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SUNDAY, MARCH 12, 2017

Healthy Living Expo in Sanford March 27

By TAMMY WELLS
Senior Staff Writer

SANFORD — So you're older or disabled and you're taking an array of medications from different physicians and wondering if they all jive.

Perhaps your medicine cabinet is chock full of meds you're no longer taking, but you don't know how to properly dispose of them.

Perhaps cabin fever is at an all time high after a long winter, and you want to hear some entertainment, socialize, or learn some new fitness tips.

Thriving in Place, a program of York County Community Action Corporation, aimed at seniors and the disabled, is hosting a Healthy Living Expo 10 a.m. to 3 p.m. Monday, March 27, at Trafton Center on Elm Street in Sanford.

"The Healthy Living Expo provides an opportunity for seniors and disabled individuals to receive important information about local services while having fun and socializing with others," said program coordinator Robin Hewitt Bibber in a statement. "The event will feature several fitness and wellness demonstrations as well as entertainment."

Students from the University Of New England School Of Pharmacy will be available for adults who would like to have their complete medication lists reviewed. The students will check to see if any medications have expired, and to make sure individuals are not at risk for potentially dangerous drug interactions. Bibber said those who would like to have their medications reviewed are asked to bring their medications or medication lists so they may be checked.

Attendees are invited to bring along any unused or no longer needed medica-

tions as the York County Sheriff's Office will be on hand to dispose of it.

The Expo will feature a broad range of exhibitors representing local health and wellness agencies, providing information about available resources and services for seniors and disabled folks. Blood pressure and blood sugar checks will be provided by area home health agencies, Bibber said.

Lunch will be available at Trafton Café for a small charge.

Transportation to the event is available for Sanford and Springvale residents via Sanford Transit, which stops at the Trafton Senior Center.

Transportation will be available — by reservation only — for residents of Acton, Waterboro and Alfred. For information about pick-up locations in these areas, to make a ride reservation, or for further information about the Healthy Living Expo, call Bibber at 459-2989.

— Senior Staff Writer Tammy Wells can be contacted at 324-4444 (local call in Sanford) or 282-1535, ext. 327 or twells@journal-tribune.com.



Shortly after noon, participants in the Kerryman 5K make their way to the finish line behind Thornton Academy in Saco last year.

Mary's Walk takes place next Sunday

Walk to benefit cancer program

FROM STAFF REPORTS

SACO — What began in 1999 as a walk through town with a few hundred people has become an annual event that attracts thousands of people each year and raises funds for the Maine Cancer Foundation.

Gene Libby of Saco started Mary's Walk in honor of his late wife, Mary Kerry Libby, to not only raise funds for cancer research but also as a way for him and Mary's friends and fam-

ily to deal with the grief of losing her and to make a difference by helping others.

Mary Kerry Libby died March 7, 1997 at the age of 44 from Burkitt lymphoma.

The walk, which is scheduled for 12:15 p.m. March 19, follows the 2.5 mile route that Mary Libby walked every day. The accompanying Kerryman 5K race begins at noon at

See **Mary's Walk**, PAGE A2



Participants of Mary's Walk gather together as they begin their walk down Main Street in Saco to support the legacy of Mary Kerry Libby and to support cancer research opportunities last year.

UNE builds cross-cultural connections

Maine university holds open house abroad

By ALAN BENNETT
Staff Writer

BIDDEFORD — The University of New England is expanding its international recruiting efforts.

The university's Tangier, Morocco, campus hosted its inaugural open house for Moroccan students interested in studying at the school's campuses in Maine on Feb. 18.

About 250 Moroccan students attended the event to learn about UNE's academic programs and its two campuses in Biddeford and Portland.

This was the first open house the university has held overseas. The university's Tangier campus opened in 2014, under the direc-



Moroccan high school students tour a lab at the UNE Morocco campus during an open house on Feb. 18.

tion of outgoing president Danielle Ripich, to allow Maine students to study abroad.

"We created our campus in the first place because we

want to expose our students to different cultures and cultural traditions," said Anouar Majid, the university's vice president of global affairs and communications. "We

chose Tangier because it sits at the intersection of many traditions.

"The main purpose was to send our students and give them that kind of experi-

ence," he said Tuesday.

Said, allowing students from the United States to better

See **UNE Open House**, PAGE A2

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A group of Moroccan high school students arrives at the UNE open house in Tangier.

SUBMITTED PHOTO/Courtesy of University of New England

UNE Open House, from A1 understand cultures with which they may be unfamiliar.

"We'd be doing students a disservice in the United States if we did not expose them to other cultural traditions," Majid said of Morocco, a Muslim-majority country.

"Our students get to see first hand, up close, how Muslims live in their own countries and that's huge. To them when they come back they have an understanding of how those cultures really are," he said.

And for those in Morocco, the same is also true. The value of hosting an open house, said Majid, is to encourage the reverse: to bring students from Morocco to Maine so they may better understand American culture.

"American culture is not as one-dimensional as it is represented in some parts of the Arab world or the Muslim world ... America is not just an imperialist nation," Majid said.

"The Islamic world and the United States seem to have oversimplified views of each other," he added. "This kind of global education allows us to enrich our students culturally and help them navigate the complex cultural environment."

In addition, he said, education in the United States is desirable to people of foreign nations, and he's hoping many Moroccans will take advantage of what the U.S. has to offer for them by attending UNE.

"There's a core curriculum in all of American undergraduate education that doesn't exist in the Moroccan system. It's a very different way of doing education," Majid said. "Higher education is one of the most attractive things about the U.S. overseas. It's considered

to be golden, actually."

So far, 11 Moroccan students have applied to study in Maine, and Majid said he's hoping to see more applications before the deadline, which is this Wednesday.

"It's a start," Majid said. "We're dealing with a different socioeconomic demographic in Morocco ... it's a different market. We'll see how many are actually able to apply and study in Maine."

Although UNE is known for its strong curriculum and programming in the health sciences, Majid said a majority of those applying from Morocco are interested in traditional liberal arts programs, such as communications and political science.

"It'd be great if Moroccans can come here and boost our enrollment in those majors," he said.

As the only Maine university to construct a campus abroad, Majid said UNE's open house wasn't just about recruiting new students; it was an "eloquent statement about UNE's commitment to dialogue across culture."

"UNE believes in the power of American education to build bridges and create a better world for all," Majid said in a release. "Even if the current political climate is not optimal for encouraging Muslims to study in the United States, our faculty, staff and students on the ground dispelled any apprehensions Moroccan students and parents may have had about seeking an education in the United States."

"Actions like these make Americans shine abroad," he said.

— Staff Writer Alan Bennett can be contacted at 282-1535, ext. 329 or abennett@journaltribune.com.



Participants in Mary's Walk gather on Main Street, Saco, outside of Thornton Academy to watch runners from the Kerryman 5K pass through last year.

JOURNAL TRIBUNE FILE PHOTO

Mary's Walk, from A1

the Kerryman Pub.

To register for either event go to maryswalk.org, or register the day of the event from 10 a.m. to 11:30 a.m. at Thornton Academy.

Mary's Walk and the Kerryman 5K have over the past 18 years raised more than \$2.6 million for the Maine Cancer Foundation, which funds research and programs in the state.

Last year, more than 3,500 people participated in the walk and race and the combined event raised more than \$250,000 for Maine-based cancer programs.

This year's Mary's Walk and Kerryman 5K event is dedicated to Ken Janson, a member of the Mary's Walk Planning Committee since 2001. Janson was diagnosed with esophageal cancer this past November and is now undergoing both radiation and chemotherapy.



Inside the Thornton Academy gymnasium in Saco, those participating in the Kerryman 5k and Mary's Walk registered before the event and enjoyed entertainment such as a student flash-mob and a bagpipe performance last year.

JOURNAL TRIBUNE FILE PHOTO

"(Ken's) unrelenting dedication to our event has been an inspiration for me during the 19 years that Mary's Walk has remembered my

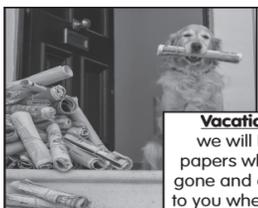
wife's death in 1997 from Burkitt lymphoma," said Libby in a letter posted on the Mary's Walk website. "Together, we will have raised (at the end of this

campaign) \$3 million to support cancer research and patients. At times, we all need a little help and support, and it is now time to support Ken."

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