

9Round Fitness of Gorham: Why kickboxing?



Ted & Melissa Rioux—Owners of 9Round Fitness Gorham

Watching sports on television or live is engrained in American culture like nothing else. In fact, baseball has long been labeled as the “Great American Pastime.” Through cable TV, access to sports telecasts has never been greater. The variety of sports activities available to our children is also on a steady increase. Given our obsession with sports, have you ever wondered which sport demands the most of its athletes?

An ESPN panel of experts set out to find

the answer to this question by analyzing 60 professional sports from football to fishing. They identified 10 categories/skills that contribute to athleticism and assigned a score of 1 through 10. These skills included endurance, strength, power, speed, agility, flexibility, nerve, durability, hand-eye coordination and analytic aptitude. The sport that came out on top: Boxing!

Boxing rated highest in endurance, power, nerve and durability and was second in power only behind football.

The panel’s assessment was clear: boxing requires the most of its athletes, thus producing the best athletes! Interested in reviewing the results yourself? Go to <https://www.espn.com/espn/page2/sportSkills>

The sport of kickboxing amps up the degree of difficulty by combining the use of the lower body (kicks and knee strikes) with the use of the upper body (punches and elbow strikes), requiring a more total-body effort.

Are you wondering
See **Kickboxing**, page 9

Browntail moths and winter pruning in Gorham

By Maria Wingfield,
Office Manager 207
Landscaping/Tree
Service

Browntail moths go mostly unnoticed by homeowners until the spring and summer months, but by that time, removing the infestation is incredibly difficult and expensive. The ugly caterpillars that cause rashes can often be seen crawling across your driveways on their way to another tree. These pests thrive on leaves and can strip a healthy tree of foliage quickly. Oak, cherry, crab maple, plum and red oak are the trees typically impact-



ed by these infestations. Trees must have foliage to complete their photosynthesis process, which means these caterpillars directly affect the health of the tree. In fact, most trees can only survive two to three years of continuous infestation.

Why is winter

the best time to rid yourself of this pest? There are a few reasons, the first being that the caterpillars are dormant. They are not crawling all over the tree causing the workers removing the nests to miss caterpillars and have a new
See **Browntail**, page 11

Baxter Memorial Library events in Gorham

The Baxter Memorial Library has lots going on for you and your family!

Thursday, February 13:

Toddler Discovery Time: 9:30 to 10 a.m. For 18 months to three years old. All of our Discovery Times are designed to introduce children to books and libraries in a positive and enjoyable way. We use stories, music, and movement to present and enhance early literacy

skills and foster a love of reading. Every week we offer 3 different age-specific programs and one all-ages music program. *Discovery Times are not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

Sewing Club: 2:30 to 4:30 p.m. Learn to sew. A variety of textile techniques and projects will be explored. Children aged 7 & up

are welcome to attend. Children under 8 years old must have a parent or other caregiver, over age 14, in attendance to help with the program as needed. This activity has open registration; come when you can and leave when you must.

Tuesday, February 18:

Unicorn Party: 10 to 11 a.m. For all ages! Join us for a Unicorn Party! We will read the book
See **Baxter**, page 9



NEW TO GORHAM, MAINE

WE'RE READY TO ROCK AND BOWL.

Junction Bowl is an entertainment hub with twelve, ten-pin bowling lanes, an arcade designed for all ages and a wide variety of American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 | W www.jctbowl.com
Gorham, ME 04038 | P 207.222.7600



We'll do the driving!

Maine's BEST Beer Fest this winter!

100+ Beers from Maine & Out-of-State Breweries
Unlimited beer samples
Souvenir tasting glass
Plenty of food options
Favorite tunes
Ample space to move around
Brewers serving you their beers

Saturday, February 29

\$65 per person -
Includes Entrance Fee
& Transportation

Limited Seats!

Book today @ www.gonect.com/brew-bus • (207) 784-3159



Maine Brewers' Guild
Winter Session 2020

@ Brick South (Inside)
Thompson's Point - Portland

FREE e-subscription with all stories and ads online at

www.GorhamWeekly.com

Governor's Address: Supplemental budget balances

A year ago, I presented my Administration's first biennial budget. That budget was based on HOPE – health, opportunity, prosperity, and education.

The Legislature then debated that proposal, negotiated some compromises and then they enacted – respectfully and in timely fashion – a balanced budget, with two-thirds bipartisan support, without raising any taxes.

Since that time, we've been very fortunate. Our economy has remained strong, with continued growth and record low unemployment. The economic forecast and the revenue projections are positive, with more than half of projected

revenue being one-time funds, but a forecast that permits us now to identify specific needs to present to the Legislature in the form of a supplemental budget.

The supplemental budget I proposed this week reflects three bipartisan priorities: Setting aside money in the State's Rainy Day Fund to protect us against an economic downturn; Strengthening those services that protect the health, safety and well-being of Maine families; Addressing our critical workforce needs and responding to the immediate needs of the educational and business communities.

In this budget I propose that we build on our state's record-high Rainy Day Fund by setting aside another \$20



Governor Janet Mills

million dollars of that projected surplus in savings. If that's approved, the Budget Stabilization Fund will have grown by \$50 million since I took office. That's important savings for a Rainy Day.

Government is also about keeping people safe and protecting children and families so the supplemental requests 20 additional positions so we can respond to reports of child abuse or neglect, and it eliminates the current Section 29 waitlist for people with develop-

mental disabilities while we work to improve services for all people with disabilities.

The budget also funds 14 new patrol officers and sergeants at the Maine State Police. The fact is, the number of state police patrol officers has not changed since the 1970's, while traffic, technology and population have all grown. There are simply too few troopers to respond to car crashes, lost children and crime scenes.

The budget also invests in expanding Maine's workforce to respond to the demands of the present and the needs of the future. So, it:

funds short-term training programs through Maine's community colleges; the Maine Apprenticeship Program;

and Adult Education; invests in critical capital equipment like computers and forklifts for the career and technical education centers so that they can succeed in training our students in jobs that pay good wages. You know those CTEs haven't had substantial funding for equipment since 1998. It's time to get with the program;

and the budget raises the state's share of public education to nearly 52 percent for pre-K through 12 – that's a two percent increase since I took office. And it makes whole our higher education institutions in the second year of the biennium.

I am also presenting a bond package to the Legislature, and asking them to let you, the voters, decide on \$100 mil-

lion in borrowing for transportation to fix the potholes and \$15 million to bring high-speed internet to your towns.

This supplemental budget is balanced. It does not create new programs. It takes care that one-time monies are used for one time needs and that we fulfill our obligation within existing programs to take care of our schools, child welfare and public safety needs.

As the Legislature puts their own fingerprints on this document, I hope that they do so with caution, balancing the health and safety of Maine families and our workforce needs with the long-term health of the state.

Maine Sports Hall of Fame announces nine inductees for 2020

The Maine Sports Hall of Fame will induct five men and four women in its 45th induction ceremony Sept. 20 at Merrill Auditorium in Portland.

By percentage, it is the largest class of women inducted by the organization that was established in 1972. Five women were among the 12 inductees in 2016. "I'm thinking this is one of the most diverse groups we've had in terms of a variety of sports," said new President Brian Corcoran, CEO and founder of Shamrock Sports & Entertainment. "I'm really pleased with the number of women."

The inductees, in alphabetical order:

Amy (Corbett) Bernatchez was a three-sport star at Messalonskee High School in Oakland, playing on teams that won state championships in field hockey and basketball. Bernatchez played two seasons of field hockey at Springfield College before transferring to the University of Maine, where she was a Regional All-American. The Hall of Fame Black Bear who made the 1990 U.S. National Team went on to coach at Messalonskee and Cony, winning three state championships. She also coached seven seasons at Colby Col-

lege. With husband Brian, Bernatchez founded the Maine Majestix Field Hockey Club, its teams competed in numerous regional and national competitions. She has coached more than 100 college players, including more than 30 Division I student-athletes.

Cathy (Narsiff) Caron competed in cross-country, track and field, and ice hockey at Biddeford High School, and was the starting goalie on the boys' ice hockey team. She also was the state champion in the discus. At Berwick Academy, she started in goal and was MVP on the men's hockey team, as well as captain and

MVP of the soccer team, and goalie and MVP of the lacrosse team. Caron was a four-year starting goalie on the University of New Hampshire women's ice hockey squad, setting records for shut-outs and fewest goals against. She was CMM Player of the Year, given to the nation's best female player. She also was a three-time All-America goalie in lacrosse. Caron was a member of the USA Women's Lacrosse Team which competed at the 1989 World Cup. She is in the UNH Hall of Fame.

Karate champion Tony Fournier is Maine's foremost name. See Sports, page 10

SeniorsPlus announces new board member



Mark Prevost of Auburn has joined the Board of Directors of SeniorsPlus.

SeniorsPlus, the designated Western Maine Area Agency on Aging, announced that Mark Prevost of Auburn has joined the board of directors. He is the Di-

rector of Resident Services at Schooner Estates Senior Living Community in Auburn, where he has worked for the past twenty-two years. His other volunteer involvements include the Elks Lodge, Rotary Club, and Hockey Officials of Maine.

SeniorsPlus was established in 1972. The overall program goal of SeniorsPlus, which is headquartered in Lewiston, is to assist older adults and adults with disabilities in Franklin, Oxford and Androscoggin counties to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of seniors and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity and quality of life of those we serve.

Snowmobile Helmets

FXR - HJC - CKX - GMAX - SCORPION



U-Clear Helmet Communicators

Sizes Youth to 5XL









998-5390 STAY SAFE AND ENJOY YOUR RIDE!

"Well worth the short drive from Lewiston"

271 Maine Street, Route 26, Poland

www.shakerhilloutdoors.com

Blanchard's Cash Fuel

**#2 Heating Oil and K-1
Off Road Diesel (Dyed)
On Road Diesel (Clear)
Propane**

225-3588

3 Conant Road, Turner
(on the Auburn/Turner Line)

Don't Shiver...We Deliver!

www.blanchardscashfuel.com

Newsmakers, Names & Faces

Letter to Editor

The American Legion Smith-Wagner Post 60 of Gorham should have celebrated its 100th Anniversary in 2019 being one of the original founding Legion Post established in Maine that year. Instead, it has one-member left, a Korean War Veteran living on Saco Street in Westbrook.

The Smith-Wagner Post was filled with vitality in the 1920's through the 1970's with membership from both sides of the Presumpscot River at "The Village", South Windham and Gorham. In later years, with the closing of the mills and shifting populations, and with declining

membership, the Post shuttered the windows and sold the hall. The membership hung on for a few more years until by 2018 there were four members. Now there is only one.

This sad story has a mystery component to it. Each Legion Post has a document, a charter, and Legion Banner along with old Glory. What has happened to these items along with photos and documents from the Post? I've checked with Legion and Department of Maine—they have no information to share. I'm hoping that some individual or individuals in the Gorham community might know.

So, here is the

challenge to your readers. If anyone has information pertaining to the Smith-Wagner Post that they would like to share, (how it got its name or stories from its past, etc.) or knows the location of the above items and would like to help get them in the appropriate Legion archives, I would be very grateful.

I hope that at some future date Gorham might again have a viable Legion Post to support its Veteran's community. For now, I would like to pick up the pieces from the past.

David Tanguay, 2nd District Adjutant, Dept. of Maine

Choroszy joins Gorham Aroma Joe's

If you pop in to Aroma Joes in Gorham, you'll see a fresh face. Sarah Choroszy has come over from the Saco Aroma Joe's where she was a member of the team for over two years as a barista. Now, Sarah has joined the Gorham location as the new team leader. Choroszy is also a director of a teen dance company. She has been teaching dance for seven years and teaches full time at Brooks Dance Center in Waterboro.



Sarah Choroszy, new team leader of Aroma Joes, Gorham

Send all items for **Names & Faces** to **Editor@GorhamWeekly.com**.
Deadline is **Friday by five.**

Lakes Region Senior Center Mah Jongg Challenge

Mah Jongg challenge is played each Monday morning at the Lakes Region Senior Center at 9:30 a.m. at 40 Acorn Street, Gorham (Little Falls Activity Center).

Mah Jongg, the American version of an ancient Chinese game, challenges us to the degree of brain challenge that we need to keep fit. They always say, "Train the Brain".

With patience and an optimistic outlook, we redevelop what we may have been slowly losing as we grow older. The game has us keep a few details in mind and call out our intentions in measured time aiming to achieve duplication of a line from the official Mah Jongg card. We eventually learn to be flexible about which

line we choose for our game.

As challenging as this game may be, it will give one a sense of achievement at the different stages of play. Humor is required because none

of us take ourselves too seriously when we play Mah Jongg, but we have a good time. Join us! Call Gerry Day 830-3859 or Blanche Alexander at 892-5604 for more information.

See all of this week's stories and ads online. Free!
www.Gorhamweekly.com

JRG & Sons
Roofing & Construction
Fully Insured

(207) 576-3319

John Grenier
JohnnyGrenier917@gmail.com



Invite a Loved One to Valentine's Day
Breakfast at Village Elementary!!
Friday, February 14th 8:30am-8:50am

Start your day off right by sharing a moment of Love, Banana Bread, Pancake & Sausage, and Fresh Fruit!!

Adult Breakfast only \$1.50
Please Bring Exact Change or a Check made out to GSNP
Thank You!

RSVP to diana.blanchard@gorhamschools.org
By: Monday, February 10th



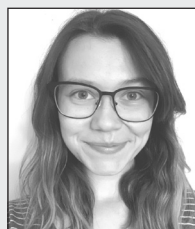
Gorham WEEKLY

28 State Street, Gorham, ME 04038
Info@GorhamWeekly.com
(207) 558-8488



Laurie A. Steele
Publisher/CEO
Laurie@GorhamWeekly.com

ADVERTISING
For advertising information email Laurie@GorhamWeekly.com or call 207-558-8488.



Millie Barnard
Managing Editor
Editor@GorhamWeekly.com

DEADLINE
Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday.



Lacey Rollins
Circulation
Info@GorhamWeekly.com

PRESS RELEASES
All submissions, including photos must be emailed to the editor, Editor@GorhamWeekly.com.

Suzanne Murray
Production Manager
Ads@GorhamWeekly.com

Rachel Morin
Contributor
Info@GorhamWeekly.com

PROOFS
Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

©TWIN CITY PUBLISHING, INC 2020. FOUNDED IN 1998
All materials found in GORHAM WEEKLY, INC. are copyrighted.
All rights in those materials are reserved and permission to use them must be specifically granted by Gorham Weekly, Inc.

FREE e-subscriptions at www.GorhamWeekly.com

What's Going On

NAMI Maine welcomes new board of directors members



Dr. Joe Fitzpatrick

NAMI Maine is thrilled to welcome Dr. Joe Fitzpatrick, Karen-Ann Hagar, Colonel Michael Pooler (retired), Lisa Shaw, and Lt. Bryan Slaney to the Board of Directors.

"NAMI Maine continues to grow into a more dynamic and responsive entity. The addition of these five diverse and talented individuals, each of whom has great passion for mental health, will only catapult the entity further," says NAMI

Maine's Chief Executive Officer, Jenna Mehnert, MSW, on the new board members. "These are exciting times of change for NAMI Maine."

Dr. Joe Fitzpatrick is a clinical psychologist with thirty years of direct experience in the field. He trained at Boston Children's Hospital and Dana Farber Cancer Institute, where he later joined the clinical staff. Dr. Fitzpatrick moved to Maine in 1990 and spent twenty-five years working in the Maine Department of Corrections (MDOC) serving as the chief clinical resource for the department. During his last five years with the MDOC, Dr. Fitzpatrick served as the Commissioner and made significant progressive changes to expand and support mental health services within the department. He currently



Karen-Ann Hagar

has a private practice focusing on school consultation and services, as well as support of medical populations. Dr. Fitzpatrick lives in Fayette with his wife Patti and they have four children, Shannon, Molly, Joseph, and Emma.

Karen-Ann Hagar was born in Damariscotta and is a graduate of Lincoln Academy. Hagar has been with the YMCA organization since 2000 and is the Director of After School Program-

ming for school age children from four different school systems while also serving as the Community Outreach Program Coordinator. Hagar is a suicide loss survivor of four family suicides and is passionate about sharing her family's story to educate and inform others about mental health and suicide prevention.



Colonel Michael Pooler

Colonel Michael Pooler (retired) grew up in Brewer and commissioned an Infantry 2nd Lieutenant from the University of Maine at Orono in 1986. He taught social studies at Houlton High School until 1992m then in 1993 began his full-time employment with the Maine Army National Guard. Pooler held various command and staff assignments at the Maine National Guard state headquarters and the 1st Battalion, 152nd Field Artillery, to include battalion commander. After command, Mike volunteered to deploy to Afghanistan, where he led a fifteen man team which trained an Afghan infantry battalion of 500 Soldiers during combat operations. He returned in December of 2008 to become the Maine Army National Guard's

Deputy Director of Personnel, then Director of Personnel, and retired as the Director of Human Resources of the Maine National Guard. He was also instrumental in integrating and expanding the Maine National Guard behavioral health program. Mike earned an MBA from Thomas College and a Master of Strategic Studies from the US Army War College. His awards include the Bronze Star and Combat Action Badge. Mike is married to Suzanne Pooler and resides in Oakland.



Lisa Shaw

Lisa Shaw is the Rural & Small Libraries and Workforce Development Specialist with the Maine State Library. Lisa is also currently serving as Chair of the Board of Directors for the Bangor Area Homeless Shelter; serves with the City of Bangor Planning Board; and as Chair of the Advocacy Committee for the Association for Rural & Small Libraries. Lisa enjoys writing, painting, and proofreads impossible crime and locked room mysteries for Locked Room International. She lives in Bangor with her husband, daughter, and two cats, and has a son in Missouri.

Lt. Bryan Slaney is currently the Assistant Jail Administrator at the

Kennebec County Correctional Facility. Slaney started his career in cor-



Lt. Bryan Slaney

rections at age nineteen as a Corrections Officer after co-captaining the Lawrence Bulldogs to a Class A Maine State Football Championship. Slaney has held many roles within the Correctional Facility including Corporal, Sergeant and Administrative Sergeant. He was awarded Corrections Officer of the Year in 2008, Supervisor of the Year in 2011, the Eagle Award in 2015, the CIT FBI LEEDA Trilogy award in 2018, and CIT Corrections Officer of the Year in 2019.

Through support, education, and advocacy NAMI Maine is dedicated to building better lives for the one in four Mainers who are affected by mental illness. To view the full list of NAMI Maine's board of directors, please visit: www.namimaine.org/about

For more information, please contact NAMI Maine's public relations manager Alicia Hynes at (207) 622 - 5767, ext. 2308.

Largest selection of Snowmobile Gear

Helmets, Jackets, Bibs, Gloves, Boots and Thermal Layers from all of the top brands.



Sizes Youth to 7XL.

Light weight to SUPER Warm. Flotation Gear Available.



271 Maine Street
Route 26, Poland

Hours: Monday - Friday 8am to 5:30pm
Saturday 8am to 4pm, Sunday 8am to 2pm

998-5390 Open 7 Days a week

Award program highlights young environmental leaders

A new state-wide awards program launched today will elevate the voices and work of the rising generation of environmental leaders in Maine. The Brookie Awards will recognize a diverse group of six youth changemakers every two years for their demonstrated leadership and effectiveness on behalf of Maine's natural resources.

Nominations for the inaugural "school" of Brookie Award winners are now being accepted through March 15, 2020. Mainers are encouraged to nominate eligible young leaders who live in Maine and are between the ages

of 15 and 30 at www.brookieawards.org/nominate.

The Brookie Awards are organized by NRCM Rising, the young member arm of Maine's leading environmental group, the Natural Resources Council of Maine (NRCM).

"The Brookie Awards are just what Maine's environmental movement needs because it serves to inspire and reinvigorate Maine people by sharing the stories and positive impact our generation of leaders is already having on the state," said NRCM Rising Leadership Team Member Sarah Cotton.

Brookie Award winners will receive a \$1,000 cash prize and the opportunity to attend a nature-based retreat with their fellow young environmental changemakers where they will participate in skill-building sessions and engage with other environmental and political leaders in Maine. The retreat aims to foster knowledge sharing across generations and environmental movement-building by more deeply connecting these outstanding individuals to the nature of Maine and encouraging their ongoing commitment to environmentalism.

See Award, page 12

Proposal would recognize unpaid family caregivers

Not everyone who works hard gets a paycheck. That includes the more than 180,000 dedicated Maine caregivers who provide more than 150 million hours of unpaid support services every year to family members who need help with daily activities such as dressing, eating, cleaning, and taking their medicine.

At the State House last week, family caregivers joined health care professionals, policy experts, and advocates to support bipartisan legislation that would provide modest compensation to recognize and reward the valuable work of unpaid family caregivers.

The bill—LD 1919, sponsored by Rep. Kristen Cloutier of Lewiston—would create the Rep. Ann E. Peoples Family Caregiver Credit, a new refundable income tax credit worth up to \$2,000 annually for eligible family caregivers.

“Having served as the primary caregiver to my mother after she was diagnosed with Alzheimer’s, I know firsthand how hard many Mainers work to provide care for their loved ones,” said Cloutier. “These caregivers make incredible personal and financial sacrifices. They deserve a tax credit that provides some relief and places value on their work. I am so honored to propose the Rep. Ann E. Peoples Family Caregiver Credit, named after the late legislator who not only served Maine proudly, but who

brought her husband to the State House every day so that she could continue to give him the care he needed.”

Peoples died in November 2019 during her fifth term representing Westbrook in the Maine Legislature. While serving in the House of Representatives, she also provided daily support to her husband, Patrick, who used a wheelchair and needed assistance with physical tasks after suffering a stroke in 2012.

Maine’s patchwork system of professional caregivers is inadequate to meet the needs of every resident who needs long-term care. Mainers with adult family members who are elderly or have disabilities often step up to meet the unmet need. The responsibility for caregiving often falls to women, and those duties often make it harder for them to make ends meet.

Kim Lakin-Tomminello lives in Arundel, where she cares for her husband and father. She said caregiving involves supporting her loved ones in all aspects of their lives.

“We cut back our hours or leave our jobs completely to provide necessary care for loved ones,” Lakin-Tomminello said. “We don’t want our fathers, mothers, husbands, wives or other family members to be forced to go into a home, so we sacrifice and provide care. A refundable tax credit such as the one

in LD 1919 would help so many families like mine and so many women like me.”

Research shows family caregivers are more likely to reduce hours, quit a job, retire early, and delay a job search because of caregiving responsibilities. Research by the Maine Center for Economic Policy indicates that 14 percent of private-sector workers in Maine had quit their jobs or reduced their hours for more than two weeks in order to take on family caregiving responsibilities.

Dr. Barbara Covey, a semi-retired emergency room physician, said family caregivers play a “critical role” in Maine. Family caregiving reduces the need for expensive, long-term residential care and can help avoid costly emergency room visits. But those savings for the care recipient come at a cost for the family caregiver, Covey said.

“These individuals are helping to fill the large unmet need in Maine for care of the elderly and disabled,” Covey said in written testimony to the Legislature’s Taxation Committee, which will consider the bill. “Please recognize their sacrifice and contributions by support of this bill.”

For more information on the Rep. Ann E. Peoples Family Caregiver Credit, see this fact sheet published by the Maine Center for Economic Policy.ther,” says NAMI

Maine Extension wild blueberry conference

University of Maine Cooperative Extension is hosting a wild blueberry conference February 22 (snow date February 29), 8:30 a.m. to 4:15 p.m., at the Hollywood Casino Hotel, 500 Main Street, Bangor.

The conference includes the latest research on management of diseases and pests, updates from the Maine Wild Blueberry Commission, a grower panel discussion, and separate afternoon sessions with a choice between value-added products or crop production focus.

The conference fee is by donation and includes lunch; registration is required. Register online by February 16. Pesticide credits will be available. For more information or to request a reasonable accommodation, contact Mary Michaud at 207.581.3175 or mary.j.michaud@maine.edu. More information also is available on the conference website or by contacting UMaine

Extension blueberry specialist Lily Calderwood at 207.581.3193 or lily.calderwood@maine.edu

As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine’s land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

The University of Maine, founded in Orono in 1865, is the state’s land grant, sea grant and space grant university. As Maine’s flagship public

university, UMaine has a statewide mission of teaching, research and economic development, and community service. UMaine is the state’s only public research university and among the most comprehensive higher education institutions in the Northeast. It attracts students from all 50 states and more than 70 countries. UMaine currently enrolls 11,561 undergraduate and graduate students who have opportunities to participate in groundbreaking research with world-class scholars. UMaine offers more than 100 degree programs through which students can earn master’s, doctoral or professional science master’s degrees, as well as graduate certificates. The university promotes environmental stewardship, with substantial efforts campuswide to conserve energy, recycle and adhere to green building standards in new construction. For more information about UMaine, visit umaine.edu.

American Cancer Society event volunteers needed

The American Cancer Society is seeking local volunteers to be a part of several upcoming events throughout the state of Maine. We need you!

Community volunteers are the backbone of the Society, and by lending just a little bit of your time you can make a direct impact to its life-saving mission. Donations raised at events like event help the American Cancer Society provide free information and support for people facing the disease today and fund cancer research that will help protect future generations.

A wide variety of roles and time commit-

ments are available including planning committee members for Couleur, A Masquerade Ball in Portland, Relay For Life of Greater Portland, Making Strides Against Breast Cancer of Brunswick, Making Strides Against Breast Cancer of Greater Portland, and this year’s inaugural Red, White & Blue Party in Portland this July.

To lend your time as a local event volunteer, please contact Reven Oliver at 207-373-3719 or Reven.Oliver@cancer.org. Or, to learn more about events in your community, visit <http://Cancer.org/Maine> or call 800-227-2345.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



Nicole Lajoie
Licensed Agent

“Protecting your assets, by finding the right products and pricing, is how I deliver on the promise.”



CHAMPOUX INSURANCE
DELIVERING ON THE PROMISE

150 East Avenue - Lewiston, ME 04240
(207) 783-2246

www.MaineInsuranceOnline.com

Urban Edge Hair Studio

(207) 212-9440

1117 Center Street
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3
Evenings by Appt. Only

Like us on Facebook!

MICHAEL G.



Arts & Entertainment

At My Table



At My Table is a women owned small business with local roots in Southern Maine. Our kitchen is located in Westbrook, Maine. We prepare homemade food and delivered daily to

local businesses and customers, whom we have enjoyed since our doors opened in 2017. Services we enjoy providing include party menu planning, catering for special events, sporting events,

local charity events, weddings and post wedding breakfasts. We take pride in serving our community well and participate in efforts to fight hunger. Our menu includes en-

trees, superfoods, salads and more, all made with local ingredients. Delivery is available! Call or text Sharon at 207-319-4260 to place orders or make requests.



Art for afterschool, parties and more in Gorham



Aylla Vaughn 5th grade chose to fingerpaint her sunset during this session. Well Done Aylla.

Owner and artist, DaraLyn McColl of DLynDesigns Studio, located in Gorham, provides a variety of art services, from lessons, to parties, to graphic design, to volunteer opportunities!

Daralyn offers afterschool and summer art sessions for young artists where each student begins at their level and is taught individually within a small group based on their age. Many young artists also choose to have private sessions. DaraLyn provides the

young artist the opportunity to plan their artwork, teaching them to slow down and to observe. At the same time, they learn more about their chosen medium and proper art techniques, providing all art supplies.

Nurturing creativity is always the primary learning objective. All art sessions begin with the young artist's chosen subject matter and instruction with specific art techniques in mind. Private art sessions are always individually interest-based on what the

young artists wish to learn more in a relaxing atmosphere. Students may review other's work in a small, informal critique, providing constructive criticism. This process teaches everyone more about what and how we see other's work, and it encourages the proper way to give and receive positive feedback, building adequate communication skills.

DaraLyn provides MinorBrushes Birthday and Group Art Themed
See Art, page 16

**SUBWAY®
PROMOTES
LITERACY**



**HEY KIDS!
FEBRUARY
IS LIBRARY
LOVERS MONTH.**
Bring a book you are
reading to this Subway®
& receive a free cookie!



This is not a book donation, just a campaign to promote literacy.

Limit one cookie per person per visit. ©2020. Subway® is a Registered Trademark of Subway IP Inc. ©2020 Subway IP Inc.

SUBWAY®

Husson fundraising create more scholarships and growth

Husson University proudly announced today that it has concluded its first comprehensive campaign and raised \$37,988,400 in cash and pledges

The campaign, called "Shaping our Future," had an initial goal of \$21 million. The University's alumni and friends contributed \$16 million during its initial silent phase. This early success combined with a need for a signature and state-of-the-art facility for Husson's College of Business, prompted the trustees to increase the goal to \$30 million when the campaign was publicly announced on October 3, 2015.

"We accepted the challenge to do more because we believe in a better future," said Robert A. Clark, Ph.D., president of Husson University. "This successful campaign has made it possible for us to better support the success of our students and serve as a catalyst responsible for the economic future of our state. There is no greater calling for any institution than the transformation of students' lives and the education of our future leaders."

A major donation, in the form of a matching gift challenge, was received from the Harold Alford Foundation. Husson supporters rose to the challenge committing \$8 million toward a new College of Business building, unlocking an additional \$4 million matching gift from the Foundation. This represents the largest single gift in the University's history.

The campaign made a variety of benefits possible for students and the University. With the creation of 51 new endowed scholar-

ships, Husson University students now have more opportunities for financial aid. The campaign also strengthened the institution's endowment. A larger endowment will help to ensure the financial strength and security of Husson University for years of come. The crowning jewel of this fundraising effort will be the construction of a new College of Business building made possible through donations. Husson University's College of Business is the largest business school in Maine.

Once completed, the new, modern building will feature approximately 42,500 square feet of experiential classrooms and offices, supported by an advanced technology infrastructure. It will fuse business education with science, technology, engineering, art, and math (STEAM) opportunities. These STEAM-oriented learning spaces will become the incubators of future jobs in our state.

One of these STEAM-oriented learning spaces will be the new IEX Center in the College of Business building. This Center will create and distribute immersive and interactive experiences for a variety of Husson courses as part of the University's commitment to experiential learning. Virtual reality and augmented reality will be part of the experiences offered by the Center.

The Center will aid in the University's mission to enhance regional economic development by helping to train students for jobs of the future and by developing new practices.

Projects that fall within the scope of the IEX Center have the potential to affect a wide

range of disciplines. Marketing, Business and Communications Technology are just some of the career fields that can benefit from immersive and interactive experiences.

The Business Center will serve as a community resource for businesses that need assistance in developing and integrating immersive technology. In addition, IEX Center will engage in community outreach efforts that encourage the use of immersive technology as it facilitates the placement of Husson students in internship and employment opportunities with employers. A diverse group of Husson faculty and staff are participating in this initiative along with outside stakeholders.

Husson envisions a cross pollination of sciences and entrepreneurship in modern, unique learning space dedicated to innovation. The new College of Business building will also feature interactive learning spaces designed to foster innovative interdisciplinary learning.

The new building is anticipated to cost approximately \$17.2 million. The University expects to break ground on the new building in April 2020.

"It took a team effort to reach and exceed our fundraising goals," said Sarah Robinson, vice president for advancement at Husson University. The strong support shown by alumni, businesses, foundations, the community, students, faculty and staff for this project show that Husson University has a wide base of support. Our Husson community feels like a family and everyone who contributed to this

See Husson, page 12

Arts & Entertainment

Local Children's auditions held at Maine State Music Theatre

Maine State Music Theatre will hold local children's auditions for both Frozen, Jr., and The Sound of Music. Both auditions will be held at 22 Elm Street in Brunswick.

Auditions for Frozen, Jr., will be held on Sunday, February 23 from 10 a.m. to 2 p.m. with call backs if selected at 3 p.m. This audition is for children 8 through 18 years old (cannot turn 19 during the period of April 6 through July 20). Rehearsals are held April 6 through July 6 (approximate dates, week of April 20 off, with performances on July 20).

All roles are available, and this show will be cast only with local

children. This is an open call audition. Come early to sign up and you will be seen in order of sign-up sheet.

Child actors should prepare a 16-bar cut (less than 1 minute) that best shows ability and range. Must bring headshot and resume, and sheet music printed and clearly marked. Pianist will be present.

Auditions for The Sound of Music will be held on Sunday, March 8 from 10 a.m. to 1 p.m. with call backs if selected at 2 p.m. This audition is for children 8 through 17 years old. Rehearsals run June 27 through July 15, with performances July 15 through August 1.

This is an open call audition. Come early to sign up and you will be seen in order of sign-up sheet.

Child actors should prepare a 16-bar cut (less than 1 minute) that best shows ability and range. Must bring headshot and resume, and sheet music printed and clearly marked. Pianist will be present.

Maine State Music Theatre is a professional summer theatre celebrating its 62nd season of Broadway quality musicals at the Pickard Theater on the Bowdoin Campus in Brunswick, Maine. More information and details at www.msmt.org or email auditions@msmt.org.

MCPKids! Announces cast of Disney's High School Musical Jr.

Disney Channel's smash hit movie musical is coming to life on the Monmouth Community Players stage in Disney's High School Musical Jr. Troy, Gabriella and the students of East High must deal with issues of love, friends and family while balancing their classes and extracurricular activities. The show's infectious, danceable songs are sure to engage performers and audiences alike.

It's the first day after winter break at East High. The Jocks, Brainiacs, Thespians and Skater Dudes all find their cliques. Basketball team captain and resident jock, Troy Bolton (Taylor Suth-

erburg), discovers that the brainy Gabriella Montez (Makenzie Finnegan), a girl he met singing karaoke on his ski trip, has just enrolled at East High. The couple cause an upheaval when they decide to audition for the high school musical, ruffling the delicate feathers of Sharpee and Ryan Evans (Sam Melquist and Shawn Jimenez), East High's reigning divas. Although many students resent the threat posed to the "status quo," Troy and Gabriella's alliance might just open the door for others to shine as well.

The cast is made

up of many area talented youth, including: Trekk Skeate, Josie Charland, Emily Carlton, Josh Alford, Ben Fleury, Miller Pelkey, Brock Rancourt (Chad u/s), Caroline Corgan, Audrey Tucker, Penelope Russell, Emma Sutherburg, Cohen Pelkey, Addison Boisvert, Lauren Burnham, Hannah McAdam (Sharpee u/s), Mila Barnes-Bukher, Nick Harper (Ryan u/s), Riley Fyfe, Mia Nagy, Ava Degen, Amelia Betts, Juliann Fylstra, Haven Desrosiers and Londen Gustafson. The Cast is rounded out by three

See Musical, page 12

Dad's Place Catering Division

Weddings • Reunions • Corporate Events & More

Professional service at an affordable price!

No job too big or too small!

Call Today for a Free Quote:

207-345-9009




DadsPlaceCatering.com

Cyndi's Dockside Restaurant

Winter Hours - Wednesday - Sunday

Appetizers, Soups, Award Winning Chili, Maine Lobster, Salads, Lobster Rolls, Seafood, Sandwiches, Pizza, Steak, All Natural Burgers, Kid's Menu, Gifford's Patriots "Dough Your Job" & Much More!

Every Friday Night Prime Rib!

Local's Night is Back! Every Thursday!

75¢ Wings! - 2nd adult beverage 1/2 price!

Trivia, Open until the end of the Football Game!

The Friendliest Staff Anywhere!

(207) 998-5008

www.dockside.me

723 Maine Street

Poland Spring, Maine 04274

Casco FCU raises \$7,000 for Gorham food pantries



Casco Federal Credit Union employees Patty Kenney and Sam Bell dropping off a donation to the Standish Food Pantry.

Combatting hunger at the local level is a cause near and dear to the hearts of Casco Federal Credit Union's staff. Food insecurity is an ongoing issue for many Maine families. One in seven Mainers struggles with hunger and Maine is ranked twelfth in the nation for food insecurity. That's why each year Team Casco takes an active part in Maine's Credit Unions' Campaign to End Hunger.

In 2019, Casco FCU raised \$7,000 for Ending Hunger. Those funds will be donated directly to the Gorham and Standish Food Pantries, who serve hundreds of local families in need. "Each year we are touched by the generosity of our credit union members," says Marketing & Sales Director, Kelsey Gillespie. "Whether it's buying a treat during



Casco Federal Credit Union employees Patty Kenney and Marion Cerino with donations from our Annual Thanksgiving Food Drive.

a branch bake sale or participating in our Annual Motorcycle Ride,

our community always steps up in a big way. We are very lucky to

work with so many community members who embody the credit union philosophy of 'people helping people.'"

In addition to fundraising, Casco FCU also collects non-perishable items for the food pantries year-round. Donations can be dropped off at one of their two locations in Gorham at 375 Main Street or 393 Ossipee Trail. For more information on upcoming Ending Hunger Events at Casco FCU, vis-

it their website www.cascofcu.com or follow them on social media.

Grant to help people with ALS In Maine



The ALS Association Northern New England Chapter is pleased to announce a new grant program, The Paul LaRochelle Quality of Life Grant Program, which seeks to reduce the financial burden of ALS for those with the disease and their families. The fund is supported by an anonymous donor in memory and in honor of Paul LaRochelle who passed away in April 2018 after being diagnosed in 2017.

Paul was the oldest of 6 children, growing up in Lewiston, Maine. As an adult, Paul studied and became a civil structural engineer, work that he absolutely loved. When Paul was diagnosed with ALS, his large family of brothers, sisters, parents, aunts, uncles and children rallied around him to care and support him on his journey. Realizing that not everyone has that support structure that Paul had, this Quality of Life Grant program became very important to the family, named to honor Paul and his family.

ALS is a progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. Eventually, people with ALS lose the ability to initiate and control muscle movement, which often leads to total paralysis and death within two to five years of diagnosis. Studies estimate that it takes nearly \$250,000 a year in out of pocket expenses to care for someone with ALS.

"The financial burden of ALS is relentless for families, due to ever-changing physical, mental and emotional needs," says Executive Director, Mauret Brinser. Many of these needs are not covered by insurance. Or, they are so immediate in nature, people cannot wait for outside assistance and the family takes responsibility for meeting them."

This Paul LaRochelle Quality of Life Grant Program will provide financial assistance for expens-

es that are not traditionally covered by private insurance, Medicare or Medicaid. In addition, families can request funding for support such as respite care, home modifications or transportation.

Applications will be accepted and processed as they are received, and awards granted until funds are no longer available each year. Grants will be awarded during two periods; February 1 through July 31 and again August 1 through January 31.

For more information, please contact Amber Stalker at astalker@alsanne.org or at (603) 226-8856.

The ALS Association is the largest private funder of ALS research in the world. The Association funds global research collaborations, provides assistance for people with ALS and their families through our nationwide network of chapters and certified clinical care centers, and advocates for better public policies for people with ALS. The ALS Association builds hope and enhances quality of life while urgently searching for new treatments and a cure. For more information about The ALS Association, visit our website at www.alsa.org

The ALS Association Northern New England Chapter was founded in 1999 to serve the needs of those living with ALS and their caregivers in the states of Maine, Vermont and New Hampshire. Our mission is to discover treatments and a cure for ALS and to serve, advocate for, and empower people with ALS to live their lives to the fullest. We have made a difference in the lives of people with ALS and their families for nearly 20 years, coordinating services with care and compassion ensuring that individuals receive the highest level of support possible to maintain their dignity and independence. Learn more at www.alsanne.org.

Recovery in Maine Short Films & Community Discussion

Special Guest: Governor Janet Mills

February 24
5pm reception / 6pm films / 7:15pm discussion
8pm Narcan training

Hannaford Hall, University of Southern Maine
88 Bedford St, Portland

What does it mean for our community to be recovery ready?

Maine is one of the states hardest hit by the nation's ongoing opioid crisis, but people across Maine are working on the frontlines of this epidemic, saving lives, raising awareness, and developing new solutions. Join us for a community forum featuring individuals in recovery, treatment providers, and other local and state leaders.

Light refreshments provided | Free Parking after 5pm
RSVP online: bit.ly/RecoveryInMaine

PRESENTED BY



Kickboxing

Continued from page 1

easily based on an individual's skill and fitness level. The most important component of a kick-

weight exercises, and light-weight/high-rep sets using free weights) and anaerobic training (high-intensity-interval-training HIIT).

Regardless of who you are, what you do, and what your goals are, a well-designed and expertly delivered kickboxing training program is a wonderfully effective and efficient way to improve your health and fitness. Whether you are an elite athlete looking for an effective cross-training program, a working Mom in need of a quick and effective way to stay fit, or a patient with Parkinson's looking for an effective way to battle the effects of the disease, kickboxing could be your answer!

If you are determined to achieve improvement in your health & fitness, regardless of your age, sex, current physical fitness, or restrictions, the sport of kickboxing is tough to beat and accessibility to quality programs delivered with expertise continues to grow right here in Southern Maine.

Come to 9Round Fitness, 109 Main St, Gorham, to learn more!



Jackie Harris - Member



Maria Camp (Member) with Joe "G.I. Joe" Davenport (Trainer)

why all of this is relevant to you, the average person who simply wants to increase their health and fitness? Here's why: kickboxing utilizes training regimens that can be achieved with simple pieces of equipment and that can be adjusted

boxing training program is the trainer, who skillfully designs workouts to challenge and advance the athlete. These workouts include aerobic training (cardio), resistance training (achieved primarily through striking heavy bags, body-



Logan Provencher - Member / Trainer

Baxter

Continued from page 1

Unicorn Party, craft our unicorn horns, and frost our unicorn cupcakes! YAY!!!!

Baxter Digs Reading: 3:30 to 4:30 p.m. Baxter Memorial Library is pleased to have our friend Baxter available again! Baxter is a Standard Poodle Therapy Dog who loves to be read to! He will be visiting the library the first and third Tuesday of the month. Call (222-1190) or visit the library to sign up for your 15 minute slot to read to Baxter.

Wednesday, February 19:

Chewonki Presents Fur, Feathers, and Feet-Free: 10 to 11 a.m. Open to all ages. Due to overwhelming interest we will be offering tickets to reserve your spot at this event. Tickets will be available to the public starting Saturday, February 15 and will be handed out on a first-come, first-serve basis. Participants handle and examine beak, foot, and feather specimens to get a closer look at each animal's special adaptations. Chewonki's Mallard duck and a live, non-releasable mammal bring these ideas to life!

Thursday, February 20:

Book club: 10 a.m. Join us for a discussion of The Night Olivia Fell by Christina McDonald.

Ball Point Pen Art with Kevin Hawkes: 11 a.m. to 12 p.m. Registration required, ages 11 to 18 welcome. Learn how to render almost anything using a ball point pen! In this class, professional illustrator, Kevin Hawkes, will demonstrate how to render virtually anything using a simple ball point pen.

From Dragons, to realistic portraits, to still life subjects, Mr. Hawkes will show you a simple technique that will allow you to bring your drawings into fully rendered finished form. Please call 222-1190 or stop by the library to sign up. No need to bring anything other than a small sketchbook if you have one. The library will have plenty of photocopy paper if you need paper. Also provided is a pencil, eraser, and a medium black ball point pen (gel pens, felt tips or sharpies won't work with this technique).

Friday, February 21:

Giant Candy Land: 10 a.m. to 3 p.m. For all ages! Drop in to play a rousing game of giant Candy Land!

Tuesday, February 25:

Preschool Discovery Time: 9:30 to 10:15 a.m. For ages 3 to 5. All of our Discovery Times are designed to introduce children to books and libraries in a positive and enjoyable way. We use stories, music, and movement to present and enhance early literacy skills and foster a love of reading. Every week we offer 3 different age-specific programs and one all-ages music program. *Discovery Times are not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

Wednesday, February 26:

Baby Discovery: 9:30 to 9:50 a.m. For Infants through 18 months. All of our Discovery Times are designed to introduce children to books and libraries in a positive and enjoyable way. We use stories, music, and movement to present and enhance early literacy

skills and foster a love of reading. Every week we offer 3 different age-specific programs and one all-ages music program. *Discovery Times are not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

Music Fun with Mr. Jeff: 6 to 6:30 p.m. For infants to 5 years old. Explore a fun way to develop early literacy skills in young children with music, dancing, and stories. Geared toward ages from birth to 5 but open to all. *Music Fun with Mr. Jeff is not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

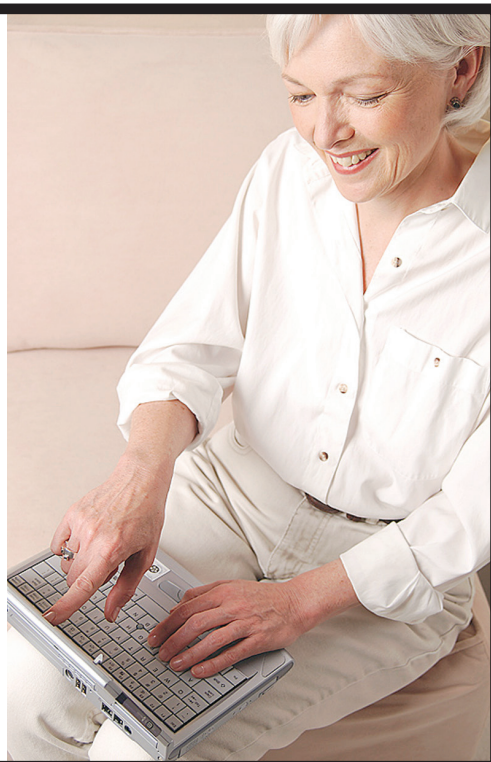
Thursday, February 27:

Toddler Discovery Time: 9:30 to 10 a.m. For 18 months through 3 years old. All of our Discovery Times are designed to introduce children to books and libraries in a positive and enjoyable way. We use stories, music, and movement to present and enhance early literacy skills and foster a love of reading. Every week we offer 3 different age-specific programs and one all-ages music program. *Discovery Times are not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

Sewing Club: 2:30 to 4:30 p.m. Learn to sew. A variety of textile techniques and projects will be explored. Children aged 7 & up are welcome to attend. Children under 8 years old must have a parent or other caregiver, over age 14, in attendance to help with the program as needed. This activity has open registration; come when you can and leave when you must.

Accurate Reporting, Right at My Fingertips!

e-Subscribe for FREE GorhamWeekly.com



The Gorham Municipal Center, Administrative Offices, Recreation Office and Baxter Memorial Library will be closed on Monday, February 17th in observance of Presidents' Day.

Sports

Continued from page 2

in the sport. He won several national karate championships fighting, in forms, and on teams. His first national championship came in 1980 when he won the heavy-weight title. Fournier also won forms. A year later, he was on the national championship team in forms and qualified for the U.S. National Team. Fournier was on that team for seven years and earned silver medals in national and European championships. Fournier grew up in the family that owns Portland's iconic Tony's Donuts and he owns Fournier's Leadership Karate.

Ninety-one-year-old Merle Hallett is a champion sailor who has raced and won all over the world, including the Ensign Nationals. He won his class at a number of prestigious events, including the Bermuda Races, Block Island Race Week and our own Monhegan Race, which he has competed in more than 30 times. Hallett also founded the Gulf of Maine Ocean Racing Association and co-founded the MS Regatta, which has raised more than \$3

million for the National Multiple Sclerosis Society. He was the long-time owner of Handy Boat and the Galley Restaurant.

Lisa Kuronya Coombs took up boxing for exercise. Soon, her goal was to compete in 10 matches. Now, she has a world championship and five national titles, as well as numerous regional and state crowns. Coombs' greatest contribution to sport may have come in front of a different kind of judge. In 2007, she and the Portland Boxing Club filed suit against USA Boxing, alleging discrimination against women at the national level. USA Boxing settled the suit and agreed to provide expenses and accommodations for women that are equal to men at national events.

Rumford's Marty Milligan won both the Fitzpatrick Trophy as the state's top high school football player and the Vinal Trophy as the MVP of the Western Maine High School Basketball Tournament. The two-way starter at Rumford played quarterback and linebacker and was top 10 in his class. He turned down 30 full scholarships at schools such as Syracuse and Wake Forest and was a

three-year starter at defensive end at Dartmouth College. He later earned his MBA at the Kellogg School of Management (Northwestern University), before beginning a successful business career. Milligan was a founder of Carrabasset Spring Water and president of Global Sports Connection, which identifies athletes worldwide who want to continue their careers at U.S. colleges.

Don Richards amassed an amazing dual-meet record of 903-88-5 in his 41 seasons as a head swim coach. In 30 years at Cape Elizabeth High School, his teams went 727-86-3 in dual meets and captured 20 Southwestern Championships and 11 state titles. The Capers also were state runners-up 15 times. Richards coached Tampa Preparatory School to a 176-12-2 record and won three regional championships in Florida. Along the way, he guided 68 Academic All-Americans and 15 Swimming/Diving All-Americans. In 1990, Richards was featured in Sports Illustrated and in 1991 the Cape Elizabeth swimming pool was named the Donald L. Richards Community Pool in his honor.

Master Maine Guide Carroll Ware is perhaps Maine's preeminent fly fisherman, having set 52 world fishing records, according to the National Fresh Water Fishing Hall of Fame. His catches include several species, on various weight lines and tippets. He and his wife, Lila, also a Master Guide, have run Fins and Furs Adventures for 32 years. They lead trips in Maine, Quebec and Chile, looking for world-class fishing experiences. The great promoters of the state run several Maine Guide Training Schools each year which prepare students for careers in the outdoors.

Lindsay Whipple Kallas is one of the greatest tennis players Maine has ever produced. She lost a match in a state semifinal her first year at Falmouth High School and won her other 80 matches. She captured three straight state singles championships and led Falmouth to its first team title in 1983. Kallas was MVP three times, All-State and All America. At Bowdoin College, she was an All-American, playing No. 1 and earning the state singles and doubles championships as a first-year. She led the Polar Bears to a state title as well. Kallas became the first Bowdoin student-athlete to compete in the NCAA National Tournament. She transferred to the College of William & Mary, where she again was No. 1 and led the squad to No. 1 in the East and into the top 25 nationally. Kallas won two conference titles and was twice an All-Colonial Athletic Association selection. After college, she played professionally. She's currently rated at a high level, 5.0 in Women's Singles.

Quartets for hire on Valentine's Day



Heart & Soul pictured quartet l-r: Anne Danforth, Dotti Meyer, Sue Staples and Cathy Anderson.



Windsong quartet pictured l-r: Tina Barker, Nancy Bosse, Nancie Hugenbruch and Blythe Edwards.

Love is in the air... even though, baby it's cold outside! Two quartets from Maine-ly Harmony's Barbershop Chorus are ready to brave the weather to seek out your loved one with a love song and a long-stemmed red rose, courtesy of Augusta Florist, on Friday, February 14.

Just call Lea at 622-1273 (email leadavis@roadrunner.com) or Betty at 626-0225 (email bavener1937@gmail.com) to learn more about booking a Singing Valentine, for a donation of \$35, delivered to your special person this year—we've got songs for your mom or dad or friend, as well as your sweetheart!

Maine-ly Harmony is a non-profit organization that assists charities with their fundraising and entertains our Maine veterans and our elderly in nursing homes throughout throughout the year.

Sealcoating • Hot Rubber Crack Filling
New Installations • Concrete
Reclaimed Asphalt • Loam

Our premium grade sealer inexpensively
adds years of life!

Protect your investment with our
wide range of products!

Roadmark Industries

Mike Willett • 143 Pleasant Street • Auburn

(207) 240-5535



If you're using a
home based phone
for your business
it's time to upgrade
to a business phone.



Find out how a business
phone can save
you money and help
your business run smoother.

Call today for a demonstration!



Buck Buchanan
A+, MCP Certified Technician



PROFESSIONAL
COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us

We Love Gorham 2020 event



In the fall of 2016 an idea percolated in the mind of a local pastor: What would it look like to have a crowd of people from local churches and around the community join together for a day of service and acts of kindness for the good of Gorham? He found that thought exciting. So,

from the schools, because the visible “big ticket item” was accessible zip lines installed at each of the three elementary schools. Some came because they were brought by a neighbor. Most lived in Gorham, but some came from away (word gets around). It was hot, sweaty work, but the



big dreams? Why did a crew sweat through an unusually hot April vacation alongside school facilities personnel, dig-

love the people who live here. It is an attempt to love a neighbor, perhaps one who lives close by, but also the one on the other side of town.

When we meet at the playground, we are reminded that we are neighbors. If we can do good for another, especially one who has a particular disadvantage or disability, isn't that what we should do first? This is love. We Love Gorham is a cooperative event designed to join volunteers together to serve our community. The 2019 event took place on June 29 and consisted of various projects across the town of Gorham. We Love Gorham 2020 will be held on June 27.

The 2019 partners were Cressey Road United Methodist Church, Summit Community Church, Galilee Baptist Church, Child Evangelism Fellowship, Young Life and The Navigators.

Photos from We Love Gorham 2018.



beginning in October a group of people began meeting, at his invitation, to think and dream and pray that it might really happen.

On June 17, 2017, it did! Over 400 people gathered and served. Some came from Gorham churches, whose members worked hard to organize things. Some came

smiles on faces communicated joy, especially from those children for whom playgrounds are mostly not usable because of disability.

Why did we work all those months, hashing out details, wondering if it would work, running into roadblocks, wondering if enough people would come to accomplish our

ging holes and wrestling concrete curbing? Because we love Gorham. And it's not just that we like living here, with nice neighborhoods and great playgrounds. Ultimately, when we say we love Gorham, we mean that we



Browntail

Continued from page 1



Browntail moths' nest

nest form a few days later. This also makes the work safer and faster. Browntail rashes are no joke. They itch and burn and last for a week or more. Kids get them in the summer by innocently playing with the fuzzy caterpillars, and arborists often get rashes even with proper equipment and clothing. Removing these nests in the winter means that arborists can avoid the risk of rash too.

There are many benefits of winter tree maintenance, such as better visibility, slow sap run which means less damage to the tree, and less damage to the fall area below, helping to preserve the integrity of your lawn. Nest removals are also most effective when done in the winter. Browntail moth nests are less expensive to remove in the winter and winter removal is much more effective at eradicating the pests.

Visibility is the key to this process. During the winter, homeowners should be taking inventory of their trees. Foliage is gone and your trees are bare, this is prime opportunity to take a look at your trees and understand what they may need. Taking note of the nests on your trees now, may save you having to remove the tree in a few years. The best way to protect your property from browntail moth infestations is to catch it early. Get the nests removed in the winter, when you can be sure that there will be no escaping caterpillars

that can survive. Winter pruning of the branches that hold the nests are also better for the tree. Trees tend to be healthier when pruned while their sap flow is slow. The high visibility also allows for the arborist to prune the least amount necessary to remove the nest, which saves the integrity and visual appeal of your tree.

Tree health is important to the value of your property and should be maintained just as you maintain your gardens and landscaping. Trees that add visual appeal to your house, or trees that are within fall radius of your house should be evaluated first. Browntail moth nests are ugly, and if they are on trees that are within falling radius of your home, could potentially lead to rashes.

207 Landscaping/Tree serves Gorham and the surrounding areas. The owner is a Maine Licensed Arborist and is active within the Gorham community. Both our landscaping team and our tree team have years of extensive service within the industry and are committed to our customers.

Our reputation is our foundation. We make every effort to stay up to date on industry standards and are committed to providing new solutions for our customers' needs.



Award

Continued from page 4

NRCM Rising will celebrate and honor the Brookie Award winners at a major gala event in Spring 2020 that will feature short, inspirational speeches from each awardee. Online videos will also be produced to feature the unique perspective and voice of each winner.

"I am most looking forward to finding out everything we can learn from the diverse perspectives, creativity, and fresh approaches the Brookie winners bring to their environmental work," said NRCM Rising Leadership Team Member Erin Walter. "I hope every young environmental leader in Maine applies today!"

A group of external experts will be convened by NRCM Rising to evaluate Brookie Award nominees based on the following four criteria: Outstanding leadership in creating, organizing, and implementing a project or campaign to protect or improve Maine's environment; Turning individual passion into collective action related to the protection or improvement of Maine's environment; Creativity, collaboration, and persistence in bringing new ideas to existing challenges, introducing new approaches to organizing others, or determination to prevail in the face of obstacles.

The Brookie Awards is made possible by the early partnership of the Quimby Family Foundation. To learn more about the Brookie Awards visit <https://www.brookieawards.org/>.

NRCM Rising is a community of individuals in their 20s, 30s, and into their 40s who are committed to the protection of the nature of Maine. The group is affiliated with Maine's leading environmental advocacy organization, the Natural Resources Council of Maine. Connect with NRCM Rising on Facebook or learn more on the NRCM Rising website.

Husson

Continued from page 7

campaign is responsible for helping to shape the future of this institution and our students."

For more than 120 years, Husson University has prepared future leaders to handle the challenges of tomorrow through innovative undergraduate and graduate degrees. With a commitment to delivering affordable classroom, online and experiential learning opportunities, Husson University has come to represent superior value in higher education. Our Bangor campus and off-campus satellite education centers in Southern Maine and Northern Maine provide advanced knowledge in business; health and education; pharmacy studies; sci-

ence and humanities; as well as communication. In addition, Husson University has a robust adult learning program. According to a recent analysis of tuition and fees by *U.S. News & World Report*, Husson University is one of the most affordable private colleges in New England. For more information about educational opportunities that can lead to personal and professional success, visit Husson.edu.

Musical

Continued from page 7

adult members: Amy Hamlin as Ms. Darbus, Patrick Hamlin as Coach Bolton and Bre Allard as Ms. Tenny. Leading this strong cast is director Danny Gay and assistant director Zach Hodge. Also on the team are: choreographer Ashley Hodgkin, stage manager and dance captain Ashleigh Dunham, music director Josie French, producer Bre Allard, and Ann Fairchild and Nancy Kenneally as the costume team.

The show will run Friday, February 21 at 7 p.m., Saturday, February 22 at 2 p.m. and 7 p.m., and Sunday February 23 at 2 p.m. The understudies will be performing for the afternoon performance on Saturday. Tickets cost \$10.00 for adults and \$5.00 for students and are available through the theaters website at www.monmouthcommunityplayers.org

The Harlow presents "Maine Flora: Three Views"



Julia Einstein, "Rhododendron", oil on canvas



Kathryn SB Davis, "Winter Opening", color photograph



Laura Dunn, "Flower Power", monoprint

The Harlow presents "Maine Flora: Three Views", a three-person exhibition featuring Kathryn SB Davis, Laura Dunn, and Julia Einstein. The exhibition is on view February 28 through March 28 at 100 Water Street in Hallowell. Join us and meet the artists at the opening reception and artist talk on Friday, February 28, 5 to 7 p.m. The trio have a shared interest in the regional art scene, as well as in each other's work.

"Our goal is to invite viewers into an artful investigation into the flora of Maine. We will share how we documented our explorations, inspirations, process, and surprises as this will be a critical part of exhibition experience."

Each artist works in three different media, painting, printmaking and photography, and will each create a body of work inspired by the flora of Maine. This subject will be handled differently: from a

Zen practice, a study in exploration, to "flower portraits." The exhibition will be the result of a collaboration in studio practices. The process of making will also be on display.

In her contemplation on impermanence, Kathryn SB Davis has spent hundreds if not thousands of hours exploring those places and moments where beauty comes into being and passes away. In each image, the artist aims to capture some small still point and intentionally allows the rest of detail to soften, suggesting motion of change however large or small in the subject.

Laura Dunn creates multiples of modern botanicals. Her process is of investigation into and experimentation with a shape drawn from life and repeated, repositioned, and changed by chance. She uses the medium of printing, as well as ceramics, to explore the simple within the

complex. It is both an intuitive and fantastic way to understand nature.

Julia Einstein makes paintings as if walking into a garden room with an artist's eye onto nature in vivid compositions, elegant arrangements, and painterly surfaces. The artist refers to these paintings as "flower portraits" as the flowers sit as if on a stage for a quick capture of a flower's gesture & bouquets with a bit of wildness, arranged for dramatic effect.

In conjunction with the exhibit the Harlow is also hosting a workshop on Saturday, March 14, from 10am-1pm: "Behind the Scenes with Maine Flora: Three Views". Join us for an immersive, inspirational, and educational session with Kathryn SB Davis, Laura Dunn, and Julia Einstein, the artists behind Maine Flora: Three Views. During the *See Harlow, next page*

Get younger looking skin today



The newest technology in skin rejuvenation

Microdermabrasion & Pure Oxygen Blast
Ultrasound & Microcurrent Lift with Light Therapy
Peptide & Stem Cell Infusion

- Anti-Aging
- Fine Lines
- Wrinkles
- Acne & Rosacea
- Pigmentation
- Sagging Skin
- Tightening
- Muscle Toning

Healthy Beauty
Wellness Spa

Schedule your OxyLight Therapy session TODAY. (207) 333-3235

MARCAL PAPER

Lung Cancer • Other Cancers

Special trusts have been set up by vendors and suppliers of the Marcal Paper mill to pay asbestos victims:

If you ever worked at the Marcal Paper mill before 1982 you may have been exposed to **asbestos** - and not even know it. You could be entitled to multiple cash settlements without going to court, filing a lawsuit, or even leaving your house.

If you ever worked at the Marcal Paper mill, and have been diagnosed with **Lung Cancer (even if you are a smoker)** - or Esophageal, Laryngeal, Pharyngeal, Stomach, Colon, Rectal Cancer or Mesothelioma, or know someone who died from one of these cancers, call

1-800-478-9578

Free Claims Analysis



www.getnorris.com/asb
Nationwide Service

Birmingham, Alabama attorney Robert Norris helps injured claimants, nationwide, collect cash benefits from Asbestos Trusts. "No representation is made that the quality of legal services to be performed is greater than the quality of legal services performed by other lawyers."

Thursday, Feb. 13

Toddler Discovery Time at Baxter Memorial Library, from 9:30 to 10 a.m. For 18 months to three years old. *Discovery Times are not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

Sewing Club at Baxter Memorial Library, 2:30 to 4:30 p.m. Learn to sew! A variety of textile techniques and projects will be explored. Children under 8 years old must have a parent or other caregiver, over age 14, in attendance to help with the program as needed. Come when you can, leave when you must!

Friday, Feb. 14

Food for Thought speaker Gloria Varney presenting "The Perception and Reality of our Food" in room 170 of USM/LA college, at 11:30 a.m. If you have questions, please call (207) 753-6610.

Saturday, Feb. 15

'Love is in the Air' 4th annual Sacred Heart Cabaret Night at Sacred Heart Church Parish Hall, located at the corner of Minot and Western avenues in Auburn, starting at 7 p.m. Tickets are \$15, purchase by calling the parish office at (207) 782-8096. Refreshments including beer and wine will be available for purchase.

Stanton Bird club learn to identify tracks of animals. Meet at Staples, Lewiston at 8 a.m. Walk last till 11 a.m. Call Steve Reed, trip leader, at 207-319-6630 for more information.

Johnny Ater and Friends at Chocolate Church Arts Center at 7:30 p.m. Tickets are \$15 advance or \$17 at the door and can be purchased online at www.chocolatechurcharts.org or by calling 207-442-8455.

Tuesday, Feb. 18

Unicorn Party at Baxter Memorial Library, from 10 to 11 a.m. For all ages! Join us for a Unicorn Party! We will read the book Unicorn Party, craft our unicorn horns, and frost our unicorn cupcakes! YAY!!!!

Baxter Memorial Library is pleased to have our friend Baxter available again! Baxter is a Standard Poodle Therapy Dog who loves to be read to! He will be visiting the library the first and third Tuesday of the month. Call (222-1190) or visit the library to sign

Calendar

Send your submissions to the Editor. More online.

up for your 15 minute slot to read to Baxter.

Wednesday, Feb. 19

Chewonki Presents Fur, Feathers, and Feet-Free at Baxter Memorial Library from 10 to 11 a.m. Tickets required, open to all ages. Tickets available to pick up at library, first come, first serve.

Thursday, Feb. 20

Book club at Baxter Memorial Library at 10 a.m. Join us for a discussion of The Night Olivia Fell by Christina McDonald.

Ball Point Pen Art with Kevin Hawkes at Baxter Memorial Library from 10 a.m. to 12 p.m. Registration required, ages 11 to 18 welcome. Learn how to render almost anything using a ball point pen! Please call 222-1190 or stop by the library to sign up.

ATRC Policy Committee meeting at 10 a.m. AVCOG.

Author Talk by Annette Dorey about "Maine Mothers Who Murdered, Doing Time in ME State Prison, 1875

- 1925." At Durham Historical Society, Eureka Community Ctr, 6:30 p.m. All welcome.

Great Falls forum with Frances Eanes at the Lewiston Public Library in Callahan Hall from 12 noon to 1 p.m. Admission is free. Bring your own bag lunch. Coffee, tea and bottled water available. For more information contact the Lewiston Public Library at 513-3135 or LPLReference@gmail.com.

Shana Youngdahl book signing at Portland Public Library at noon. Shana Youngdahl, University of Maine at Farmington assistant professor of English is author of "As Many Nows As I Can Get".

Harlow

Continued from previous page

workshop the artists will share inspiration with the group, giving demonstrations and delving into the creative process behind the body of work on display.

This Springtime workshop coincides with

the season of growth, both in the physical and inner worlds; it serves as an opportunity to connect and engage on a more in-depth level art and the process behind it. The group will go behind-the-scenes of the artists' creative process and come away with fresh perspectives and inspiration for future projects. It will be a small group, limited to 12 participants with lots of opportunity for creative conversation and questions. Participants are encouraged to bring a sketchbook or notebook and to take photos.

Learn more and register for the workshop here: <http://harlowgallery.org/workshop-behind-the-scenes-with-maine-flora-three-views/>

The Harlow is a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists and community in downtown historic Hallowell since 1963. Exhibitions are always free and open to the public. Hours are Wednesday through Saturday noon to 6 p.m. For more information please visit harlowgallery.org or call 207-622-3813.

The Harlow is supported by the City

FLAGSHIP CINEMAS

February 14th through February 19th

DOORS OPEN AT:
11:30 am

AUBURN

746 Center Street

Auburn Movie Hotline — 786-8605

Downhill (R).....	12:20	2:35	4:45	7:25
.....				9:30
Fantasy Island (PG-13).....	1:10	4:10	7:20	9:50
The Photograph (PG-13).....	1:30	4:30	7:05	9:40
Sonic The Hedgehog (PG).....	12:00	2:20	4:40	7:00
.....				9:20
Bad Boys For Life (R).....	12:50	3:50	6:45	9:30
Dolittle (PG).....	12:10	2:30	4:50	7:15
.....				9:35
1917 (R).....	1:00	4:00	6:55	9:45
Jumanji: The Next Level (PG-13).....	12:30	3:30	6:35	9:25
Frozen 2 (PG).....	1:20	4:20		
Birds Of Prey (R).....	12:40	3:40	6:40	7:10
.....				9:10
.....				9:40

of Hallowell, Dirigo Capital Advisors, Kennebec Savings Bank, the Roxanne Quimby Foundation and by our members. 2020 Season Sponsors are Camden National Bank, Capitol Dental Care, Chris Walters Productions, Great Gatherings, Eaton Peabody Attorneys at Law and Scrummy Afters Candy Shoppe. Programming is funded in part by the Maine Community Foundation, the Margaret E. Burnham Charitable Trust, and by a Partnership Grant from the Maine Arts Commission, an independent state agency supported by the National Endow-

ment for the Arts.

CMCC

Continued from page 1

a survey that revealed that food insecurity was an issue and that some students were missing important meals. In collaboration with CMCC administration, chapter members have increased awareness of this issue on campus and have begun gathering non-perishable foods for distribution. Going forward, Alpha Phi Xi plans to ensure that free snacks and sandwiches are more readily available to CMCC students in need.

Word Search

After finishing a great weekend ice fishing up on Moosehead Lake this seems to be the perfect time for this topic

Ice Fishing

N	E	W	R	I	E	U	T	R	A	P	S	L	O
R	K	C	A	H	S	P	A	P	B	O	G	O	O
A	K	S	S	T	T	O	S	T	L	E	M	S	R
S	E	A	E	S	G	W	U	D	L	R	M	I	T
G	E	C	D	E	L	S	G	O	D	A	L	E	G
M	R	S	G	T	E	K	C	U	B	T	I	A	B
M	O	H	I	E	S	D	T	L	B	R	K	O	G
I	R	S	O	U	N	D	E	R	E	H	R	R	N
S	H	I	N	E	R	S	E	F	L	A	G	S	G
J	T	E	K	S	A	B	E	S	E	T	D	G	R
R	R	E	R	E	M	M	I	K	S	L	L	E	S
H	S	K	S	N	O	W	M	O	B	I	L	E	R
T	G	G	I	J	R	M	S	I	R	E	G	U	A
S	R	E	P	E	E	R	C	E	L	M	E	E	G

- SOUNDER
- SKIMMER
- DOG SLED
- JIG
- SHACK
- BAIT BUCKET
- SNOWMOBILE
- BASKET
- LEADER
- SHINERS
- SMELT
- AUGER
- FLAG
- CREEPERS
- TRAP

What topic would you like us to do a word search on? Email us!

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Auburn • Madison • Norway
AustinPA.com
Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

FREE DELIVERY L/A

777-1520
www.sweetpeafloraldesignsme.com

PHOTOGRAPHY



portrait_{efx} of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372
maine@portraitefx.com
www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries

Dan & Don Poisson
dfpoisson@aol.com
260 S. Main St., Auburn • 782-9144

MASONRY

Jason Hodsdon Masonry

Chimneys • Chimney Cleanings
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners

We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

PRINTING



evergreen
custom printing
SINCE 1984

Locally Owned

(207) 782-0525 phone
(207) 782-2327 fax
63 Broad Street • New Auburn, ME 04210
e-mail: info@evergreencustomprinting.com
web: www.evergreencustomprinting.com

- PRINT
- COPY
- FAX SERVICE
- DESIGN SERVICES
- VARIABLE DATA
- BINDERY
- INVITATIONS
- LETTERHEAD
- ENVELOPES
- BUS.CARDS
- LABELS & TAGS
- UPS

CD'S

Discover The Truth About CDs!

CD Interest Rates Are At An All Time Low.
There IS A Safe, Guaranteed Alternative To
Increase Your Income.

Call now for a FREE Guide:
**"10 Secrets Your Banker Doesn't
Want You To Know"**

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY MerCruiser
OMC
VOLVO PENTA
Perkins
YANMAR Velvet Drive

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE

AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325



CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychiro.me.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



Shipping
Packing
Receiving
Copies
Fax Service
Mailbox Rentals
Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

UPS UNITED STATES POSTAL SERVICE FedEx DHL

9 N. River Road in Auburn ~ www.AuburnGoinPostal.com ~ 784-9900

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS
Custom Building & Remodeling

Call Tyler 500-8100
Finish Carpenter
Quality Work with References Available

Call 207-500-8100
For FREE Estimates

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

LIKE US ON facebook (207) 212-5993
LauraElainesPhotography@gmail.com
www.facebook.com/LauraElainesPhotography

YOUR AD HERE

*Want to be part of our
business directory -
with a heading specific
to your industry?
Call 558-8488 or email
Laurie@Gorhamweekly.com*

Classified Ads

BOOKS

"To College or Not to College" is the question and this book has the answers. Check it out: www.authorcaseybell.com.

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: www.authorcaseybell.com.

Closing Artios Books. Everything 50% off. Final Sale. Over 100,000 books to choose from. 180 Turner Street auburn. 786-4007. All topics, vintage, new, classic, manga, fiction and nonfiction. Last chance! Open Tuesday through Friday 9:30 to 5:15 and Saturday 9-5.

BUSINESSES FOR SALE

Working small engine/ outdoor Power equipment business. Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

FOR RENT

Warm Weather Is Year Round In Aruba. The water is safe, and the dining is fantastic. Walk out to the beach. 3-Bedroom weeks available. Sleeps 8. Email: carolaction@aol.com for more information.

FOR SALE

Big Blowout sale at House of Lady Debra's

Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheesecakes sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN? If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

HELP WANTED

Technical Field Manager: Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Employ. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

HOME SERVICES

Organizing your Home or Office Can Be Easy and Fun

I'll bring a fresh outlook and calm positive energy to support your goals. Details of our physical environment affect the way we function. Together we can organize and streamline your space to be optimized for clarity, creativity, and productivity. Reasonable rates. Contact me to start a conversation. K Mae Schares 207-749-9745 kmschares@gmail.com.

INTERNET

COMCAST HI-SPEED INTERNET \$39.99/mo. (for 12 mos.)No term agreement. Fast

Downloads! PLUS Ask about our Triple Play (TV-Voice-Internet) for \$89.99/mo. (lock in 2 yrs.!) Call 1-844-835-5117

PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

SENIORS

In Home Care Visiting Angels - non-medical assistance living. Serving Lewiston/Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/outings. Call for FREE in-home consultation. (207) 740-9100.

LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - APRIL 23 - 29, 2020. Trip includes 6 nights lodging, 10 meals, NEW BIBLE MUSEUM, WWII Memorial, Korean and Vietnam Memorials, Lincoln Memorial, tram ride through Arlington National Cemetary, evening guided memorial & monument tour, admission to Mount Vernon Estates. A \$75.00 deposit is due when signing up. Price is \$759.00 pp double occupancy. ITALIAN VISTAS TOUR-MAY 16-28, 2020-Trip includes 13 days and 17 meals. MACKINAC ISLAND - JUNE 13 - 21, 2020. Trip includes 8 nights lodging and 14 meals, visit to Mackinac Island with a guided Carriage Tour during their Tulip Celebration. Also includes boat ride through Soo Locks, Sault Saint Marie and

Makinaw Crossings with a visit to "Michigan's Little Bavaria". A \$75.00 deposit is due when signing up. Price is \$859.00 pp double occupancy. VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207- 345-9569.

Classified Ads

\$10 PER WEEK
EACH ADDITIONAL WORD 25¢

UP TO **40 WORDS!**

Send payment with completed form to our bookkeeping office: 28 State Street, Gorham, ME 04038 or email it to us!

Card # Visa Master Card 3 digits #

Exp. date ___/___/___ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____



Weekly Social Media giveaways!

Art

Continued from page 6

Parties, coming your choice of venues with all the needed supplies, including table upon request. The cost is \$150 for children's birthday party of 10 (*Add \$15 per additional child) or \$250 for after school and adult groups of 25 (*Add

\$15 per additional child or adult).

DLYN Designs™ - Studio has also provided freelance graphic artist services since 2002. Clients receive personal and friendly customer service/marketing collateral consultation, competitive market rates, exceptional quality, press-ready finals sent to the printer of choice,

and all forms of digital/web files provided with every project. DaraLyn also provides print bidding services for those clients without a printing service established.

The studio also assists Gorham High School students with volunteer hours by providing local businesses with window painting for holiday marketing. "It's providing Gorham businesses with unique advertising but also al-



lowing Gorham's young artists to share their talents through community service opportunities," says DaraLyn. "The

more information, contact DaraLyn at dara-lyn@dlyndesigns.com or 207.332.1342



It's never too young to start exploring with paint. (younger artist painting outside)



Maeve 10th grade painting her own vision.



The MinorBrushes on Wheels, DaraLyn provides Art classes and parties available at venue of choice.



Charlotte Deveau (4th grade) really enjoys art and wants to get better. She created this beach scene by concentrated primarily on the colors of the sunset and the reflection on the water.



Ella (8th grade) capturing perspective and color as she paints her landscape.



Maeve and Megan earn Community Service Hours for high school by painting Dance Studio of Maine's windows through DLYN Designs Studio. It's fun and they are using their talents and strengths helping local businesses.



Sandra age 71 learning to paint on rocks. She chose to give a ladybug a try.



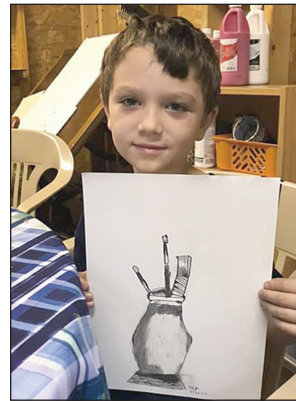
Art Painting party in client's home. One theme different outcomes creates individual creativity.

NEW + IMPROVED UNLIMITED PLANS
 NOTICEABLY FASTER SPEEDS + INTERNATIONAL COVERAGE
 starting at **\$30** /MO.
 with 4 lines

U.S. Cellular
 CHOOSE FAIR

806 Sabbath St., Lewiston, 207-783-3377
 408 Water St., Gardiner, 207-582-3600

Auto Pay/Paperless Billing and credit approval required. Data on the Unlimited Basic Plan may be temporarily slowed in times of congestion, and data may be slower than other traffic. Additional terms apply. See uscellular.com for details.
 Things we need you to know: Customer Service Agreement required. Billing in Missouri/Canada. Pay as you go data when using other plans package allowances. See uscellular.com/terms/international for rates. Unlimited International Text Messaging. Send and receive unlimited international text messages at no additional cost when using your phone within the United States. A Regulatory Cost Recovery Fee (RCRF) applies. This is not a tax or government required charge. Additional charges, taxes, terms, conditions and coverage areas may apply and vary by plan, service and phone. All products, trademarks, trade names and service names are the property of their respective owners. Limited time offer. Prices, plans and terms are subject to change without notice. Limitations and exclusions apply. See store or uscellular.com for details. Store locations listed are owned and operated by an Authorized Agent of U.S. Cellular. ©2020 U.S. Cellular



Ben 1st grader enjoys drawing and wants to learn to make his drawings more realistic. His brushes in his drawing were his favorite.



Julia 9th grade working on her original characters.

business owners love it, and the high school artists build their portfolio and community service hours."

To book art sessions, an art birthday party, photography, or request graphic design services you can find DaraLyn on the web at DLYN Designs.com and on LinkedIn, Facebook, Instagram, and Twitter.

DLYN Designs Studio Art session times are Monday through Thursdays 5 p.m. to 6:30 p.m., closed Friday and Saturday and open Sunday from 1 p.m. to 7 p.m. (by appointment). For



Megan painting a phoenix rising from the ashes.



Molly (2nd grade) loves to paint mountains.