

rowing business that I want to do better, and give more back to my employees, and my community... What I'm saying is, I could improve in many areas of my life. Could you?"

Coleman didn't win the title of Mrs. Maine two weekends ago (Mrs. Saco did) - but that's obviously not the point. Coleman aimed to push herself well beyond her comfort zone, and she succeeded.

"This challenge scares me more than the others... In all honesty, I do not even know how to put on makeup. My hair, well... ponytails are just easier."

Great Scot Trot honors Littlefield, Smith

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2015 marks the 12th year of the Great Scot Trot, a 5K road race held in memory of two legendary Bonny Eagle coaches - Faith Littlefield and Florence 'Flossie' Smith - that not only funds scholarships for members of the high school's field hockey and girls lacrosse teams, but also benefits Camp Sunshine a Casco on the north side of Sebago Lake.

Jean LaBrecque, who helped organize the race and continues to work on it, describes it "as a way to honor Faith and Flossie, and Faith's babies and Flossie's ladies" - a reference to the school's countless athletes. A sign was hung at every one of their homes.



Faith Littlefield, left, and Flossie Smith served as coach and assistant coach, respectively, of the Bonny Eagle High School's field hockey team. Both died of cancer in the early 2000s.

Photo courtesy of Angela Navsveschuk

This year's Trot, originally slated for March 29, has been

Stacey Coleman braces at the Mrs. Maine Pageant, wrapping toughness and elegance in one bedazzled package

Her motivation for choosing this particular challenge to a certain extent, she simply wanted people to see another side of her. She spends so much time coaching fitness - she loves it, make no mistake, and is particularly at home in gym garb: yoga pants, running shoes and tank tops - that she rarely wears a dress, and wanted to nurture that other side of herself for all to see.

"I am a woman; I like to feel beautiful, too. I want to prove that a person can be a strong, athletic, intelligent, beautiful leader, and that you don't need to choose just one stereotype," she says.

Moreover, she wanted to confront her fear of wearing a bikini. She's a fitness coach, and indefatigably active, but she's also a 34-year-old mother shouldering a lot of demands, so she's naturally dissatisfied at times with certain aspects of her appearance.

"The word 'physique' scares me. I have a fear of flexing my glutes in front of people; I have a fear of showing off my 'mommy marks' in

Photo courtesy of Stacey Coleman

a bikini."

She did it, though; she overcame her anxieties.

"I wore high heels, several dresses, an evening gown, and I faced my fears of wearing a bikini all at once," she said.

And she did it on a stage in front of 300 people.

Next up for Coleman is the Pine Tree State Competition, an International Fitness Professionals Association Pro Qualifier to

Photo courtesy of new rookies and assistant new head coach.

"Stacey's on the roster as a wide receiver and defensive back," Jeffonds says of the rookie. "Playing football takes a lot of commitment, and being a rookie is a lot of work. The veteran players are looking forward to seeing when the rookies are made of when they take the field for the first time."

The Rebels' season opens on April 11 in Montreal, though they have a home scrimmage versus the Nightmare on April 4. The game will be played at Deerlin High School, and kickoff is at 1 p.m.

PUBLIC NOTICES

Please send to: amarun@keepMEcurrent.com or call 854-2577

PUBLIC NOTICE

Westbrook Housing, pursuant to the Public Housing Reform Act, has developed a 5 year and Annual Public Housing Agency Plan for the period beginning January 1, 2015; Westbrook Housing proposes an amendment to the plans identifying the participation of its Public Housing in the HUD Rental Assistance Demonstration (RAD) program. For review the amended Capital Fund Program for FY2013, FY2014, and FY2015 are presented for amendment as they pertain to the Rental Assistance Demonstration program. Additionally, you will find a Capital Fund Program amendment for the fiscal year 2015 for your consideration. The scope of these plans/amendments is public housing (Riverview Terrace and Larrabee Woods).

The public review period for these plans begins on Thursday, April 2, 2015 and will end with a public hearing at 3:00 P.M., on Monday, May 18, 2015 at Westbrook Housing, 30 Liza Harmon Drive, Westbrook, ME 04092. The Public Hearing will be heard for the following items: Amendment to Annual Plan and 5 Year Plan for period commencing January 1, 2015; 2015 Capital Fund program amendment. During this period, the draft Plan Amendment and 2015 Capital Fund Budget Amendment will be accessible for review and public comment at both, Westbrook Housing, 30 Liza Harmon Drive and Westbrook City Hall, 2 York Street, Westbrook, ME 04092