

Local churches host African Children's Choir



Made up of children ages 7 to 12 from several African nations, the group performs lively African songs and dances, traditional Spirituals, and Gospel favorites.

The African Children's Choir will perform at two local churches this weekend. On Friday, March 16 at 7 p.m., they will present a concert at East Auburn Baptist Church, and on Sunday, March 18, they will perform at 8:30 and 10:30 a.m. as part of Sunday morning services at Vineyard Church of Mechanic Falls.

Made up of children ages 7 to 12 from several African nations, this large choir melts the hearts of audiences around the world with their charming smiles, beautiful voices,

and lively African songs and dances. They also sing traditional Spirituals and Gospel favorites. The group has performed before presidents and heads of state, most recently Queen Elizabeth II for her diamond jubilee, and has sung alongside such performers as Paul McCartney, Annie Lennox, Keith Urban, Mariah Carey, and Michael W. Smith.

The African Children's Choir is a nonprofit humanitarian and relief organization dedicated to helping Africa's most vulnerable children today so they can help Africa tomorrow. Their appearances

support the work of parent organization Music for Life, which has educated over 52,000 children and impacted the lives of over 100,000 people through its relief and development programs in Uganda, Kenya, Rwanda, and South Africa. For more information, see www.africanchildrenschoir.com.

East Auburn Baptist Church is located at 560 Park Avenue in Auburn; for more information, call 782-0348. Vineyard Church of Mechanic Falls is located at 90 Lewiston Street in Mechanic Falls; for more information, call 345-9501.

Youth Orchestra of L-A plans Spring Concert



Orchestra members include, on violin, Jordan Smiley, Sarah Brown, Brooke Smiley, Cecelia Landry, Laura Jacques, and Dustin Laplante; on viola, Beth Almquist; and on cello, Madeline Vaillancourt. Not pictured are Joshua Brito (viola) and director Linda Vaillancourt.

The Youth Orchestra of Lewiston-Auburn will present its Spring Concert on Saturday, March 24 at 2 p.m. at Free Grace

Presbyterian Church, 160 Canal Street in Lewiston. The program will include Georges Bizet's "L'Arlesienne" and music

from the Harry Potter films by John Williams. The concert is free, but donations will be accepted.

Pre-K and Kindergarten Exploration Night at St. Dominic Academy

Saint Dominic Academy invites parents of young children to join them for a Pre-K and Kindergarten Exploration Night on Wednesday, March 21, from 6 to 7 p.m. at their campus at 17 Baird Avenue in Lewiston. Those attending will have an opportunity to see what St. Dom's has to offer for four- and five-year-old students.

St. Dom's offers early childhood education in



St. Dom's pre-Kindergarten students recently studied hibernation and migration in their science units. Here Juliana Ramsey (l.) and Norah Reeder take their turn in the hiberna

a nurturing environment, providing daily instruction to enhance the development of the whole child by meeting the social, academic, and spiritual needs of its students. The evening will include a tour of the classroom and school and an information session highlighting

the curriculum, daily routines, service projects, and art, music, and physical education. There will also be an activity that children may take home.

RSVP is preferred, but not required, by contacting Cecile Langlois at 783-9323 or cecile.langlois@portlanddiocese.org.

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Newsmakers, Names & Faces

Spring classes at Mechanic Falls - RSU 16 Adult Education

Mechanic Falls - RSU 16 Adult Education will offer the following classes from March through May. Registration may be completed by calling 345-3217, in person at 129 Elm Street in Mechanic Falls, by mail at P.O. Box 129, Mechanic Falls ME 04256, or online at <http://mechanicfalls.maineadulted.org>.

Chalk Painting: Bring a small piece of wooden furniture to class and give it the vintage, cottage, antique or modern look you desire. A supply list will be provided upon registration. \$24. April 9 and 23, from 6 to 8 p.m.

Computer Classes: New computer classes with Kevin Ellingwood start April 4. Call or see their website for more information on their wide variety of classes - from basics to advanced Microsoft and Google applications. \$75 per eight-week session; keyboarding also available for \$50.

Environmental Toxins and Their Impact: How do the toxins in the world around us impact our risk of can-

cer? Maureen Higgins of the Dempsey Center will share information to help you make more informed choices. Free, but you must register in advance. May 7, from 6 to 7:30 p.m.

French for Fun! Begin to learn French for fun and/or travel in this six-week introductory class with teacher Jerryanne LaPerriere. \$60. Tuesdays, April 24 through May 29, from 6 to 7:30 p.m.

Geocaching: What exactly are geocaches and travel bugs? Learn more about this popular outdoor treasure hunting activity; if you'd like, bring your device to set up your own account on geocache.com. \$12. May 2, from 6 to 8 p.m.

Introduction to Self-Employment: Learn about entrepreneurship, including pros and cons, ways to manage risk, elements of a business plan, important financial pieces, and steps needed for start-up. Free, but you must register in advance. April 5, from 6 to 8 p.m.

Medicare 101: Part A, B, C, D - Which one covers what? This SeniorsPlus class with Deb Cartwright will help you to sort ev-

erything out in order to make informed decisions. Free, but you must register in advance. April 25, from 6 to 7:30 p.m.

Melt & Pour Soap Making: Two hours of fun, with everything you need to take home a colorful "loaf" of soap! \$24. March 26, from 6 to 8 p.m.

Social Security: Learn investment strategies to help plan the retirement you want with the flexibility you need to help you handle unexpected events. \$5. March 29, from 6:30 to 8 p.m.

Tips on Writing a Children's Book: Learn strategies from author, Tamra Wight on how to create interesting characters, map out solid plots, and submit your work! \$12. April 5, from 6 to 8 p.m.

Mechanic Falls - RSU 16 Adult Education also offers college preparation classes, computer classes, diploma classes, and HiSET testing. Begin anytime! To learn more or to make an appointment, call 345-3217. For a complete schedule of classes, see mechanicfalls.maineadulted.org.

Chamber offers "Energy for Performance" workshop

The LA Metro Chamber of Commerce will present a workshop called "Energy for Performance" on Friday, March 23, from noon 1 p.m. in its conference room at 415 Lisbon Street in Lewiston. The event will be led by Janus Lab-trained presenter Steve Beaulieu and Financial Advisor Salvatore Bonetti of Baystate Financial.

Professional athletes typically spend 90% of their time training to perform 10% of the time. In contrast, business professionals typically train 10% of the time, yet are expected to perform well constantly. The Energy for Performance program

translates the idea of "elite performance" from sports to business.

Based on 30 years of research by the Human Performance Institute, the program focuses on how to train for peak performance - at work and in life. The workshop provides actionable tools that you can use to manage your energy and stress, as well as help you build everyday rituals for success. Participants will learn how to:

Manage stress to their advantage: Stress exposure is the stimulus for all growth. Understand how to expand your capacity to handle the many "storms" in your life and

business.

"Fuel" their bodies for optimal performance: Manage your energy throughout the day by learning how to use food as fuel.

Establish positive rituals to maximize productivity: Roughly 95% of what we do is a result of habit and routine. Build specific performance rituals to increase your energy and effectiveness.

This program is part of the chamber's Professional Development Series. The registration fee is \$25 for members and \$50 for non-members. For more information or to register, call 783-2249 or see lametrochamber.com.

HR Thursdays series presents "Creating Handbooks & Policies that Work"

The LA Metro Chamber of Commerce, Central Maine Human Resource Association, and Lewiston CareerCenter will present an HR Thursdays workshop on Thursday, March 22, from noon to 1:30 p.m. in the chamber's conference room at 415 Lisbon Street in Lewiston. Presented by Tawny Alvarez of Verrill Dana in Portland, the program's topic will be "Creating Handbooks & Policies that Work."

Today's ever-changing social landscape requires HR professionals to make changes to their handbooks regularly. Alvarez will discuss the pros and cons

of both steadfast and new sections of the employee handbook, including changes to once established norms and emerging new issues that must be covered.

From medical marijuana's effects on drug testing, to the effects of social networking in the workplace, to the effects of mobile devices on wage and work schedule issues, the employment landscape is ever-changing. Alvarez centers her practice on helping employers learn how to be proactive, as opposed to reactive, to these employment issues in order remain profitable and suc-

cessful.

A graduate of Pace University School of Law (J.D., 2008), magna cum laude, and Thomas College (B.S., 2005), summa cum laude, Alvarez has been recognized in the area of Employment & Labor Law by Chambers USA, America's Leading Lawyers for Business, and New England Super Lawyers.

The registration fee is \$25 for LA Metro Chamber members and \$50 for non-members; CMHRA members attend free of charge. For more information, call 783-2249; to register, see www.LAMetroChamber.com.

"Maine Uses Ranked Choice Voting" aims to prepare voters for new election system

The League of Women Voters of Maine and Maine Citizens for Clean Elections are partnering in an effort to ensure the smooth and successful implementation of Ranked Choice Voting at the ballot box on June 12, 2018. Their joint initiative, called "Maine Uses Ranked Choice Voting," aims to ensure that voters, election administrators, and those running election campaigns have the information they need to play their roles effectively in the upcoming election.

The Maine Secretary of State recently certified the required number of registered voters' signatures calling for restoration of Ranked Choice Voting after the legislature enacted a bill delaying its implementation.

The means Mainers will cast their ballots using the new system in the June party primaries, making

Maine the first state in the nation to use Ranked Choice Voting in a statewide election.

Through separate projects, the League of Women Voters of Maine and Maine Citizens for Clean Elections endorsed the restoration of Ranked Choice Voting for the June election. Now that the system is being implemented, their Maine Uses Ranked Choice Voting project represents a shift in roles for the two organizations, from advocacy to instruction.

"Elections matter, so let's get this right," said League of Women Voters of Maine President Jill Ward. "As we look to June, let's work to preserve our faith in the democratic process. Let's make sure that Maine's elections continue to inspire public confidence through their accessibility, transparency, and accuracy."

The League of Women

Voters of Maine is a nonpartisan political organization that encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy.

Maine Citizens for Clean Elections supports Maine's public funding election system as a model for the rest of the country and for federal elections. They believe that campaign finance laws that work to reduce the influence of big money in government reduce corruption, provide opportunity for qualified Maine people from all walks of life to run for state office, and increase public access to information.

For more information about Ranked Choice Voting in the upcoming election, see www.maineranked-choice.vote.



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Governor's Address: Universal Home Care will create more wait lists

Here we go again. There's another referendum on the ballot this fall that sounds too good to be true. Trust me, it is.

The ballot question proposes a bill, which is called "An Act to Establish Universal Home Care for Seniors and Persons with Disabilities." It would pay for "in-home and community support services to individuals and families."

Sounds great, right? Don't be misled. "Universal" in this case isn't universal.

But here we go again. Big-money special interests from out of state are using Maine's referendum process to push policies that would never make it past my veto. The Maine People's Alliance will tell you that this bill simply taxes the wealthy to pay for free in-home care for people with disabilities and for all our seniors. I will tell you what it really does.

This bill would create yet another board with zero oversight and no ability to remove board members for poor performance or corruption. This unsupervised board would impose a 3.8 percent payroll tax on all workers who earn \$127,000.

Just like the 3 percent surcharge on last year's ballot, this bill will drive



Governor Paul R. LePage

high-earning professionals out of Maine.

The new tax would supposedly pay for in-home care. But the bill includes a list of other things it can pay for: transportation, home repairs, and rent, among others. A vast bureaucracy would need to be set up to audit these payments to prevent fraud.

Here are the two worst things the bill does. First, it creates yet another wait list for services for our elderly and our people with disabilities. In at least nine different places, this bill authorizes wait lists and the curtailing of services.

Folks, they already know this program can't sustain itself. It makes a promise it can't keep.

What's worse, it promises a benefit for our seniors who would reasonably expect to have the program there for them when they or their spouses get sick and need in-home care. Yet, when they need that program, they will be put on a wait list.

The Legislature excels at making promises they can't or won't keep. We already have seniors and people with disabilities languishing while they wait for services, like the Section 21 and 29 waiver programs in DHHS.

The title of this bill should not refer to Universal Home Care. It should be called "Universal Wait Lists."

The second thing this bill would do is require any individual care provider to be considered a state employee for collective-bargaining purposes.

What does that mean? Forced unionism. That's right. These providers will be forced to unionize and pay dues to the same unions that represent the state employees.

This bill is not about caring for our seniors. It would just create a system that can't pay for its promises; it would put our seniors and people with disabilities on more wait lists; and it would funnel money to union bosses.

Folks, do not be fooled. This referendum is another bad deal for Maine.

*Thank You,
Paul R. LePage
Governor*

Public Hearing

The City of Lewiston will hold a public hearing about potential improvements to its parking payment system on Wednesday, March 21 at 7 p.m. The forum will take place

in the City Council Chambers on the first floor of Lewiston City Hall at 27 Pine Street. Members of the public are invited to come and share their thoughts.

CMCC offers Basketball Skills Clinic for boys

The Central Maine Community College Men's Basketball Team will present a Basketball Skills Clinic for boys in Grades 6 through 8 beginning March 19. This four-week, eight-session clinic for those seeking to improve their skill level will be presented with college basketball players at Kirk

Hall on the CMCC campus. Sessions will take place Mondays and Wednesdays from 6 to 8 p.m. on the following dates: March 19, 21, 26, 28; April 2, 4, 9, and 11. The cost is \$10 per session, or \$50 for all eight sessions. For more information or to register, contact Dave Gon-yea at 755-5251.

Family Financial Awareness Night

Knights of Columbus District 10, in conjunction with the White Agency Knights of Columbus, will present a Family Financial Awareness Night on Tuesday, March 20 at 6 p.m. in the parish hall of Holy Family Church on Sabattus Street in Lewiston. The event is free and open to the public.

The program will in-

clude several short talks on topics including life insurance, disability insurance, financial planning, college planning, and budgeting. A kid-friendly financial awareness class will be offered at the same time, so bring the family. Refreshments will be served and there will be time to speak to the presenters after the program.

Boxberry students mark end of term with Potluck Presentation



Students demonstrate moves they learned through "Speed Stacking," an activity promoting gross and fine motor skills.

Students at the Boxberry School in Harrison celebrated the end of their second trimester recently with their regular term-ending Potluck Presentation and Celebration. At the event, students showcased their government projects, along with new moves they learned through

Speed Stacking and Drums Alive, activities that promote gross and fine motor skills and physical fitness. Parents and relatives had a chance to engage in the fun also.

Founded in 2003, Boxberry is a private, state-certified Kindergarten through Grade 6 elementary

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school that strives to identify and nurture academic and creative potential in an environment embracing each child's natural enthusiasm for discovery. For more information, see www.boxberryschool.org.

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Supporting Grandparents Raising Grandchildren, a Phenomenon Fueled by the Opioid Epidemic

By Senator Susan M. Collins

Every child deserves a safe and loving home, a family to provide support, stability, and hugs. When birth parents are unable to care for their children, grandparents, great-grandparents, aunts and uncles, and other family members often step forward. Their answer to this unanticipated challenge is unconditional love.

This challenge has become a crisis due to the epidemic of opioid abuse that is ravaging our country. There

were more than 64,000 deaths from drug overdose nationwide in 2016 - numbers that exceed the lives lost to car accidents, breast cancer, or a host of other causes.

The statistics are shocking and heartbreaking. Last year, in addition to a record-high 418 overdose deaths in Maine, nearly 1,000 babies in our State - about eight percent of all births - were born to women addicted to opioids and other drugs. In the United

States, a baby is born with an opioid addiction every 25 minutes, more than two per hour.

In this crisis, as in past crises, grandparents are coming to the rescue. Grandparents raising grandkids together with the child's parents can support healthy aging and be a positive experience for all involved. Across the country, however, some 2.6 million children are being raised solely by grandparents. These "custodial grandparents" are

called upon for a number of reasons, including alcohol and drug addiction, physical abuse, incarceration, divorce, financial difficulties, military deployment, and even death. In Maine, the number of children being raised solely by their grandparents increased 24 percent between 2010 and 2015.

Last year, as Chairman of the Senate Aging Committee, I chaired a hearing on the growing phenomenon of grandparents raising grandchildren. The purpose

of our hearing was to recognize these "grandfamilies," and to explore what can be done to assist them as they take on this unanticipated challenge motivated by their love of their grandchildren.

A clear message from that hearing was the need for these kinship parents to have greater access to information about the resources available to assist them. As a result, I introduced the Supporting Grandparents Raising Grandchildren Act, bipartisan legislation that would create a federal task force charged with developing and disseminating information designed to help kinship parents. This legislation would assist families with navigating the school system, planning for their families' future, addressing mental health issues for themselves and the children, and building social and support networks.

of the night to feed babies and planning afternoons around soccer practice, rather than playing golf or volunteering.

Raising a second family also involves costs that they had never anticipated as they budgeted for what was supposed to be their golden years. They are tapping into retirement savings, going back to work, or staying in the workforce longer just to make ends meet. In addition to the financial toll, raising children later in life presents social, emotional, legal, and other challenges.

As we confront the opioid crisis through increased prevention and treatment efforts, we must support the family members who fill the vital role of parenting. Despite the challenges, when asked if they regret taking on the caregiver role, the vast majority of these grandparents say: no. They know they are making a difference. They are providing love, stability, and a home to children who might otherwise have to live with strangers. As one Maine grandparent said in a television interview, "In the end, it's worth it to know that they are happy and safe."

Throughout history, grandparents have stepped in to provide safe and secure homes to their grandchildren, replacing traumatic pasts with loving and hopeful futures. The opioid crisis has called on grandparents in even greater numbers. The Supporting Grandparents Raising Grandchildren Act would help those grandparents who have stepped up to ensure a better life for their children's children.

This vital legislation achieved a major step forward on February 28 when the Senate Health Committee, on which I serve, passed it by a unanimous vote. It is essential that the full Senate swiftly pass this bill so that our grand-families can get the help they need.

Among the witnesses at the Aging Committee hearing last year was Bette Hoxie, a custodial grandparent and a board member of Adoptive and Foster Families of Maine and the Kinship Program, based in Orono. She testified that of the 3,100 families her organization works with statewide, 85 percent are headed by grandparents or great-grandparents, many due to opioid abuse. From health care to clothing and cribs, she told the Committee of the struggles grandparents - including herself - face with the unexpected challenge of raising young children.

At a time in life when most seniors are looking forward to enjoying more leisure time, these grandparents have found themselves as parents once again. They are waking up in the middle

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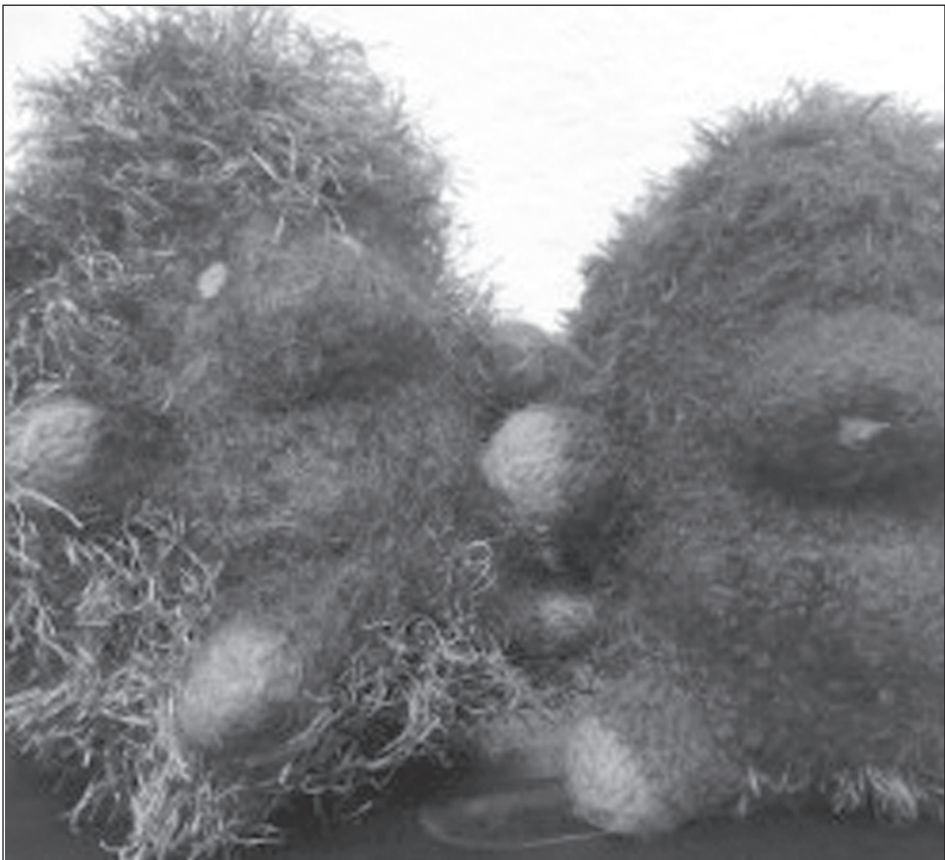
Harlow Gallery opens year-round craft shop



Earrings, handmade by Ellipse Jewelry



Wood cutting boards, handmade by Butler Woodworking



Knitted, stuffed hedgehogs, handmade by Linda Herschenfeld

The Harlow Gallery has announced the opening of a new, year-round retail fine craft shop at their new location at 100 Water Street in Hallowell. The shop occupies an office-sized room on the gallery’s second floor. Shop hours are the same as the gallery hours: Wednesday through Saturday from noon to 6 p.m., or by chance or appointment.

A curated selection of locally handcrafted items is offered for sale, including pottery, woodworking, fiber and textiles, personal care items, jewelry, books, prints, and more. All artists featured in the shop are primarily from the greater Kennebec Valley area and are members of the Harlow Gallery-Kennebec Valley Art Association.

Artists currently represented are: Pottery - Whitney Gill Ceramics, Dylan Gifford Pottery, Maple Lane Pottery, The Potter’s Shed; Wood - Butler Woodworking; Personal Care - Ledge-way Farm Goatmilk Soap; Jewelry - Ellipse Jewelry; Fiber and Textiles - House of Bouton, Kathleen Bird, Linda Herschenfeld; Print Media - Tyson Pease, Studio 36, Quiet Tide Goods.

The Harlow is a mem-

bership-based 501(c)3 non-profit dedicated to connecting and celebrating art, artists and community in

downtown historic Hallowell since 1963. For more information, call 622-3813 or see harlowgallery.org.



Porcelain shingle mug, handmade by Dylan Gifford

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What's Going On

Despite warm spells, Maine moose hunters had 73% success rate in 2017



The Maine Department of Inland Fisheries and Wildlife reports that, with 2,080 moose permits issued, 1,518 hunters were successful in bagging their moose in 2017. Success rates varied across the different regions of the state, with over 80 percent of hunters in Wildlife Management Districts 1, 2, 3, 5 and 6 in Aroostook County harvesting a moose.

Weather had an impact for many hunters, particularly during the first week of the season. Moose travel less and spend more time in cover when it's hot. Hunter effort also declines.

The 73% success rate is consistent with the 71% success rate for moose hunters in Maine over the past five years. In contrast, the success rate for turkey hunters is generally over 30%, the success rate for bear hunters is 25%, and the success rate for deer hunters

is 15 to 20%.

Maine's moose hunting season is split into segments, with three six-day seasons in September and October. Temperatures were above 80 degrees on the first few days of the season in September, and some warmer weather in the 70s prevailed during the early part of the October season.

Wildlife Biologist Lee Kantar reports that high success rates for moose hunters in Northern Maine are consistent with what he is seeing in the department's moose survival study. Adult survival rates are consistently high in all study areas, and calf survival rates are higher in the Northern Maine study area than the Western Maine study area.

The radio collar moose survival study is just one component of the research that MDIFW conducts on moose. IFW also utilizes

aerial flights to assess population abundance and the composition of the herd. During the moose hunting season, biologists also examine teeth to determine age, measure antler spread, monitor the number of ticks a moose carries, and examine cow ovaries to determine reproductive rates.

Biologists are preparing to recommend moose permit numbers for the fall 2018 moose season. The number of available moose permits is based upon population numbers and the composition of the moose population in wildlife management districts, as well as the population goals and objectives for that district.

Applications for the 2018 Maine Moose Permit Lottery are now being accepted online. The deadline to apply is 11:59 p.m. on May 15. To apply, visit www.mefishwildlife.com.

Augusta CareerCenter moving to new location March 26

The Bureau of Employment Services at the Maine Department of Labor has announced that the Augusta CareerCenter, along with programs for Vocational Rehabilitation and the Division for the Blind and Visually Impaired, is moving from its current location at 21 Enterprise Drive to co-locate with the Maine Department of Labor at 45 Commerce Drive.

These actions are part of an effort by the LePage Administration to create a more efficient and effective service-delivery model for job seekers and employers and to reform the system in anticipation of potential federal budget cuts.

"Now that our lease contract is up, we are moving our Augusta CareerCenter from its current location on Enterprise Drive and consolidating it into space in the same business park where the Maine Department of Labor is located,"

said Bureau of Employment Services Director Ed Upham.

The move is expected to create limited disruption of service during the short transition and will result in no changes to staff or services to workers and employers upon reopening. The CareerCenter will close at its current location on Friday, March 23 at noon and will reopen at its new location at 45 Commerce Drive on Monday, March 26 at 8 a.m. Mailing addresses, email addresses, and phone numbers will remain the same.

The Kennebec Valley Community Action Program has confirmed that the Kennebec Explorer public transportation route will include a stop at the new location and that the move will have minimal effect on their current route schedule.

"As we continually seek ways to better deliver CareerCenter services in

the new year and beyond, we will build on existing partnerships and forge new ones to make delivery of services more efficient and effective and will modernize the system and its physical footprint to meet our customers' needs now and into the future," said Labor Commissioner John Butera. "[CareerCenters] will definitely look different a year from now, including smaller physical spaces, use of partner sites, and distance services."

With 12 locations across the state, CareerCenters are part of the Maine Department of Labor and provide employment and training services at no charge to Maine workers and businesses. CareerCenters provide free resources to help job seekers jumpstart their job search and assist employers with recruitment, training and workforce services, and access to Labor Market Information

CMHRA program to offer wage and hour advice for employers

The Central Maine Human Resources Association will present a program for employers of all sizes about wage and hour issues on Tuesday, March 20 at 7:45 a.m. at the Carriage House in Lewiston.

Representatives of the federal and state departments of labor will be on hand to address advanced wage and hour pitfalls, including hours worked scenarios, overtime exemptions (including permissible deductions from salaried employees), and common pitfalls with overtime. They will also discuss alternative payment approaches, such as the fluctuating work week, commissions, and using different rates for different tasks.

Depending on the interests and needs of those attending, they may also address how to compute overtime for tipped employ-

ees, exemptions specific to different industries (such as auto dealerships, seasonal-recreational establishments, and 13(b)(1) drivers and loaders), comp time for government employees, exemptions for some types of employees compensated on commission basis, and more. If there is a topic you want to see addressed, feel free to email questions in advance to rwebber@sta-law.com.


Steven McKinney is the Community Outreach and Resource Planning Specialist for the Northern New England District Office of the United States Department of Labor's Wage and Hour Division. McKinney started working for the Department of Labor in 2010 as a Wage and Hour Investigator. Over the next six years, he obtained direct experience enforcing the Fair Labor Standards Act,

the Family Medical Leave Act, and other federal labor laws. Prior to becoming an investigator, he worked as an attorney for the Law Offices of Ferris & Ferris in Chesterfield, Virginia.

Scott Cotnoir is the Director of Wage and Hour for the State of Maine. Cotnoir brings more than 16 years of experience with state service to his position, including 12 years with the Department of Labor, serving as a claims adjudicator for the Bureau of Unemployment Compensation and, more recently, as a labor and safety inspector in the Wage and Hour Division for employers in Central Maine. Prior to his service at the state level, he served 10 years as a police officer with local law enforcement. He attended Massachusetts Maritime Academy and the University of Maine at Augusta, as well as the Maine

See CMHRA, page 10

Parking in Lewiston . . . What Do You Think?



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Sabattus Rec Running Club continues Wednesday evening runs

The Sabattus Rec Running Club is continuing its Wednesday evening Group Runs and invites anyone wishing to get out and get their legs moving to join in. Light colored or reflective clothing is suggested for the spring season. Group Runs leave from Mixer’s parking lot on Sabattus Road at 6 p.m. each Wednesday, year-round, unless the weather is severe.

There are usually two or three, and occasionally even more, groups running different distances and paces to choose from. All ages and abilities, including walkers and joggers, are welcome. The runs usually last from 30 to 45 minutes. These free, no-pressure Group Runs are a great option for those who just want some exercise, are working on a Couch-to-5K

program, or are interested in competing in races or other events. Whatever your goals are, group regulars are on hand to offer support and encouragement. For more information, check out the Sabattus Rec Running Club page on Facebook or select “Running” under the “Teams” dropdown menu at www.sabattusrec.com.

State Museum, Archives, and Library team up for tonight’s World War I exhibit Open House



One of the many historical photographs in the Maine State Museum’s World War I exhibit is this one from 1917 showing recruiting activity in Livermore Falls. (Photo courtesy of the Family of Franklyn Burbank)

On Thursday, March 15 at 6 p.m., the Maine State Museum, Maine State Archives, and Maine State Library will team up to host a special Open House presenting artifacts, photographs, documents, and stories from their collections related to Maine’s involvement in World War I. Free and open to the public, the event will take place in the Cultural Building at 230 State Street in Augusta.

The Maine State Museum will feature its exhibit, “Over There and Down Home: Mainers and World War I” during the evening. The exhibit’s curator, Angela Goebel-Bain, will also show some artifacts from the museum’s collections that are not in the exhibit. “At the Maine State Library, we will bring out some little-known and seldom-seen items from our special collections,” says Alison Maxell, director of the library’s public and outreach services. “These will include a fascinating scrapbook compiled by Isadora Linscott of Farmington, as well as several photographic and pictorial books, including one featuring the work of Lucien Jonas, a French soldier-artist whose captivating drawings, oil paintings, sketches, and illustrations were reproduced in magazines and books worldwide.”

“Neutral No More: Maine Mobilizes for the Great War,” a special ex-

hibit at the Maine State Archives, will also be featured at the event. According to archivist Sam Howes, the exhibit includes documents and images that show how Maine’s government and citizens responded to World War I. One special section of the exhibit highlights Maine’s emergency response to the massive Halifax Explosion, which occurred with the collision of two ships, one a munitions carrier, in Halifax Harbor in December 1917, killing 2,000 people.

The Open House is part of the March Collaborative Encounters series, jointly presented by the State Museum, Archives,

and Library. Future events in the series will be, on March 29, “The World War I Dye Shortage: Color, Clothes, and Chemistry,” with Jacqueline Field; and on April 12, “Maine and World War I,” a discussion and book signing with Jason Libby and Earle G. Shettleworth, Jr. All programs will begin at 6 p.m. The Maine State Library, Maine State Museum, and Maine State Archives are all located in the Cultural Building adjacent to the Maine State House at 230 State Street in Augusta. For more information, call the museum at 287-2301 or see www.mainestatemuseum.org.

What’s Going On

Family Nurse Practitioner joins Central Maine Heart Associates

Kaitlin Dyer, F.N.P., has joined the cardiac care provider team at Central Maine Heart Associates in Lewiston. Dyer most recently worked as a family nurse practitioner and left ventricular assist device coordinator at Maine Medical Center, where she provided inpatient and outpatient care to people living with advanced heart failure. Previously, Dyer worked in Maine Medical Center’s Cardiology Advanced Practice Provider Service and as a registered nurse on the cardiac telemetry unit. During her time at Maine Medical Center, she served as the principal organizer for the first and second annual Heart Failure Symposia.

Pleased to join the cardiac care team at Central Maine Healthcare, Dyer notes, “I have known members of the Central Maine Heart and Vascular Institute cardiac team for a number of years and am excited and confident to work alongside such a great group of people.”

A high honors graduate, Dyer earned her Bachelor of Science in nursing from the University of Prince Edward Island, Charlottetown, PEI, in May 2007. She went on to complete her master’s as a



Kaitlin Dyer, F.N.P.

family nurse practitioner at the University of Southern Maine in Portland, where she received numerous scholarships for excellence. Dyer is a member of the International Society for

Heart and Lung Transplantation and has advanced certifications in Cardiac Life Support. The practice is accepting new patients and can be reached at 207-795-3900.

St. Anne Sodality plans Membership Meeting

The St. Anne Sodality of Holy Family, Prince of Peace Parish in Lewiston will host a Membership Meeting on Wednesday, March 21 at 6 p.m. in the parish hall. After a brief business meeting and election of officers and counselors, certified fit-

ness instructor Linn Morin, A.F.A.A. will show members how to do Senior Flex exercises. Morin is nationally accredited as a Silver Sneaker-Flex Fitness instructor and leads various classes at Senior-Plus, the Health Club & Spa, and Mary Jane’s.

She has been an aerobics instructor in Lewiston for over three decades. Doors will open at 5:30. Light refreshments will be served by Flo Marquis. Please save the date for the annual Card Party on April 18. For more information, call 523-9055.

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What's Going On

“Industrial Maine: Our Other Landscape” now on display at Atrium Art Gallery



Now on display in the Atrium Art Gallery at USM's Lewiston-Auburn campus is an exhibit of paintings, photographs, prints, and sculpture by 27 Maine artists called "Industrial Maine: Our Other Landscape."

An opening reception will take place on Thursday, March 22, from 6 to 8 p.m. and the exhibit will be on display through June 1. Both the opening reception and exhibit are open to the public free of charge.

Painter Janice L. Moore is the guest curator for the exhibition. Moore has a longtime interest in Maine's industrial landscapes and how they have shaped communities, both physically and culturally, over time. Her paintings focus on working factories, abandoned work sites, and repurposed structures throughout the state. She describes industrial landscapes as "the architecture of our usefulness."

Moore believes that, in

Maine, “we often reference our idealized natural state of forests, mountains, and coastline, but there is another overlooked landscape that tells an important truth about our culture, our history, and our potential.”

A year ago, Moore reached out to the arts community to find others who share her affinity for industrial structures. The resulting exhibit includes realistic and abstract works, from the highly detailed to the lyrical and poetic.



Moore has been awarded a grant from the Maine Arts Commission to pursue her project “Structures and Patterns: The Remnants of Our Work,” which took place last fall at Museum L-A in Lewiston, located in the repurposed Bates textile mill.

clude perspectives from artists around the state.

The exhibition will include works by Mark Bar-
nette (Portland), Stephanie
Berry (Durham), Chris Ben-
eman (Scarborough), Susan
Bennett (Auburn), Crystal
Cawley (Portland), Dan
Dowd (Phippsburg), Bruce
Habowski (Waterville),
Nina Jerome (Bangor),
Samantha Jones (Orono),
Kate Katowski (Portland),

Carol Liscovitz (Brunswick), Mike Maron (South Portland), Allison McKeen (Gardiner), Caren-Marie Michel (Portland), Leslie Miller (Deer Isle), Janice L. Moore (Freeport), DiTa Ondek (Tenants Harbor), Dennis Pinette (Belfast), John Ripton (Kennebunkport), Roland Salazar Rose (Biddeford), Bronwyn Sale (Brunswick), Gail Skudera, Matthew Smolinsky (Orono), Anne Strout (Falmouth), James B. Taylor (Portland), Deb Vendetti (Rockport), and Laura Waller (Rockland).

The Atrium Art Gallery is located at USM's Lewiston-Auburn campus at 51 Westminster Street in Lewiston. Free and open to the public, gallery hours are Monday through Thursday from 8 a.m. to 4:30 p.m. and Saturdays from 9 a.m. to 3 p.m. The gallery will be closed on Patriot's Day and Memorial Day.

For more information,
email jlmooreart@gmail.com
or see <https://usm.maine.edu/atriumgallery>.



"Beer Plant," by Janice L. Moore

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Growing to Give co-founders to address Rotary Club



John Newlin



Theda Lyden

The next meeting of the Lewiston-Auburn Rotary Club on Thursday, March 22, from noon to 1 p.m. will feature guest speakers John Newlin and Theda Lyden. The event will take place at the Village Inn at 165 High Street in Auburn.

Newlin and Lyden are the co-founders of Growing to Give, a non-profit agency that grows organic vegetables at Scatter Good Farm in Brunswick and then donates the produce to local people facing food insecurity through partner food banks and pantries. Newlin serves as the organization's executive director and Lyden is its farm manager.

For the past few

years, Newlin has focused on diversifying operations and expanding the use of climate-friendly methods at Scatter Good Farm, where he lives with his family. He also serves as board chair of Unity College, as a senior advisor at Re-Fridge, and as a climate advocate trainer with Citizens' Climate Lobby. Previously, he worked in Maine for three decades as a high school teacher, school reform coach, facilitator, and nonprofit director, including a long period with the Great Schools Partnership, and more recently as executive director of MICDL, located at USM's Lewiston-Auburn College.

As farm manager, Lyden plans and oversees all growing and harvesting activities. A long-time

resident of Greene, she is a Master Gardener and ceramic artist. Previously, she operated her own farmers market business, Dig It Farm, selling certified organic herbs, flowers, and perennials at the Portland Farmers Market. She also served for many years as executive chef at the award-winning Harra-seeket Inn of Freeport. As a chef, Lyden was instrumental in building partnerships with area farmers and growers to source local, organic, and all-natural foods.

Guests are welcome and no reservations are required. For more information, call 713-7045 or see www.lewistonauburn-rotary.org.

What's Going On

Young Catholics to present Living Stations of the Cross

Members of youth ministry and students at Maine Catholic schools around the state will present Living Stations of the Cross leading up to Easter Sunday on April 1. The Stations of the Cross began as the practice of pious pilgrims traveling to Jerusalem to retrace the final journey of Jesus Christ to Calvary. They have been prayed for centuries, allowing Christians unable to make a pilgrimage to the Holy Land to spiritually follow in the steps that Jesus took from his arrest and judgment to his crucifixion, death, and burial.

Students at Saint Dominic Academy in Auburn will present the Living Stations of the Cross at the school's campus at 121 Gracelawn Avenue on Good Friday, March 30 at 11 a.m.

Students at St. Michael School in Augusta will present the Living Stations of the Cross on Wednesday, March 28 at 6 p.m. and on Good Friday, March 30 at 10 a.m. Both presentations will take place at St. Mary of the Assumption Church at 41 Western Avenue in Augusta. Students at St. John's Catholic School in Brunswick will present the Living Stations of the Cross at St. John the Baptist Church, located on 37 Pleasant Street, on Good Friday, March 30, at 10 a.m.

Youth from the Parish of the Holy Eucharist in Freeport will present the Living Stations of the Cross on Friday, March 23, at 5:30 p.m. at St. Jude Church on 134 Main Street.

Youth from the Parish of the Holy Eucharist in

Gray will present the Living Stations of the Cross on Friday, March 16 at 5:30 p.m. at St. Gregory the Great Church on 24 North Raymond Road.

Youth from the Parish of the Holy Eucharist in Yarmouth will present the Living Stations of the Cross on Friday, March 9, at 5:30 p.m. at Sacred Heart Church on 326 Main Street

Parishes often include the Stations of the Cross in their Lenten observances because Lent is a season in which believers are called to deeper prayer and to reflection upon Christ's passion and death. To view a listing of all parishes offering the Stations of the Cross, including dates and times, visit www.portlanddiocese.org/content/stations-cross.

Post 135 plans free Bean Supper for veterans

To commemorate the 99th birthday of the American Legion, Harry J. Conway Post 135 of Sabattus will host a free Bean Supper for veterans in the Sabattus and surrounding communities on Sunday, March 18, from noon

to 2 p.m. A cake cutting ceremony will immediately follow the meal. The post is located at 40 Island Road. An accredited American Legion Service Officer will be on hand to answer questions about VA benefits and Legionnaires

will be happy to discuss Legion programs and membership in the local post. The meal and cake cutting will be followed by a meeting of American Legion Department of Maine District 3 at 2 p.m.

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TWIN CITY NIGHTS

Weekly Arts & Entertainment

Tightest Five comedy contest crowns winner tonight



The evening's featured performer is nationally touring comedian Karen Morgan.

Maine Event Comedy will present the finals of its Tightest Five comedy contest on Thursday, March 15 at 7 p.m. at Bear Bones

Beer in Lewiston. Nationally touring comedian Karen Morgan will be the evening's featured performer, along with a few special



guests.

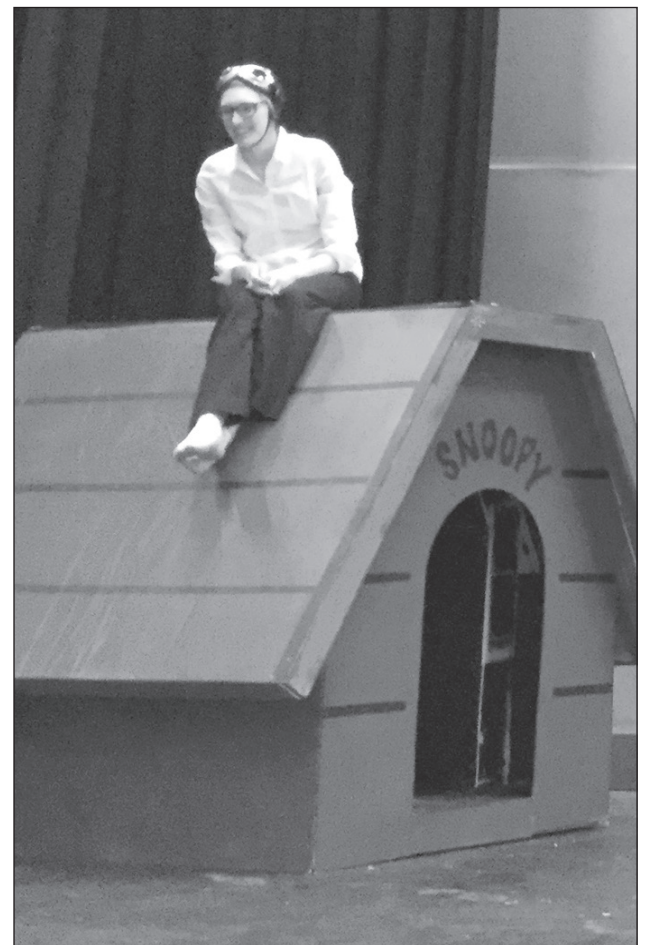
The five contestants - AJ O'Connell, Jed Bloom, Mike Johnson, Adam Hatch, and Ryan Ellington - have each won a preliminary round to compete in tonight's final. Up for grabs are bragging rights and fabulous prizes, including paid work, professional headshots, and craft beer.

A native of Athens, Georgia, Karen Morgan set aside a career as a successful trial attorney to pursue comedy full-time in 2005. She was a finalist on Nick at Nite's "Search for the Funniest Mom in America" and has been touring the country playing clubs, the-

aters, and corporate events ever since. Her new album, "Mean Candy," can be heard on Sirius XM Radio and is available through Amazon and iTunes. She resides in Cumberland and is licensed to practice law in both Maine and Georgia. However, she plans to stick with comedy until someone in her family gets arrested - again.

A comedy open-mic will follow the show, which is free and open to those ages 21 and older. Bear Bones Beer is located at 43 Lisbon Street in Lewiston. For more information, call 513-0742 or e-mail maineeventcomedy@gmail.com.

St. Dom's presents "You're a Good Man, Charlie Brown"



Margaret Kase as Snoopy

The Saint Dominic Academy Drama Club will present "You're a Good Man, Charlie Brown" on Friday, March 16 and Saturday, March 17 at 7 p.m. in the Commons at the school's Auburn campus at 121 Gracelawn Road.

This Broadway-revival version of the original 1967 musical is based on the characters created by Charles M. Schulz in the comic strip "Peanuts." Through songs and vignettes, audiences experience a day in the life of lovable "loser" Charlie Brown as he navigates a

world of challenges. Will he ever get that kite to fly? Tickets, available at the door, are \$10 for adults and \$5 for students, seniors, and members of St. Dom's staff. For more information, call 782-6911.

Cooperative Extension offers "So You Want to Farm in Maine?"

University of Maine Cooperative Extension will present a five-week course for farmers and those aspiring to farm beginning on Tuesday, April 3, from 6 to 9 p.m. at the University of Maine Regional Learning Center at 75 Clearwater Drive in Falmouth. Called "So You Want to Farm in Maine?", the course will continue every Tuesday

through May 1.

Participants will gain knowledge and skills needed to start, adapt, and maintain a profitable land-based business. Topics will include evaluating farm enterprises, developing a business plan, assessing soil and other resources, record keeping, and market research. Instructors for the course will include UMaine Extension educa-

tors Tori Jackson and Frank Wertheim, sustainable agriculture professional Jason Lilley, and guest lecturers.

This course is approved for FSA Borrower Training - educational training in financial and farm management concepts associated with commercial farming - and is required as a condition of eligibility for new loans for all FSA

borrowers of both direct and guaranteed loans.

The \$50 per person fee includes the text "Starting and Running Your Own Small Farm Business" by Sarah Beth Aubrey. Two members of the same household or farm may attend for one fee, provided they share course materials. For more information or to request a disability accommodation, call 353-5550 or email kymnoelle.hopson@maine.edu. To register, see <https://extension.umaine.edu>.

CMHRA

Continued from page 6

Criminal Justice Academy.

Sign-in will begin at 7:30 a.m. There will be time to network before and after the program. Registration online is preferred and available at www.cmhra.org.

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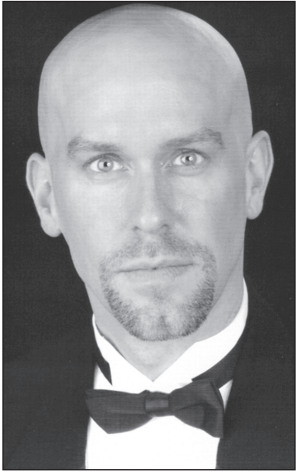
Breakfast with the Easter Bunny

The United Methodist Church at 439 Park Avenue in Auburn will present Breakfast with the Easter Bunny on Saturday, March 17, from 8 to 10 a.m. There will be lots of food and fun activities for the kids. Space is limited to fifty and advance registration is required. To register, call the church office at 782-3972.

Maine Music Society to perform Mozart's "Requiem"

The Maine Music Society Choral and Orchestra, joined by professional soloists Sarah Bailey, Jazmin DeRice, Martin Lescault, and Carl Steidel, will present a program featuring Wolfgang Amadeus Mozart's "Requiem" on Saturday, March 24 at 7:30 p.m. and Sunday, March 25 at 3 p.m. Both performances will take place at the Gendron Franco Center in Lewiston.

Mozart's "Requiem" is a work shrouded in mystery. For whom was it composed? And, since Mozart was in the process of composing it by dictating to his assistant while literally on his deathbed, who completed the work after his death? Although much



Martin Lescault
of the music exists only in sketches, the Requiem has become one of the composer's most beloved works. Mozart was a freakishly gifted and highly trained musician. From a young

age, he composed in all musical genres, from opera to ballroom. In the Requiem, he not only deployed these diverse musical forms to create dramatic contrasts between different parts of the whole, but he also melded them in places to create vivid musical textures.

The program will also include "Solemn Vespers for the Sabbath," composed at the request of the Archbishop when Mozart was only in his 20s. Here one finds more contrasts as the trumpets, trombones, and drums provide a militant tone in the opening psalm, while violins and soloists create a soothing and intimate ambience in the second.

Throughout the Ves-



Sarah Bailey
pers and the Requiem, Mozart displays his mastery of musical styles, ensuring that the listener is never bored. It is interesting to note that some of the themes from

these works are still widely recognized today from, of all places, their widespread use in TV commercials.

For a preview of what you'll hear at the concert, listen in as Maine Music Society's John Corrie and Susan Trask appear on 105.5's Breakfast Club on Tuesday, March 20 at 8 a.m. You can also like MMS on Facebook or visit www.mainemusicsociety.org.

The Franco Center is located at 46 Cedar Street in Lewiston. Advance general seating tickets are \$25 for adults, \$22 for seniors, and \$10 for students. Children ages 11 and under enter free of charge when accompanied by an adult. Tickets may be purchased at the

door for an additional \$2.

To buy tickets in advance, call 333-3386, visit the Franco Center box office Monday through Friday from 10 a.m. to 2 p.m., or see www.mainemusicsociety.org.



Jazmin DeRice



The concerts will take place on Saturday, March 24 and Sunday, March 25 at the Franco Center in Lewiston.





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Twin City Nights

Concerts for a Cause presents “St. Paddy’s Day with Dave Rowe”



Auburn native Dave Rowe grew up with folk music flowing through his veins.

Concerts for a Cause will present “St. Paddy’s Day with Dave Rowe” on Saturday, March 17 at 7:30 p.m. at First Universalist Church of Auburn. A cash bar will be available, offering beer and wine served by Wandering Brews.

Auburn native Dave Rowe grew up with folk music flowing through his veins. His father, Tom, was a member of Schooner Fare, a trio with local roots that began as a pub band playing beer-hall favorites, most notably the sea music and Celtic songs they’d learned in the Canadian Maritimes. Inevitably, Dave picked up the music and began entertaining in Irish pubs himself.

With fifteen criti-

cally acclaimed recordings under his belt and a career in the music business that has endured for nearly 30 years, Rowe is a musical force to be reckoned with. Now a long-time staple of pubs and music halls throughout New England, Row has spent most of his life playing sing-alongs like “The Wild Rover,” “The Old Dun Cow,” and “The Drunken Sailor,” as well as his own original songs, all while having a rollicking good time.

Having learned the craft at the feet of his father’s trio and masters who were like kin to him, including such legendary performers as the Clancy Brothers, Tommy Makem, Tom Paxton, and the Shaw Brothers, Rowe is an accomplished entertainer, able to relate

to even the most reticent audiences and get them singing along. He firmly believes that singing is balm for the soul, and that singing together - whether in choirs, in pubs, at concerts, or at kitchen parties - is a primary part of the human experience.

When Rowe is not touring, you can find him writing songs on his back porch at his home in Portland, captaining his motor yacht on Maine’s Sebago Lake, or trying - and usually failing - to avoid Maine winters.

First Universalist Church is located at 169 Pleasant Street in Auburn. Tickets are \$15, cash or credit, at the door. For more information, call 783-0461 or see uuconcerts.org.



Photo courtesy of Getty Images

(Family Features)

There are obvious benefits to shopping online. You can skip the lines and congested parking lots all while taking your time and enjoying the comfort of shopping in your pajamas. One of the biggest draws, however, is the potential money savings.

Learn how to make the most of your online shopping and nab the best digital deals with these tips:

Subscribe to email lists. In the past, most people avoided email lists like the plague. However, email subscribers get some of the best deals that retailers offer, so if you can tolerate a few more messages in your inbox, it's a good way to stay in-the-know about sales and promotions.

Combine membership benefits. Many member-based programs are expanding their partnerships with other retailers to offer enhanced benefits. Keeping tabs on the latest offers can ensure you're maximizing your membership. One example is Woot.com, which features daily deals on items ranging from top tech gadgets to kitchen gizmos to sporting goods, and now offers free shipping for Amazon Prime members. Visit woot.com/prime to learn more.

Seek out discount codes. Whether you subscribe to a site that aggregates codes, rely on a browser extension or even do a manual search, wait to confirm an order until first checking to see if there are any discount codes available. Some retailers make it easier than others by having a code tool built into their checkout screen, but even if they don't, it can be worth the extra time to verify the current offers.

Check in on daily deals. Many online retailers specialize in daily deals and site-wide offers, which you can explore by visiting the individual sites or, in some cases, registering for notifications. Be aware that many of these deals are available for a limited time and in limited quantities, such as on Woot.com, which launches new deals every 30 minutes on select days. It's to your advantage to understand how often your favorite sites post new deals and the flash sales they offer. Some of the best ways to stay connected are by subscribing to the site's newsletter or following the site's social media channels.

Use your shopping cart. Retailers have become quite sophisticated at monitoring shoppers' habits and behaviors, and while it may feel a little invasive, it can pay off to your advantage. For example, if you place items in your shopping cart then close out of your browser, it's possible you'll receive an email within the next day or two with an offer to incentivize you to complete your purchase.

Take advantage of free shipping. If your purchase

isn't time-sensitive or you have some flexibility, take advantage of free shipping offers. Look for sites that provide free shipping for shoppers, or those that don't offer free shipping every day but regularly run free shipping promotions. Check shipping thresholds to see when free shipping becomes available (often based on the price of the order) and consider combining purchases to take advantage of free shipping offers.

Once you have a few tricks in place, scoring savings online can be more lucrative and easier than old-school coupon clipping. Combine that with the convenience of shopping from home and you've got one smart deal.

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Thursday, March 15
La Rencontre. 11:25 a.m. Franco Center, 46 Cedar St., Lewiston. Following the meal of corned beef and cabbage, young students from L’Ecole Française du Maine present an opera. Meal \$12, performance free. Reserve at 783-1585 or boxoffice@francocenter.org.

Great Falls Forum. Noon to 1 p.m. Callahan Hall, Lewiston Public Library. Michael Miclon, Executive-Artistic Director of Johnson Hall in Gardiner, will discuss “Vaudeville in Maine.” Free. Bring bag lunch. 513-3135.

Rotary Club Lunch Meeting. Noon to 1 p.m. The club meets at Museum L-A this week for a lunch catered by Grant’s Bakery (\$14) and a behind-the-scenes tour with Executive Director Rachel Desgrosseillers. Reserve at 713-7045; monica.millhime@maine.gov.

Business After Hours. 4:40 p.m. Community Credit Union, 144 Pine St., Lewiston. The L-A Metro Chamber of Commerce joins Community Credit Union to celebrate the completion of their Lewiston and Auburn branch renovations. Ribbon cutting at 5:00.

World War I Exhibit Open House. 6 p.m. Cultural Building, adjacent to Maine State House, 230 State St., Augusta. The Maine State Museum, Archives, and Library team to present seldom-seen artifacts, photos, and documents from their collections related to Maine’s involvement in World War I. Free. 287-2301; www.mainestatemuseum.org.

Tightest Five Comedy Contest Final. 7 p.m. Baxter Brewing, 130 Mill St., Lewiston. The contest wraps up with tonight’s final round, nationally touring comedian Karen Morgan performs, and an open mic follows. Ages 21-plus. Free. 513-0742; maineeventcomedy@gmail.com.

Friday, March 16
Theater: “You’re a Good Man, Charlie Brown.” 7 p.m. Commons, St. Dominic Academy, 121 Gracelawn Rd., Auburn. The school Drama Club presents this Broadway-revival version of the original 1967 hit musical. Again 3/17. \$10/5 at door. 782-6911.

Concert: African Children’s Choir. 7 p.m. East Auburn Baptist Church, 560 Park Avenue, Auburn. The group performs lively African songs and dances, traditional Spirituals, and Gospel favorites; donations support African relief organization Music for Life. 782-0348.

Theater: “Marjorie Prime.” 7:30 p.m. The Public Theatre, 31 Maple

Calendar

See more Calendar at www.TwinCityTimes.com

St., Lewiston. This provocative new play is set in a futuristic Twilight Zone where no home is complete without computer-generated companions who keep the old days alive. Again 3/17-18, 22-25 (Suns. at 2 p.m.). \$20/5. 782-3200; thepublictheatre.org.

Saturday, March 17
Breakfast with the Easter Bunny. 8 to 10 a.m. United Methodist Church, 439 Park Ave., Auburn. There will be lots of food and fun activities for the kids. Space limited; register at 782-3972.

Bottle Drive. 9 a.m. to 1 p.m. Boy Scout Troop 121 of Auburn collects bottles to support Kyle Mansur’s Eagle Scout project to renovate the Walton School-New Auburn Basketball Court. To schedule a pick-up or make a donation, call 777-3843.

Art Workshop. 10 a.m. to 1 p.m. Harlow Gallery, 100 Water St., Hallowell. Robin Brooks leads a paper collage workshop. \$20/25 (\$10 kids 5-17). Register at 622-3813.

Concert: Midcoast Symphony Orchestra. 7 p.m. Franco Center, 46 Cedar St., Lewiston. This “Celebration Pops” program features music of John Williams, Aaron Copland, Henry Mancini, and George Gershwin. Students free, others \$20. 846-5378; www.midcoastsymphony.org.

Concerts for Cause. 7:30 p.m. First Universalist Church, 169 Pleasant St., Auburn. Auburn native Dave Rowe leads a musical celebration of St. Paddy’s Day. Cash bar. \$15 (cash or credit) at door. 783-0461; uconcerts.org.

Sunday, March 18
Bean Supper for Veterans. Noon to 2 p.m. American Legion Post 135, 40 Island Rd., Sabattus. Free to veterans in Sabattus and surrounding communities, the meal will be followed by a cake cutting ceremony to mark the Legion’s 99th birthday.

Monday, March 19
Film Screening. 6:30 p.m. Franco Center, 46 Cedar St., Lewiston. “Paul à Québec” is a 2015 drama about a Montreal couple, Paul and Lucie, looking for a house to buy where they can raise their daughter properly. (In French). Free. 783-1585.

Tuesday, March 20
Central Maine Human Resources Assoc. Meeting. 7:45 a.m. Carriage House, 1119 Lisbon St., Lewiston. Reps from the federal and state departments of labor address advanced wage and hour

pitfalls for employers of all sizes. \$25 (free to CMHRA members), incl. breakfast. Register at www.cmhra.org.

Family Financial Awareness Night. 6 p.m. Parish Hall, Holy Family Church, Sabattus St., Lewiston. Topics include life insurance, disability insurance, financial planning, college planning, and budgeting. Refreshments. Free.

Wednesday, March 21
Oasis of Music. 12:30 to 1 p.m. Trinity Church, 247 Bates St., Lewiston. John Gawler plays banjo and harmonica while singing songs from his vast repertoire. Free.

Membership Meeting. 6 p.m. Holy Family Parish Hall, Sabattus St., Lewiston. The Ladies of St. Anne Sodality host a presentation on Senior Flex exercises by certified fitness instructor Linn Morin; refreshments. 523-9055.

Pre-K and Kindergarten Exploration Night. 6 to 7 p.m. St. Dominic Academy, 17 Baird Ave., Lewiston. Come see what St. Dom’s has to offer for four- and five-year-old students. RSVP preferred, but not required. 783-9323; cecile.langlois@portlanddiocese.org.

Public Hearing. 7 p.m. City Council Chambers, first floor, Lewiston City Hall, 27 Pine Street. This forum will discuss potential improvements to the city’s parking payment system; members of the public are invited to come and share their thoughts.

Thursday, March 22
HR Thursdays Workshop. Noon to 1:30 p.m. Chamber of Commerce, 415 Lisbon St., Lewiston. Tawny Alvarez of Verrill Dana in Portland presents “Creating Handbooks & Policies that Work.” \$50 (Chamber members \$25, CMHRA members free). 783-2249. Register at www.LAMetroChamber.com.

Rotary Club Lunch Meeting. Noon to 1 p.m. Village Inn, 165 High St., Auburn. The guest speakers are John Newlin and Theda Lyden, co-founders of nonprofit farming agency Growing to Give. Free; no reservation required. 713-7045; monica.millhime@maine.gov.

Girl Scouts Info Session. 5:30 p.m. Buker Elementary School, 28 High St., Richmond. Come learn about Girl Scouts’ Sprouting Daisies program for girls entering kindergarten or first grade. Free.

888-922-4763; girlscoutsofmaine.org.

Theater: “Marjorie Prime.” 7:30 p.m. The Public Theatre, 31 Maple St., Lewiston. This provocative new play is set in a futuristic Twilight Zone where no home is complete without computer-generated companions who keep the old days alive. Again 23-25 (Sun. at 2 p.m.). \$20/5. 782-3200; thepublictheatre.org.

Friday, March 23
Fill the Plate Breakfast. 7 to 9 a.m. Hilton Garden Inn, Auburn. Writer Elizabeth Peavey is the speaker, and Auburn resident Hugh Keene is honored, at this benefit for SeniorsPlus’ Meals on Wheels program. \$20 adv./\$25 at door. Register at 795-4010 or www.seniorsplus.org.

“Energy for Performance” Workshop. Noon 1 p.m. LA Metro Chamber of Commerce, 415 Lisbon St., Lewiston. Learn how to manage stress, fuel your body, and establish routines for peak performance at work and in life. \$50 (members \$25). 783-2249; lametrochamber.com.

Saturday, March 24
Bird Club Field Trip. 7 a.m. to 4 p.m. Steve Reed leads the annual Stanton Bird Club Field Trip to Plum Island National Wildlife Refuge in Mass. Meet at Staples parking lot in Lewiston for carpooling. Dress warmly and bring a lunch. All welcome. Free. 319-6630.

Art Workshop. 9 a.m. to noon. Harlow Gallery, 100 Water St., Hallowell. Ceramic artist Juliette Walker leads a workshop in crafting ceramic letters. \$30/35 (\$20 kids 8-17). Register at 622-3813.

Concert: Youth Orchestra of Lewiston-Auburn. 2 p.m. Free Grace Presbyterian Church, 160 Canal St., Lewiston. The program includes Georges Bizet’s “L’Arlesienne” and music from the Harry Potter films by John Williams. Free, but donations accepted.

Bean Supper. 4:30 to 6 p.m. Sixth St. Congregational Church, 109 Sixth St., Auburn. Two kinds of beans, brown bread, coleslaw, red and brown hot dogs, American chop suey, asst. desserts and beverages. \$6 adults, \$3 kids ages 5-12, under 5 free. Take-out available.

Bean Supper. 5 p.m. United Methodist Church, 439 Park Ave., Auburn. Baked beans, casseroles, hot dogs, coleslaw, bread, beverages, and pies; entertainment by the Park Avenue Pickers at 4:30. All welcome. \$8/4 (kids ages 5- free). 782-3972.

Bean Supper. 5 p.m. First Congregational Church, Rte. 115, Gray. Baked beans, casseroles,

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The Strangers: Prey At Night (R)	1:20	4:20	7:25	9:45
Death Wish (R)	1:30	4:30	7:15	9:50
Red Sparrow (R)	12:40	3:40	6:40	9:40
Black Panther (PG-13)	12:30	3:30	6:35	9:35
Tomb Raider (PG-13)	12:45	3:45	6:50	
Tomb Raider 3D (PG-13)				9:30
Peter Rabbit (PG)	1:15	4:15	7:05	
Gringo (R)				9:20
Jumanji: Welcome To The Jungle (PG-13)	12:50			
The Hurricane Heist (PG-13)		3:50		
Game Night (R)			7:10	9:40

salads, homemade breads and desserts, beverages. \$8 adults, \$4 kids under 12. Wheelchair accessible. 657-4279; 657-3279 (day of supper).

Concert: Maine Music Soc. Chorale & Orchestra. 7:30 p.m. Franco Center, 46 Cedar St., Lewiston. Joined by professional soloists, the group performs Mozart’s “Requiem” and “Solemn Vespers for the Sabbath.” Again 3/25 at 3 p.m. \$25/22/10 (add \$2 at door). 333-3386; www.mainemusicsociety.org.

Wednesday, March 28
Oasis of Music. 12:30 to 1 p.m. Trinity Church, 247 Bates St., Lewiston. Lewiston native Rebecca Grube performs Irish music for fiddle, much of which she learned during her graduate studies in Ireland. Free.

Franco-American Forum. 2:30 p.m. Franco-American Collection, Room 170, L-A College, 51 Westminster St., Lewiston. Writer Julie-Ann Baumer discusses “The Unique Basilica of Saints Peter and Paul,” followed by a cabaret-style sing-along with Les Troubadours. Free. 753-6545.

Celebration and Reception. 5 p.m. Franco Center, 46 Cedar St., Lewiston. Following a Presentation of the Flags and singing of the anthems of Canada, France and Québec, leaders from the Maine Franco communities are recognized. R.S.V.P. at 783-1585 or boxoffice@francocenter.org.

Friday, April 6
Theater: “Urinetown.” Great Falls Performing Arts Center, Academy St., Auburn. Community Little Theatre presents this Tony-winning musical satire about what happens when public corruption and corporate greed clash with the right to go. Again 4/7-8, 12-15 (Suns. at 2 p.m.). \$18/15/12. 783-0958; www.laclt.com.

Saturday, April 7
Baked Bean & Casserole Supper. 4:45 to 6 p.m. Parish hall, Holy Trinity Church, 67 Frost Hill Ave.,

Lisbon Falls. Includes dessert and beverage. Pres. by Knights of Columbus. \$8 adults, \$4 children 11-, \$18 family with children.

Sunday, April 8
Second Sunday Art Workshop. 2 to 4 p.m. Harlow Gallery, 100 Water St., Hallowell. Artist Andrea Lani leads “Nature Journaling.” Open to all ages, experience levels; space limited for some workshops. Free. Register at 622-3813.

Thursday, April 12
Theater: “Urinetown.” Great Falls Performing Arts Center, Academy St., Auburn. Community Little Theatre presents this Tony-winning musical satire about what happens when public corruption and corporate greed clash with the right to go. Again 4/13-15 (Sun. at 2 p.m.). \$18/15/12. 783-0958; www.laclt.com.

Saturday, April 14
Spring Breakfast. 6:30 to 10 a.m. Fire Station, Rte. 106, Leeds. Pancakes, French Toast, eggs, bacon, sausage, ham, home fries, homemade donuts, coffee, juice. Adults \$6, children \$4. Proceeds will help purchase Personnel Structure firefighting equipment.

Saturday, May 5
Baked Bean & Casserole Supper. 4:45 to 6 p.m. Parish hall, Holy Trinity Church, 67 Frost Hill Ave., Lisbon Falls. Includes dessert and beverage. Pres. by Knights of Columbus. \$8 adults, \$4 children 11-, \$18 family with children.

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What's Going On

Fill the Plate Breakfast to benefit Meals on Wheels

SeniorsPlus, the designated Agency on Aging for Western Maine, will present its annual Fill the Plate Breakfast to benefit its Meals on Wheels nutrition program on Friday, March 23, from 7 to 9 a.m. Taking place at the Hilton Garden Inn-Riverwatch of Auburn, the event will honor Auburn resident Hugh Keene with the Ikaria Award and will feature a presentation by Elizabeth Peavey, creator and performer of the award-winning one-woman show “My Mother’s Clothes Are Not My Mother.” Tickets are \$20 per

person in advance or \$25 at the door. Seating is limited and advance registration is recommended. To register, call 795-4010 or see www.seniorsplus.org. In her talk, Peavey will discuss the frustrations, compromises, revelations, and humor that entail the complicated relationship between a child and an aging parent, as depicted in her award-winning show, *My Mother’s Clothes Are Not My Mother*. The show has played to sold-out houses since 2011 and received the 2013 Maine Literary Award for Best Drama. Peavey is

the author of three books and countless newspaper features and columns. Her work has appeared in *Down East* magazine since 1993. She has served as a lecturer of public speaking at the University of Southern Maine for more than twenty years and has taught creative non-fiction at the University of Maine at Farmington. Hugh Keene will be presented the 2018 Ikaria Award, which honors an individual in the community for singular and outstanding contributions toward improving the lives of older adults. In 2014, Keene

retired from the Board of Directors of Community Credit Union, which he joined in 1967, serving as chair from 1998 until his retirement. He has served on the Board of Directors at SeniorsPlus and on advisory boards at SeniorsPlus and the Frye School Housing Development, Inc. He has also volunteered with many other local organizations, including Habitat for Humanity, Senior College, the St. Vincent de Paul Thrift Store in Lewiston, and the Maine Education Association. Keene taught science at Edward Little High School in Auburn for 25 years and served as the school drama coach. “Hugh Keene has worked hard to improve the lives of Maine’s older adults by volunteering his time, not only at SeniorsPlus, but at a wealth of other organizations,” said SeniorsPlus President and CEO Betsy Sawyer-Manter.



Elizabeth Peavey, creator and performer of the award-winning one-woman show “My Mother’s Clothes Are Not My Mother,” will be the featured speaker. (Photo by Filipp Kotsishevskiy)

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“We are thrilled to honor his years of dedication and hard work with the Ikaria Award.” Ikaria, a Greek island in the Aegean Sea, is one of the world’s five “Blue Zones,” places where an estimated one in three members of the population regularly live active lives into their 90s. The Fill the Plate Breakfast is presented in conjunction with March for Meals, a national campaign of the Meals on Wheels Association of America. Last year, SeniorsPlus’ Meals on Wheels program delivered more than 100,000 meals

to almost 800 homebound older adults and adults with disabilities in Androscoggin, Franklin, and Oxford counties. Each meal provides one-third of the recommended daily nutritional allowance, plus a safety check and visit to these vulnerable adults. The majority of program recipients are lower-income or on fixed incomes. Almost 700 volunteers donate more than 25,000 hours to the program each year. “Meals on Wheels can often determine a person’s ability to remain at home,” added Sawyer-Manter.

Whiting Farm hosts spring gardening programs

A working four-season farm dedicated to offering education, nutrition, and enrichment to meet the diverse needs of the community, Whiting Farm at 876 Summer Street in Auburn will host two exciting gardening programs this spring. The first will be the University of Maine Cooperative Extension’s Master Gardener training program for Androscoggin and Sagadahoc Counties. This 16-week session begins March 27, continues Tuesday evenings through May 15, then takes a summer break and resumes August 28 through October 2. Participants receive at least 40 hours of in-depth, research-based training in the art and science of horticulture. In return, trained Master Gardeners volunteer their time and expertise to related activities in their communities. Gleaning at Whiting Farm during the harvest season is one of the hands-on activities scheduled for trainees. For more information, see extension.umaine.edu. Starting in April, Whiting Farm will offer its annual Children’s Garden

Program. Led by two Master Gardener volunteers, the program encourages children to find the fun in gardening while learning the importance of growing their own food. The program begins during April school vacation and then resumes for the planting, growing, and harvesting seasons. During their time on the farm, participants enjoy fun, hands-on lessons focused on such topics as seed germination, pollinators and pests, worms and their role in soil health, raising and caring for chickens, companion planting, garden planning, and more. At harvest time, they harvest fresh vegetables from the Children’s Garden and Whiting Farm fields to take home and share with their families. Open to children in Grades 1 through 4, the Children’s Garden Program begins April 17 through 20, from 9 a.m. to noon. The cost of the season-long program is \$150. For more information, call 777-5129, find Whiting Farm on Facebook, or see <https://whitingfarmjfmh.ticketspice.com>.