reported feeling mouth pain.<sup>2</sup> Frequent dental problems can be a hassle and disrupt our daily routines. By the age of 34, over 80% of people have had at least one cavity, highlighting how common these issues are.<sup>2</sup>

Being diligent with our oral health can help reduce the buildup of plaque (a sticky film of bacteria) and tartar (hardened

plaque). If not removed, these can contribute to tooth decay, which is the most common chronic condition<sup>3</sup> with 1 in 10 adolescents and 1 in 5 adults (ages 20 to 64) having at least one untreated cavity.<sup>4</sup>

The buildup of tartar along the gum line can also lead to gum disease, causing swelling, bleeding, tenderness, and pain as it progresses. Unfortunately, over 42% of adults 30 years and older have some form of chronic gum disease and this increases to 60% of people 65 years and older.<sup>5</sup> Severe gum disease can be highly destructive, including the loss of tissue and bone supporting the teeth and eventually tooth loss if not treated. Hormonal changes during pregnancy and habits like smoking and chewing tobacco can increase the risk of developing gum disease,<sup>6</sup> but poor oral hygiene is one of the main preventable risk factors.

Each year, untreated dental diseases cost the U.S. over \$45 billion in lost productivity,<sup>7</sup> while poor oral health in children was also linked to more school absences and worse academic performance.<sup>8</sup> Fortunately, the risk for common dental diseases and conditions, like tooth decay, gum disease and

tooth loss, can be reduced with good oral hygiene.

Daily oral habits for everyone

Check in and brush up on daily dental habits to ensure good oral health for the whole family. The following dental health recommendations<sup>9</sup> are daily actions that can help both children and adults maintain a bright, healthy smile:

Brush your teeth (and tongue) twice a day, for at least two minutes each time using a soft-bristled toothbrush that allows you to reach all areas easily. Be sure to clean the outer, inner and chewing surfaces of your teeth. Replace your toothbrush every 3-4 months or when the bristles become frayed.

Floss daily to remove food particles and plaque. In addition to traditional dental floss, other tools including dental picks, tiny brushes and water flossers are safe and effective. Speak with your dentist and try different options to find what works best for you.

Rinse for 30 seconds with a mouthwash, which may help kill bacteria and clean parts of the mouth brushing might miss. Mouthwash is not recommended for children younger than 6 years of age.

Stay hydrated to help support overall well-being and avoid issues with dry mouth, while limiting sugary snacks and drinks.

Supplement daily habits with regular preventive care

To keep your smile healthy, it's important to maintain daily oral hygiene and visit your dentist every six months for preventive care, which most dental plans cover at no additional cost to you. Children should start visiting the dentist after their first tooth appears or by their first birthday, whichever comes first.<sup>10</sup>

Regular dental check-ups and cleanings may help catch dental problems early, preventing them from becoming painful and difficult to treat. Early-stage gum disease, for example, can often be reversed with a professional dental cleaning followed by daily brushing and flossing.

Dental visits are also a great time to ask any questions or discuss concerns, including new or unusual symptoms. If you suffer from chronic dry mouth or bad breath,<sup>11</sup> they can be signs of an underlying issue or future complications to your oral health.

If you or a family member feels nervous

about going to the dentist, you're not alone – nearly 40% of people in the U.S. have some form of fear regarding dental care.<sup>12</sup>

Let the receptionist, hygienist and dentist know your concerns. They can answer questions and offer suggestions for coping strategies<sup>13</sup>, including distraction methods or mindfulness techniques to lessen tension. For children, using books or videos about dental visits ahead of time can help build confidence.

Routine dental care and good daily oral habits are crucial to supporting your oral health and your overall health at all life stages. It's never too late to make changes to ensure a bright and healthy smile.

1 Mayo Clinic, <https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/dental/art-20047475>

2 American Journal of Public Health, 2012, <https://doi.org/10.2105/AJPH.2011.300362>

3 Federal Practitioner, 2016, [https://cdn.mdedge.com/files/s3fs-public/1016FP\\_HENG.PDF](https://cdn.mdedge.com/files/s3fs-public/1016FP_HENG.PDF)

4 2024 Oral Health Surveillance Report, <https://www.cdc.gov/oral-health/php/2024-oral-health-surveillance-report/selected-findings.html>

5 MedlinePlus, <https://magazine.medlineplus.gov/article/gum-disease-by-the-numbers>

6 American Dental Association, <https://www.mouthhealthy.org/all-topics-a-z/gum-disease>

7 Journal of Dental Research 97.5 (2018), <https://doi.org/10.1177/0022034517750572>

8 Journal of Pediatrics 209 (2019), <https://doi.org/10.1016/j.jpeds.2019.01.045>

9 American Dental Association, <https://www.mouthhealthy.org/dental-care/daily-routine>

10 American Dental Association, <https://www.mouthhealthy.org/life-stages/babies-and-kids/first-dental-visit-for-baby>

11 Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/10902-dry-mouth-xerostomia>; <https://my.clevelandclinic.org/health/diseases/17771-bad-breath-halitosi>

12 Cleveland Clinic, <https://my.clevelandclinic.org/health/diseases/22594-dentophobia-fear-of-dentists>

13 American Dental Association, <https://www.mouthhealthy.org/all-topics-a-z/anxiety>

## MaineHealth invests \$100K in care team innovation

PORTLAND, ME – MaineHealth Innovation is investing \$100,000 from its Bonfire Funding Program in a company co-founded by a MaineHealth care team member to help patients overcome cancer. Cryptomedix Inc., co-founded by MaineHealth Institute for Research Faculty Scientist Peter Brooks, is pioneering a new approach to delivering anti-cancer drugs that could lead to improved patient outcomes.

Bonfire Funding was

created by MaineHealth in 2021 as part of its not-for-profit mission of researching new ways to provide care. The funding helps care team members foster and accelerate innovations to the point where additional external funding can be secured. Recipients are companies founded by MaineHealth care team members and are evaluated by a multi-disciplinary group of reviewers from across MaineHealth and its intellectual property

and business development committee members. Innovations are measured on whether they provide a novel solution to unmet care needs that can be scaled to benefit the larger community.

“Bonfire Funding is not only a financial investment in our innovators,” said MaineHealth Vice President of Innovation, Susan Ahern. “It creates opportunities for care team members to problem-solve and collaborate with

MaineHealth’s strategic and industry partners with an eye toward improving patient care and reducing overall costs for patients.”

CryptoMedix has been developing a novel approach for the selective delivery of potent anti-cancer drugs to particularly difficult-to-treat cancers including ovarian cancer. A more precise treatment has the potential to provide better patient outcomes. The company will be using Bonfire Funding to advance preclinical studies.

“The funding that we received from MaineHealth will have a significant impact on our ability to move our research forward,” said CryptoMedix

CEO Dr. Bernd Seizinger. “This delivery system has the potential of eventually benefitting a large number of cancer patients suffering from a variety of hard-to-treat cancer types which are not effectively responding to the currently available anti-cancer therapies.”

Cryptomedix previously received \$20,000 through MaineHealth’s Ignite Funding that allowed the company to acquire materials for its experiments and secure patents. Bonfire funding will support further experiments as the company looks to attract strategic partners and develop further.

Last week, MaineHealth also announced Sa-

tya Diagnostics, Inc. would be receiving \$100,000 in Bonfire Funding so that it could expand clinical testing of its patented breast cancer biomarker, aimed at improving early detection, treatment response monitoring and long-term surveillance. MaineHealth plans to continue its Innovation Funding investments with another round of applications in 2025.

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



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**Wednesdays**

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

**Thursdays**

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

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

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

**Saturdays**

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

# Calendar

Send your submissions to the Editor. More online.

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**Mar 21**

LEWISTON -- "Mouth Washington with Art Car & Curfew" at LA Arts on Friday, March 21. This punk, rock, and post-punk show kicks off LA Arts' eclectic Downstage Performance Series and will be the first plugged-in event on the organization's new stage.

**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](http://www.seniorsplus.org/march-formeals) or by calling 207-795-4010. Seats are limited and advance registration is recommended.

**Mar 22**

LEWISTON -- Mem-

bers of Lewiston's delegation to the State Legislature will hold constituent office hours at the Lewiston Public Library on Saturday, March 22, from 10:30 a.m. until noon to provide local residents a chance to meet with their elected officials and discuss legislative and state government matters. The delegation will give updates on their work on various policy areas, including the state budget, law enforcement, insurance and financial affairs, taxes, transportation and veterans issues. Office hours are scheduled for the fourth Saturday of every month during the legislative session.

**Mar 22**

GRAY -- First Congregational Church of Gray Saturday Night Church Supper on Saturday March 22, 2025 @ 5:00 at the Parish House, 5 Brown St., Gray. Handicapped Accessible. Meals are single-sized and are \$10.00 each. Please pay at the door.

The Menu includes: Variety of Casseroles & Salads, Baked Beans Red Kidney & Pea, Red Hot Dogs, Breads, Assortment of Desserts & Beverages

**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 24**

AUBURN -- Auburn Public Library will be hosting A Journey Through the Roots of American Popular Music to be taking place on Monday, March 24, 2025 from 5:30 to 6:45 PM.

**Mar 25**

AUBURN -- The Auburn and Lewiston Republican Committees will meet on Tuesday March 25th and 6pm, 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.

**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

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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](http://ticketstripe.com/guy-davis).

**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

**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 Annu-

al 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

**UMA**

*Continued from page 9*

engage in discussions on preventing modern-day atrocities.

"The program represents a powerful opportunity for law enforcement leaders to examine their roles in shaping the future of policing and community relations," said John J. Farmer, Jr., director of the Miller Center at Rutgers University. "Chief March's participation exemplifies the commitment of law enforcement professionals to ensuring that such atrocities are never repeated."

The training program will include pre-trip virtual seminars, on-site sessions in Poland and post-trip assignments. Participants will also receive training in ethical decision-making and active bystandership, alongside workshops on applying historical lessons to modern policing.

This initiative is a critical step toward fostering stronger, more ethical leadership within law enforcement agencies globally. It is particularly timely in addressing the increasing need for law enforcement agencies to reflect on their responsibilities in upholding democratic values and preventing human rights violations.

**Expo**

*Continued from page 3*

AWLW. Registration is required as space is limited. Attendees can sign up online or call 1-800-427-1241. The deadline to register is Monday, April 7, 2025.

SeniorsPlus is grateful for the support of its event sponsors, including AARP Maine, Franklin Savings Bank, and Martin's Point Health Care, with additional sponsorships pending. Sponsorship opportunities are still available for organizations interested in supporting this impactful event. For more information, please email [dbechard@seniorsplus.org](mailto:dbechard@seniorsplus.org).



## Finding meaningful work that's flexible and close to home

### Direct Support workers help Mainers stay connected to their communities

From her earliest memories, Kathleen's mother, Alice, has been independent. Having raised four children largely on her own, Alice worked until she was 85 and is a fixture in their island community.

But as Alice aged, her vision began to deteriorate. She wanted to continue living independently in the home and community she loved, but she and her kids knew that she needed a helping hand to remain safe and happy.

For the family, that helping hand came from Jim, a Direct Support worker, who lives nearby, and now visits Alice for a few hours, several days a week. He supports her with a variety of household tasks, including shopping and preparing meals. Often, the most valuable support is the conversation and camaraderie he provides.

"Jim is my godsend," Alice said. "I look forward to him every single week."

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

For Jim, this is the ideal encore career. At 65, he retired from his full-time job; but after two years, he began to feel restless.

"If you have too much time you can overthink things and feel like you're missing out on something," he said. "But when you're helping somebody, it feels like you're in exactly the right spot. And that's such a good feeling."

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

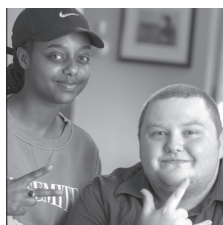
"It makes me feel so happy to be a part of society," he said. "With her support, I really feel like I've been able to flourish."

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



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## PAINTING

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## SENIOR TRIPS

If interested in any of the following trips or upcoming trips, please contact Claire Bilodeau at 784-0302 or Cindy Boyd at 345-9569. If we are not available, please leave a message and we will call you as soon as we can.

**MAY 29 - JUNE 4, 2025 - WASHINGTON, D.C. - NATION'S CAPITAL**

Trip includes 7 days and 6 nights lodging, 6 breakfasts and 4 dinners. A guided tour of Washington, D.C. which includes the US Capitol, the White House, the National Archives, Embassy Row and Georgetown. We will also visit the Washington Monument, Lincoln Memorial, the Martin Luther King, Jr. National Memorial. We will also have a

guided evening tour of all the Memorials. We will have a Guided Tram Tour of inspirational sights such as Arlington National Cemetery, Tomb of the Unknown Soldier, Kennedy Graves and the Iwo Jima Memorial.

We will visit the Smithsonian Museum and the Museum of the Bible which contains some of the oldest and most important biblical artifacts in human history. On our way home we will stop and enjoy the National Harbor which is a unique waterfront wonderland of shopping, dining and more. **A \$75.00 deposit is due when signing up for this trip. The price is \$985.00 per person double occupancy. Add \$305.00 for single occupancy. Final payment is due 3/22/25.**

**SEPTEMBER 11-19, 2025 - BLUEGRASS COUNTRY & THE SMOKY MOUNTAINS**

Price includes round trip air from Logan International Airport, hotel transfers, and all transportation while on tour, 9 days, and 13 meals. Highlights of this tour are Louisville and Lexington, Kentucky – Churchill Downs, Kentucky Derby Museum, Louisville

Slugger Museum, Buffalo Trace Bourbon Distillery, Lexington Horse Farm.

Gatlinburg, Tennessee – Dolly Parton's Smoky Mountain Theme Park, Guided tour of the Great Smokey Mountain National Park (UNESCO), Cherokee, Old Smoky Moonshine Distillery. Asheville, North Carolina – Blue Ridge Mountains, tour of the Biltmore Estates Mansion and manicured grounds.

**Deposit for this trip is \$698.00 per person and due by March 11, 2025. Early bookings save \$100.00 per person. For more information on pricing call Claire.**

**OCTOBER 6 – 10, 2025**

**- ATLANTIC CITY, CAPE MAY, & PHILADELPHIA** - Trip includes 5 days and 4 nights lodging, 4 breakfasts and 4 dinners and a free casino bonus for those who want to gamble.

Guided tour of Philadelphia including Liberty Bell, Independence Hall, Betsy Ross House, the Federal Reserve and Mint. Then off to Cape May with a Trolley Tour of the Victorian Mansions of Cape May and a walking tour of a historic Victorian Home. We travel to Cape May Point and the

famous Cape May Lighthouse. Our next day is a free day in Atlantic City to do as you please. Take in a show, do some gaming or just stroll down Atlantic City's Famous Boardwalk. **A \$75.00 deposit per person is due upon signing up. The price for this trip is \$849.00 per person double occupancy. Add \$210.00 for single occupancy. Final Payment is due 7/30/25.**

**NOVEMBER 16-26, 2025**

**- CLASSICAL GREECE**

- Price includes round trip air from Logan International Airport, hotel transfers and all transportation while on tour. Trip also includes 16 meals (9 breakfasts, 1 luncheon, and 6 dinners).

Highlights of this tour are Athens, the Acropolis and Parthenon, Delphi, Olympia and Ancient Mycenae. You will visit a Greek Farm, have a Cooking Class, Greek Dance Class, and visit two remote monasteries. We will also have a tasting of local wines, olive oil and sweets.

**If you are interested in any of these trips or for more information, please contact Claire at 784-0302 or Cindy at 345-9569.**

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