



## Pinky D's Poutine One Year Anniversary Party



Competition Winners Edward Dippilitto (left) and Keith Savnders (right) pictured with Pinky D's founder Randy Smith. Twin City Times photo by Millie Barnard.

On Saturday, February 22, people gathered from all around the community at Pinky D's Poutine and Side by Each Brewing for a fun filled day of poutine eating, beer tasting and door prizes! The door prizes included Red Sox Tickets, Pinky D's swag,

Beech Ridge Speedway tickets, and the ultimate prize of free poutine for a year!

At 2 p.m. five teams competed in a poutine eating competition for \$100 value prize. The five teams were composed of two members given 30 minutes to eat 12 pounds of poutine! The winners, Keith Savnders and Edward Dippilitto (team The Dirty Burger) won, almost finishing their bowl of poutine (less than 2 pounds left!).

Videos of the contest can be found on Twin City Time's Facebook page.

Music for the See **Poutine**, page 8

## Technical support professionals celebrate program completion



Workforce Development Partners congratulated students who recently completed the Technical Support Professional training. Pictured back (l-r): Christina King, WMCA, Barry Magda, CMCC, Allen-Michae, St. Claire, Michael Vigil, Gregory Yates, LAE, and Jennifer Tiner, LAE. (Seated) Craig Record, Evelyn Blake, and Felicien Betu. Photo courtesy of Michael Reagan, LAE.

Five students celebrated the successful completion of Technical Support Professional training, a collaborative program brought together by the Maine Department of Labor/Bureau of Employment Services, Western Maine Community Action, Lewiston Adult Education, Workforce and Professional Development at Central Maine

Community College and Carbonite. The training included a 40-Hour IT Fundamentals Comp TIA Certificate and 80-Hour WorkReady with Keyboarding Certificate to help students prepare for career paths in IT Technical Support. Recognition for training success was held at B Street Community Center in Lewiston. Three students plan to go

on to Carbonite for additional training funded through a WMCA/WIOA sponsored On-the-Job Training program. For more information on educational partnerships and business training opportunities call (207) 753-9096 or visit <https://www.facebook.com/wmca.org>

## USM/LA Senior College spring courses

USM Lewiston Auburn Campus Senior College is pleased to announce the upcoming spring course offerings. There is a wonderful selection of courses in so many areas of interest.

You should be able to find something of interest if you are a Senior (are over age 50) and looking for some intellectual stimulation. The course schedule will be mailed soon. You can call and

leave a message at 753-6610 and to get the catalog emailed to you. To become a member and register for classes, visit [USM.maine.edu/Seniorcollege](http://USM.maine.edu/Seniorcollege). If any questions, See **USM/LA**, page 11

## 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](http://www.gonect.com/brew-bus) • (207) 784-3159



Maine Brewers' Guild Winter Session 2020 @ Brick South (Inside) Thompson's Point - Portland

## Leading the Way.

WE'RE ONE OF MAINE'S LEADING CREDIT UNIONS FOR A REASON



[WWW.DIRIGOFCU.COM](http://www.dirigofcu.com) | LEWISTON — AUBURN — MECHANIC FALLS — SOUTH PARIS

Movie Listings Every Week! Only in TCT. See page 13. [www.FlagshipCinemas.com](http://www.FlagshipCinemas.com)

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

# [www.TwinCityTimes.com](http://www.TwinCityTimes.com)

## Governor's Address: Join me in protecting our children

One summer, a five-year-old boy woke up slowly with a headache and surrounded by white coats and scared faces. As Dr. Tony Owens describes it, "I was only 5 and don't remember anyone telling me I had polio, and not sure at that age it would have meant much to me anyway. As a parent and grandparent now myself, I can only imagine the terror that must have stricken my mom and dad."

Tony Owens spent weeks in a children's hospital and fortunately, he made a full recovery. By the next summer, a polio vaccine was developed that would eliminate the deadly disease worldwide, or nearly eliminate it.

Vaccines save lives, but only if people get vaccinated. Vaccines are one of the best tools we have to safeguard our children, pro-

tect our own health and the health of everyone around us, but a referendum on Maine's ballot March 3rd would restore, what I consider, dangerous vaccine exemptions against the advice of every major medical provider in Maine.

I know you heard about this recently from me, but I wanted to talk to you about it again because I think it is so important.

Our state has had a vaccination opt-out rate that is about three times higher than the national average for kids starting kindergarten. Our state ranks seventh in the country for the rate of non-medical opt-outs among school age children. This is dangerous to kids who have immunity problems and health issues who can't be vaccinated but who become ill because of someone else who is not vaccinated.

Last year alone, schools in Lincoln, York,



Governor Janet Mills

and Cumberland counties experienced dangerous whooping cough outbreaks.

As Governor, I am charged with protecting the health and safety of all Maine people, and amidst these outbreaks it has become painfully clear that Maine laws have not adequately protected the health of Maine people.

During that last legislative session, I signed a bill to remove the non-medical exemptions from our vaccination laws so as to better protect the health and welfare of all Maine people, especially young children – something that four

other states, Mississippi, New York, West Virginia and California – have all done recently.

The new law leaves medical exemptions up to medical professionals while ensuring that medically vulnerable children can attend school safely. All Maine children, regardless of insurance status, can receive vaccines at no cost through the Maine Immunization Program (ImmunizeME.org). Those are the facts.

Some people opposed to this new law though have succeeded in putting a referendum question on the ballot in the hopes of overturning the law.

I think that their campaign is masquerading itself as opposition to "Big Pharma," but, really, pharmaceutical companies hardly benefit at all from producing these vaccines, as the newspapers recently reported. And in trying to target so-called Big Pharma,

whom nobody likes, this campaign is purposefully trying to conflate vaccinations I think with other issues like the opioid epidemic when these issues are very different.

Don't buy it.

As parents I think we have the right to choose whether or not to vaccinate our children, but none of us has the right to put the health of somebody else's child at risk, especially those kids who are medically vulnerable and just want to go to school safely.

Yes on 1 puts the health of all of our children at risk. You don't have to take my word for it though.

Nearly sixty major health care providers across Maine, including the Barbara Bush Children's Hospital, have encouraged us to vote No on 1 because they know the measure is dangerous.

Children are especially vulnerable to

deadly diseases like measles, mumps, polio, chickenpox, whooping cough—all these diseases are preventable by the immunity created in schools and public spaces when all people are vaccinated.

As the American Academy of Pediatrics says, ensuring that everyone who can get vaccinated does get vaccinated is important because it protects the most vulnerable members of our communities – infants, pregnant women and other people whose immune systems cannot combat certain harmful or deadly infections or who just aren't eligible to receive certain vaccines medically.

Let's listen to the doctors. Let's not go back to a time when polio was so commonplace. Join me in protecting our children. I urge you to vote no on 1 on March 3.

## Sen. Ned Claxton greets New Gloucester Library 4-H Club



Sen. Ned Claxton (far right) with children from New Gloucester Library's 4-H club in the Senate Chamber

Last Wednesday, Sen. Ned Claxton, D-Auburn, welcomed the New Gloucester Library's 4-H Club to the State House. The group toured the State House before meeting Sen. Claxton in the Senate Chamber, where he discussed the legislative process.

## Journalism scholarships available for Maine students

The Guy P. Gannett Journalism Scholarship Fund and the Agnes Freyer Gibbs Scholarship Fund seek applications from Maine students.

The Gannett Scholarship provides renewable support for students majoring in journalism or a field reasonably related, including print, broadcast, or electronic media. The fund helps pay tuition to attend an undergraduate, graduate, trade, or technical school.

The Gibbs Scholarship provides renewable support to graduating high school seniors planning to major in journal-

ism or a reasonably related field.

The two funds share an online application, the deadline for which is April 1, 2020. To apply online, go to [www.mainecef.org](http://www.mainecef.org).

Applicants must be graduates of Maine high schools or have been home-schooled in Maine. Students will be chosen based on demonstrated interest in journalism through their choice of coursework and extracurricular activities, as well as financial need and academic achievement.

The Maine Community Foundation has worked with donors and

educators since 1983 to provide Maine students access to educational opportunities. The community foundation manages more than 600 scholarship funds.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people. To learn more about the foundation visit [www.mainecef.org](http://www.mainecef.org).

## 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](http://www.MaineInsuranceOnline.com)

Voted by Market Study as Best Insurance Agency in Greater L/A for the 7th year running!



ANDROSCOGGIN  
Home Healthcare  
+ Hospice

Life happens at home.

**We bring health care to you.**

Skilled medical care in the comfort of your own home

- + Recovery from illness or injury
  - + Telehealth technology
  - + Chronic condition management
  - + Pediatric care
  - + Hospice care + Hospice House
- We accept all insurances.

15 Strawberry Ave, Lewiston, ME • 207-777-7740 • [www.androscoggin.org](http://www.androscoggin.org)

# Newsmakers, Names & Faces

## Guest column: It's time for a health care system that puts patients first



Sen. Nate Libby (D-Androscoggin) represents Maine Senate District 21 which comprises the City of Lewiston

Access to affordable, high-quality health care is about having the freedom to live a healthy, happy, productive life. But right now, our health care system puts profits over patients' personal and financial well-being. Last year, my colleagues and I in the Senate took on the pharmaceutical companies' racket, passing a comprehensive suite of bills that goes after the world's biggest drug companies and their corporate middlemen in an effort to drive down prescription drug costs.

This year, we're looking to take on the health insurance corporations to help rein in costs, eliminate most surprise bills and fees, and get a handle on insulin prices.

The first bill in our Patients First health care package, sponsored by Senate President Troy Jackson, would allow us to get a better handle on growing costs in an increasingly complicated health care system. This bill would establish the Maine Commission on Affordable Health Care, which would help keep costs low, and make sure you have someone in your corner, standing up to health insurance companies.

The next bill

would make an important step toward capping the price of insulin for Mainers. The cost of insulin has nearly doubled in the last five years, costing more than \$5,700 per person annually. And there are approximately 142,000 Mainers living with diabetes today. This bill, sponsored by House Speaker Sarah Gideon, would cap out-of-pocket expenses of insulin at \$100 for a 30-day supply, for those who get their insurance from the individual and small-group markets. Our state has limited jurisdiction on regulating insurance plans, so this effort would apply to insurance purchased through the individual and small group markets. The Feds need to get their act together to tackle insulin price fixing in the rest of the insurance market.

The other two measures in the package deal with medical bills. Too many people are getting billed for care they thought was covered by their insurance, or find strange charges tacked on that they weren't told about or get a bill months or even years after they've received care. You deserve to know exactly what care your insurance covers and what your options are—and you deserve to have the information in a reasonable amount of time. A bill from my friend from across the River, Sen. Ned Claxton of Auburn, would make sure you have important cost information before you choose when and where to have a medical procedure done. It also would make sure patients know about "facility fees," a charge that's

often added to medical bills as soon as you walk in the door of a clinic or hospital, often without you ever knowing. This measure also makes sure you'll get your medical bill in a timely manner; if you don't get your bill within six months of being treated, you don't have to pay it. Knowledge is power, and you deserve as much knowledge as possible when you have to make decisions about your health and well-being.

The other bill, also from Speaker Gideon, would take on surprise medical billing for out-of-network care. How often have you heard from a friend or family member that they sought emergency care that they needed, only to find out their insurance didn't cover that specific clinic or ER? When you or a loved one need urgent care, health insurance red tape should be the last thing on your mind. This bill would give you extra protection against high emergency medical bills and create a dispute process to help those who aren't insured.

Our country's system of health care financing is in a devastating state of disrepair. The Patients First health care package is an important step on a path to rebuilding it.

## Dr. Peter Leighton achieves second board certification



Dr. Peter Leighton, M.D.

Dr. Peter Leighton, M.D., an internal medicine specialist at Bridgton Hospital, has achieved his second national board certification, this time in addiction medicine. Last year, Dr. Leighton expanded his practice at Bridgton Primary Care to specialize in the treatment of opioid users and others suffering from the disease of substance addiction.

The certification, administered by the American Board of Preventive Medicine (ABPM), will

provide the foundation for Dr. Leighton to further improve the health and safety of his patients and their communities.

"Addiction medicine is so much more than a profession for me," says Leighton, "Caring for people affected directly or indirectly by addiction is truly my calling. I've witnessed—personally and professionally—the multigenerational devastation addiction causes to individuals, families, communities and our nation. I feel profoundly grateful for the ability to help."

According to the ABPM, addiction medicine is concerned with the prevention, evaluation, diagnosis, treatment and recovery of those with the disease of addiction, and substance-related health conditions. Physicians in this sub-

specialty also help family members whose health and functioning are affected by a loved one's substance use or addiction.

Leighton was previously board certified in internal medicine.

"We are incredibly proud of Dr. Leighton's accomplishment," said Peter Wright, FACHE, President of Bridgton and Rumford Hospitals. "Board certification is a national recognition of his skill, and a true testament to his commitment to help our patients overcome this crippling disease."

An estimated 20 million Americans suffer from addiction with a workforce of only 4,400 specialists. The need for greater access to expert addiction medicine care is especially acute in rural areas.

## Comedy night at Hilton Garden Inn Auburn Riverwatch

The River Comics and host Leonard Kimble present a night of stand-up comedy at the Hilton Garden Inn Auburn Riverwatch on Saturday, February 29 at 8 p.m. Tickets are \$10 in advance and \$15 at the door to see the hilarious Brian Plumb, a regular performer throughout New England; local radio host and owner

of Maine Event Comedy Mark Turcotte; and Portland Comedy Co-op co-founder and Portland native the one and only, Connor McGrath.

Connor McGrath has performed comedy throughout North America since 2011. He has performed with numerous national headliners including Cameron Esposito, Mark Normand, and

Jay Mohr. He has been featured at the Rogue Island Comedy Festival in Newport, RI and the Burning Bridges Festival in Pittsburgh. He was recently interviewed by "New York Times" Best Seller Jeff Pearlman. In 2017 and 2018, the readers of "The Portland Phoenix" voted him "Maine's Best Comedian." See Comedy, page 6

**JRG & Sons**  
Roofing & Construction  
Fully Insured

(207) 576-3319

John Grenier  
JohnnyGrenier917@gmail.com

**YOUR SMILE. OUR PRIORITY.**

**MAPLE WAY**  
DENTAL CARE

Rosemarie G. Sheline, DDS • Calvin Kenley, DMD

Welcoming new patients • Emergencies seen the same day

**207-784-2211**

110 Canal Street, Lewiston  
maplewaydentalcare.com

**TWIN CITY TIMES**

28 State Street, Gorham, ME, 04038  
9 North River Road, Suite 232, Auburn, ME 04210

Info@TwinCityTimes.com  
(207) 795-5017

**TWIN CITY PUBLISHING, INC. 2020**  
All materials found in TWIN CITY TIMES are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Twin City TIMES.

**Laurie A. Steele**  
Publisher/CEO  
Laurie@TwinCityTimes.com

**Millie Barnard**  
Managing Editor  
Editor@TwinCityTimes.com

**ADVERTISING**  
For advertising information email  
Laurie@TwinCityTimes.com  
or call 207-795-5017.

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

**Suzanne Murray**  
Production Manager  
Ads@TwinCityTimes.com

**Rachel Morin**  
Contributor  
Info@TwinCityTimes.com

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

**FREE e-subscriptions at [www.TwinCityTimes.com](http://www.TwinCityTimes.com)**

# What's Going On

## Bicycle Coalition of Maine reveals BikeMaine 2020 Route

The Bicycle Coalition of Maine celebrated the route reveal for BikeMaine 2020 during their eighth annual Kick-off Party at the University of Maine's Wells Conference Center in Orono.

The event was free, open to the public, and featured presentations by Matthew Polstein, the owner and operator of the New England Outdoor Center in Millinocket, and Kala Rush, the education coordinator for Friends of Katahdin Woods and Waters. More than 70 attendees recently gathered at 7 p.m. for the announcement of the host communities for BikeMaine 2020: Katahdin Frontier.

The host communities are as follows: Night 1: Old Town;

Night 2: Lincoln; Night 3: Patten; Night 4 and 5: Millinocket, including a rest day; Night 6 and 7: Dover-Foxcroft, including a loop ride through Monson.

The fully supported week-long bike tour will begin Saturday, September 12 and end Saturday, September 19 in Old Town.

"We are both lucky and grateful to be working with these wonderful communities in the Katahdin Region," says Ride Director Will Elting. "It is the last large region of the state that the ride has yet to cover, and I can't wait for riders to experience its wild and iconic landscapes, quiet back roads, and welcoming people."

Since BikeMaine began in 2013, it has

brought riders through seven different and diverse regions of Maine. During that time, BikeMaine's annual economic impact has grown from \$235,000 to \$906,000 and has had a positive impact on communities from Caribou to Kennebunk.

The Bicycle Coalition of Maine is the statewide voice of cyclists and pedestrians. Since 1992, the Bicycle Coalition of Maine has led the effort to make Maine better for bicycling and walking by protecting the rights and safety of cyclists and pedestrians through education, advocacy, legislation, and encouragement. We support biking and walking for health, transportation, and recreation. For more information: bike-maine.org.

## \$178,000 in grants to support conservation efforts in Maine



Maine Conservation Corps trail crew members at work on Frenchman Bay Conservancy's Little Tunk Pond Preserve. Photo courtesy FBC

The Maine Community Foundation's Fund for Maine Land Conservation has awarded just over \$178,105 in grants to 23 organizations to support conservation projects across Maine. Grantees include: Frenchman Bay Conservancy, to use a new tool to engage Ellsworth residents in discussions and intentional planning around growth, business, land use, housing and conservation; Southern Maine Conservation Collaborative, to support a planning year for Relearning Place Intensive Program, a semester-length program for emerging environmental leaders grounded in conservation and place; Town of Grand Isle, to conduct planning for a

community nature conservation and outdoor recreation initiative for greater accessibility and to secure funding for implementation and sustainability.

The Fund for Maine Land Conservation seeks to support projects that encourage preservation of Maine's land. The grant program has four objectives: help preserve traditional uses of land and working landscapes; provide for continued public access and recreational use; protect sensitive ecological areas; and promote greater appreciation of the environment.

Changes are being made to the conservation grant program at MaineCF. The new criteria and guidelines will be released, along with

the new application, by July 1, and the next deadline will be September 15, 2020. For a complete list of 2019 grants, visit [www.mainecef.org](http://www.mainecef.org). Questions should be directed to Senior Program Officer Maggie Drummond-Bahl at [mbahl@mainecf.org](mailto:mbahl@mainecf.org) or (207) 412-0839.

Headquartered in Ellsworth, with additional personnel in Portland, Dover-Foxcroft, and Mars Hill, the Maine Community Foundation works with donors and other partners to provide strong investments, personalized service, local expertise, and strategic giving to improve the quality of life for all Maine people. To learn more about the foundation, visit [www.mainecef.org](http://www.mainecef.org).

## MDIFW, USDA Wildlife Services, City of Bath working together

The Maine Department of Inland Fisheries and Wildlife is working with the US Department of Agriculture Wildlife Services and the City of Bath on an integrative

approach to address important human health and safety concerns surrounding rabies. A focused, localized trapping effort by USDA Wildlife Services is proposed as

a management strategy to reduce wild animal population densities in the area. Details of the plan are being finalized, and there will be a public informational meeting to discuss the plan once it is complete.

Rabies is a naturally occurring disease that affects mammals, including people, primarily through a bite. Rabies is fatal if left untreated, but vaccines are extremely effective when medical treatment is sought soon after being exposed to an infected animal. Certain species of wildlife are more susceptible to rabies and have high tolerance for living in close proximity to people, such as raccoons, skunks and foxes. Bats are also considered high risk for rabies because they are sometimes found in

*See Wildlife, page 7*

## 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

## 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](http://www.blanchardscashfuel.com)

## Girl Scout Troop 30 visits the State House



Girl Scouts and troop leaders from Troop 30 visited the State House on Thursday. The troop includes members from Mechanic Falls, Minot and Poland. They were welcomed to the State House by Minority Leader Kathleen Dillingham, R-Oxford, Rep. Bettyann Sheats, D-Auburn, and Rep. Jess Fay, D-Raymond.

## Maine Ranks 8th in annual school breakfast participation

During the 2018–2019 school year, 37,173 students with low income in Maine started the day right with a nutritious school breakfast through the School Breakfast Program according to a report released by the Food Research & Action Center (FRAC). Nationally, 12.4 million students with low income participated in school breakfast in the 2018-2019 school year.

FRAC's School Breakfast Scorecard ranks states on the rate of participation of children with low income in the School Breakfast Program. In the 2018-2019 school year, Maine's school breakfast program reached 64 low-income children for every 100 who participated in school lunch. While there are still more students who can benefit from starting the school day with a nutritious breakfast, Maine is moving closer to FRAC's goal of serving school breakfast to 70 children with low income for every 100 who receive school lunch.

"Since 2016 Preble Street Maine Hunger Initiative has worked with communities, schools, and families to increase the number of students participating in the school breakfast program," said Meredith Cook, Maine Hunger Initiative Social Change Advocate. "We have witnessed the positive impact of school breakfast on student's health and academic performance.

Just as students are provided with books, computers, and desks to be set up for success, we must ensure every student has the fuel they need to learn and thrive."

Research shows that students who eat breakfast at school are more alert and better able to concentrate, leading to improved attendance records, a boost in academic achievement, and higher graduation rates. For the one in five Maine children who live in a food insecure home, school breakfast is an essential part of the day.

"When breakfast is offered during the school day, all students have an opportunity to eat together, so no student is singled out," said Senator Marianne Moore. "I have seen firsthand the success of breakfast after the bell programs, and what it can do for so many students across our state. That's why I introduced 'Breakfast After the Bell' legislation last year."

In 2019, thanks in large part to advocacy efforts led by Preble Street, Full Plates Full Potential, and the Ending Child Hunger Coalition, Maine passed Breakfast After the Bell legislation, sponsored by Senator Moore, Senator Shenna Bellows, and Senator Cathy Breen. This program allows schools across the state to provide breakfast in the classroom before the school day begins, after first period, or through a "grab and go" option

and will increase school breakfast participation among students with low income.

"Over the last four years Full Plates Full Potential has worked with schools and granted \$142,000 dollars to support their breakfast programs flipping to a breakfast after the bell meal program," said Justin Alford co-director of Full Plates Full Potential. "This new law will jumpstart our coalitions work to help thousands and thousands of more children get access and eat breakfast daily." In addition to the many benefits school breakfast provides students, Maine schools are reimbursed by the federal government for each breakfast they serve to students who are eligible for free or reduced-price meals.

Based on a variety of metrics, the School Breakfast Scorecard report measures the reach of the School Breakfast Program in the 2018–2019 school year—nationally and in each state—and examines the impact of select trends and policies on program participation. On an average school day, nearly 12.4 million children with low-income participated in the School Breakfast Program in school year 2018–2019. More than 3.6 million more children with low-income received school breakfast on an average day in the 2018–2019 school year than in the 2008–2009 school year.

## Girl Scouts of Maine hosts new member sign-up events

Girl Scouts of Maine (GSME) announces that it will host New Member Sign-Up events for potential members and volunteers at locations throughout the state every month. Below is a list of events in your area.

These events will bring together girls from kindergarten through third grade and their caregivers and allow them to discover why Girl Scouting is important to the development of girls, how it relates to the success of young women today, and the important role that adults play.

"Girl Scouts helps girls develop their full potential," says Joanne

Crepeau, CEO of Girl Scouts of Maine. "When a girl becomes a Girl Scout, she grows into a young woman who is self-confident, strong and compassionate. She learns how to build and maintain healthy relationships. She becomes more aware of the world around her and uses her skills and talents to make her world a better place."

These New Member Sign-Up events are just some of the many events that GSME will be holding this year. Here is a list of events in your area:

March 2, Marcia Buker School, 6 p.m., 28 High Street, Richmond.  
March 3, Pittston-Randolph Consolidated

School, 6 p.m., 1023 Pittston School Street, Pittston. March 4, Woolwich Central School, 6 p.m., 137 Nequasset Road, Woolwich.

For more information about Girl Scouts or to see a full list of New Member Sign-Up events, visit [girlscoutsofmaine.org](http://girlscoutsofmaine.org) or call 888-922-4763.

Girl Scouts of Maine builds girls of courage, confidence, and character, who make the world a better place. GSME provides services and support to nearly 13,000 girl and adult members statewide and operates service centers and shops in South Portland and Bangor.

**Follow us on facebook, instagram and twitter!**

### REPUBLICAN ANDROSCOGGIN COUNTY REPUBLICAN CAUCUS

The Androscoggin County Republican Committee announces the 2020 County Caucus. Saturday March 7th 2020

10am to 12pm (Doors open 9am check-in)

Lewiston Middle School 75 Central Ave Lewiston ME

#### Scheduled Speakers:

SDIC Chairman Bruce Poliquin

CD-02 Congressional Primary Candidates: Adrienne Bennett, Hon. Erik Brakey and Hon Dale Crafts.

State Senate and House candidates

County and Local Candidates

Contact Steve Bannister [FMI\\_chairacrc@gmail.com](mailto:FMI_chairacrc@gmail.com) or 207-838-8734

## 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

## 'Quickbooks' Course Offered at CMCC

The Center for Workforce and Professional Development at Central Maine Community College (CMCC) will offer an Introduction to Quickbooks course on Monday, March 9 and March 16 from 8 a.m. to 12 p.m.

Designed for small businesses, this course will introduce the student to features and accounting processes available in the Quick-

books software. After two sessions, students will be able to maneuver within the software program, understand how to do bank processing, create invoices, create billing documents, issue checks process payments and reconcile accounts. We will also discuss reporting and walk through preparing basic accounting statements as they relate to financial needs and help for projections

of growth.

The cost of the class is \$169 and includes all instructional materials. For more information or to register, please contact CMCC's Center for Workforce and Professional Development at 207-755-5280, email [workforcedevelopment@cmcc.edu](mailto:workforcedevelopment@cmcc.edu) or visit [www.cmcc.edu/professionaldevelopment](http://www.cmcc.edu/professionaldevelopment). Registration deadline is March 2.

## Bates College hosts block printing workshop

Learn how to use modern printmaking materials to create a simple graphic image suitable for framing or holiday cards as the Bates College Museum of Art offers a workshop in block printing from 3 to 5 p.m. Friday, March 6, at the college's Benjamin Mays Center, 95 Russell Street. All children attending should be 8 years or older, and all children under 12 must be accompanied by an adult. Space is limited and registration is required. \$5. For more information and to register email [eboyle2@bates.edu](mailto:eboyle2@bates.edu) or call 207-786-6417.



## 'Individual Goal Setting' course offered at CMCC

The Center for Workforce and Professional Development at Central Maine Community College (CMCC) will offer a course on Individual Goal Setting, Thursday, March 12 from 2:30 p.m. to 4:30 p.m.

This course is all about setting and achieving goals, whether they be professional, academic, or personal. This

session will guide participants through the importance of setting intentions, writing specific objectives and setting a disciplined strategy for execution. It doesn't matter if the goal is to get to the next promotion, earn your master's degree, run a half marathon, or give up sugar; this discussion will teach students how to get serious about goals and achieving, even ex-

ceeding them. The cost of the class is \$69 and includes materials.

For more information or to register, please contact CMCC's Center for Workforce and Professional Development at 207-755-5280, email [workforcedevelopment@cmcc.edu](mailto:workforcedevelopment@cmcc.edu) or visit [www.cmcc.edu/professionaldevelopment](http://www.cmcc.edu/professionaldevelopment). Registration deadline is March 5.

## Comedy

*Continued from page 5*

an". He enjoys drinking iced coffee unsweetened and nice leisurely power walks.

Mark Turcotte is a married father of two and lifelong New Englander. Most of his material is mined from his family life, an adult-like curiosity, and a series of misfortunes. He's the founder of Maine Event Comedy and was a finalist in the Funniest Comic on the East Coast Contest at Mohegan Sun and a semi-finalist at the World Series of Comedy in Sarasota, Florida. He was also part of the Gotham All-Stars Show in

New York City and was a recent selection for the Boston, Cleveland, and North Carolina comedy festivals. Mark once facilitated a marriage proposal during a 2015 show in Biddeford, Maine... the couple is still married.

Brian Plumb's poignant and confrontational story telling style has made him a Favorite from LA to Boston. He has shared the stage with acts such as Paul Virzi, Doug Stanhope, Big Jay Oakerson, Brad Williams and many more. He's performed at the Dallas Comedy Festival and the San Francisco Comedy Festival.

Leonard Kimble

(Host) is an up and coming comedian from Auburn, ME, where he lives with his wife, two kids, and a cat he doesn't want. He spends his days as that IT guy who works on stuff you don't really care about. Originally from Chicago, Leonard bases his comedy on things he has said to his wife in the car, whether it be about their kids or life in Maine. The sound of strangers laughing at something silly that he wrote in his basement fuels him to his next gig.

Doors open at 7 p.m. when a cash bar and snacks will be available. To purchase tickets, visit [therivercomics.com](http://therivercomics.com).

[www.TwinCityTimes.com](http://www.TwinCityTimes.com)



*"Always one of my favorite places to eat in the area. Food is always excellent!! And the drinks!"*

**Looking for experienced**

**LINE COOKS/  
CHEFS**



Salary based on experience  
Apply in person



*"Watercolor Lily" - painting by Jennifer Gammon*

**1052 Minot Ave.  
Auburn**

**783-6885**

[macsgrill.com](http://macsgrill.com)

**L/A's number one steakhouse for over 20 years.**

**LUNCH BUFFET**  
Monday-Friday 11am-2pm



An Italian experience since 1978

**783-0336**

12 Mollison Way, Lewiston  
[www.marcositalian.com](http://www.marcositalian.com)

 Find us on Facebook - Marcos Lewiston

**\$10 OFF**

\$35 order, 4-8 pm, Mon - Thurs

Expires March 31, 2020

**WE CATER TO YOU!**

Out of house!

3 party rooms in house!

Party Platters to go!

## Shakespeare's Romeo and Juliet at UMF

Shakespeare's Romeo and Juliet comes to life on the University of Maine at Farmington stage as Theatre UMF's major theatre production for spring 2020. Performances will be held on campus in the UMF Alumni Theater at 7:30 p.m., Thursday through Saturday, March 5, 6 and 7, and at 2 p.m., Sunday, March 8.

Directed by award-winning playwright Jayne Decker, the classical Shakespearean tragedy will be performed in its original text, while set in a present-day environment, highlighting the timeless story of two star-crossed lovers in the midst of conflict without cause. "One of Shakespeare's more well-known plays, the themes will speak to a modern audience," said Decker.

The production is a huge commitment on everyone's part with an impressive cast of 24, including students, faculty, staff and community members, according to Decker.

"In addition to their regular academics and work commitments, student actors from across campus are coming to five or six rehearsals a week along with music and choreography practice. The actors have

embraced a performance discipline that is as challenging as it is rewarding," she said.

Senior Hailey Craig dedicated herself to an independent study in mask design to provide the performance with an array of skillfully created classical masks.

Contemporary costumes coordinated by senior student Samantha Wood and student cast members, and urban set design by Stan Spilecki, resident scenic and lighting designer, bring a modern visual context to Shakespeare's classical play.

An original musical score based on Elizabethan rhythmic ideas using modern instruments was created by UMF faculty member and composer Matthew Houston. UMF students Joshua Grant and Jeremy Tingdahl, Mt. Blue High School student Avery Jessen, and Houston help complete the on-stage ensemble as street musicians who play acoustic guitar, drums, ukulele, mandolin, and even the set itself during the performance.

"Composing for a theatre performance was a first for me," said Houston. "I would bring my completed score to rehearsal and then adapt and compose on the spot to put the music in sync

with the performance. It was a wonderful experience."

Decker has directed numerous productions at UMF Alumni Theater. Her production, "Coyote on a Fence," was awarded a Moss Hart Memorial Award by the New England Theatre Conference—New England's oldest and largest regional theatre association.

She has also presented workshop productions of her original plays "Good Medicine," "Stars Falling," winner of the 2002 Maine Playwriting Award; "Jelly Moonshine," and "Songbird," a touring play about the Iraq War. "Cracked Shells," an original play by Decker about domestic violence, was commissioned by Franklin County Network's Peace in Our Families and was featured again at the 2009 Maine Women's Studies Conference.

Admission for the performance is \$8 for adults, \$7 for seniors and students 18 and under, and \$5 for UMF students with I.D. Tickets are available at the time of the performance and can be reserved by calling the Theatre UMF box office at (207) 778-7465.

This Theatre UMF production is sponsored by the UMF Division of the Arts.

## Arts & Entertainment

### Steve Grover tribute jazz concert by OURBIGBAND



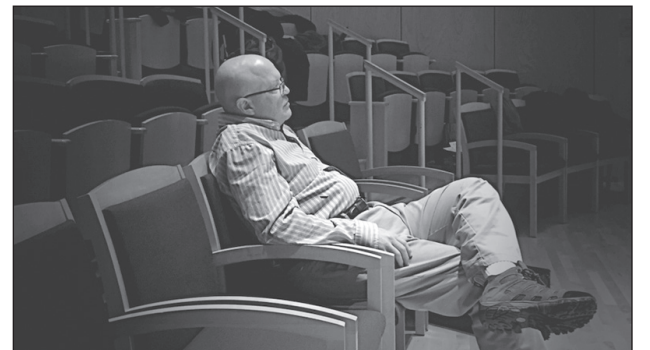
OURBIGBAND, a 17-piece jazz ensemble made up of musicians from Portsmouth, NH, and Portland, ME, celebrate the music of the late Maine jazz great Steve Grover. The concert takes place on Sunday, March 1, at 7:30 p.m. at the SPACE Gallery and is co-presented by the Portland Conservatory of Music's Dimension in Jazz.

Grover was a beloved figure who influenced generations of musicians. He was a professor at UMaine Augusta, co-led the Maine Jazz Camp, and taught widely, mentoring musicians through his bands. He recorded more than a dozen records with jazz heavyweight, like Lenney Breau, Chris Speed, George Garzone and more. His best-known record, the 1994 setting of Wallace Stevens, The Blackbird Suite, won the Thelonious Monk Insti-

tute composition award, the most prestigious international award in jazz.

At the March 1 concert, OURBIGBAND will perform new arrangements of Grover's work, originally written

Tickets can be purchased online at Eventbrite, or at the door: \$15 advance, \$20 day of show, \$10 for SPACE members and students. Call for more information or



for smaller jazz groups. Based in Portsmouth, NH, OURBIGBAND strives to keep alive the tradition of the big band jazz orchestra, while also championing the music of today.

Sam Renshaw, VP A&R, Parma Recordings, said, "OURBIGBAND grabbed my attention from the first time I saw them - they're equal parts adventurous, creative, and crisp, and above all they operate with the utmost musicality and feeling. Like all great jazz artists, they have both a reverence for the past and an eagerness to experiment and subvert traditional forms. It's no small feat to organize, rehearse, and direct a big band ensemble, especially in this day and age, and it's rare to see one that is as fun and engaging as this one. Do not miss this group if you have a chance to see them!"

to reserve: (207) 828-1310. SPACE Gallery is located at 536 Congress Street, Portland.

The Portland Conservatory of Music is a 501(c)(3) nonprofit community music school that provides access to quality music education for community members of all ages, abilities, and financial levels. The most comprehensive community music school in Southern Maine, we feature private lessons for more than 30 different instruments with an outstanding faculty of over 50 instructors, a wide array of group classes, and over 50 public concerts annually. Our academic programs include Early Childhood Music, Boy Singers of Maine, Girl Singers of Maine, Karger College Prep Program, and Jazz Studies Program. For more information, visit [portlandconservatoryofmusic.org](http://portlandconservatoryofmusic.org).

## Wildlife

Continued from page 4

homes, and although a small percent carry rabies, their bite marks are small and easily overlooked. Trends in the number of rabies-positive animals has been similar over the last 10 years in Maine. The risk of encountering an animal with rabies is still very low.

However, some areas of mid-coast Maine have been hit particularly hard by rabies in recent years. In 2019, the City of Bath, with a population of over 8,000 people, received 72 suspicious animal calls, 26 sick animals were dispatched by officers or citizens, and 16 animals tested positive for rabies. Of the 18 fox attacks on people or pets, 11 attacks

resulted in a person being bitten or scratched. The unusual number of aggressive fox attacks on people and domestic pets has raised human health and safety concerns and prompted the proposed focused trapping effort. Sick animals and attacks continue to be reported in 2020 in Bath and the nearby communities of West Bath and Phippsburg.

## 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



# Poutine

Continued from page 1

evening was provided by DJ Cool V. Folks enjoyed beer, coffee, tea and soda from Side by Each Brewing, including a special beer, Maple Chuck, made just for the occasion.

Pinky D's Poutine, a well-known and loved food truck across Maine, opened a restaurant last year at 1110 Minot Avenue in Auburn



A full house gathered at Pinky D's and Side by Each for this special celebration. Twin City Times photo by Millie Barnard.



The 12 pound bowls of poutine ready to go out. Twin City Times photo by Millie Barnard.



Competition participants chow down on their poutine. Twin City Times photo by Millie Barnard.

alongside Side by Each Brewing Co., also located at 1110 Minot Avenue. Pinky D's is open Wednesday through Saturday from 11 a.m. to 8 p.m. and Sunday from 11 a.m. to 5 p.m. Side by Each Brewing Co. is open Tuesday through Friday 7 a.m. to 9 p.m., Saturday 8 a.m. to 9 p.m. and Sunday 11 a.m. to 6 p.m. Find them on Facebook and Instagram!

Stop in for a hand-crafted beverage and delicious poutine!

**Do you have an event coming up you would like covered? Email [Info@TwinCityTimes.com](mailto:Info@TwinCityTimes.com)**



Competitors resorted to drinking gravy (each bowl had three-quarters of a gallon of gravy)! Twin City Times photo by Millie Barnard.

# OPEN HOUSE

**Central Maine COMMUNITY COLLEGE**

**SATURDAY, APRIL 4 • 9AM - 12PM**



**A high-quality education with one of the lowest tuition rates in New England**, right here in Maine.

**Choose from over 40 program options** including 100% online degrees & classes, evening, and hybrid courses.

**Live on-campus or commute.** Participate in student clubs & collegiate athletics including traditional and esports.

**WWW.CMCC.EDU/OPENHOUSE**

FOLLOW US ON SOCIAL MEDIA AT @CMCCMAINE!



CENTRAL MAINE COMMUNITY COLLEGE  
1250 TURNER STREET, AUBURN, ME 04210  
ENROLL@CMCC.EDU • 207-755-5273

Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information visit [www.cmcc.edu](http://www.cmcc.edu).

## LISTEN UP, LEWISTON!



### Anti-Bullying Panel Discussion

Brought To You By The Lewiston Youth Advisory Council (LYAC)

Friday, February 28, 2020

6:00 p.m.

Geiger Elementary School

601 College Street, Lewiston

**Personal Bullying Experiences** To Be Shared by LYAC's Hope Rubito, Brea Mathieu, and Ryleigh Emmert, Along w/ Community Members Chantel Pettengill, Jeanne Raymond, and Dottie Perham-Whittier

### MISS MAINE Carolyn Brady Will Issue a "Call For Kindness"

Q & A and Opportunities for Community Input Towards "Bullyproofing Lewiston"

**FREE AND OPEN TO THE PUBLIC**





Poutine Eating Competition participants and Pinky D's founder Randy Smith (center). Twin City Times photo by Millie Barnard.



Side by Each's Maple Chuck made in celebration with Pinky D's. Twin City Times photo by Millie Barnard.



Pinky D's crew pictured l to r: Julia Chabot, Tyler Barnard, Katie Lemieux, Derek Moran, Debbie Smith and Randy Smith. Twin City Times photo by Millie Barnard.

### Poutine

Continued from page 8

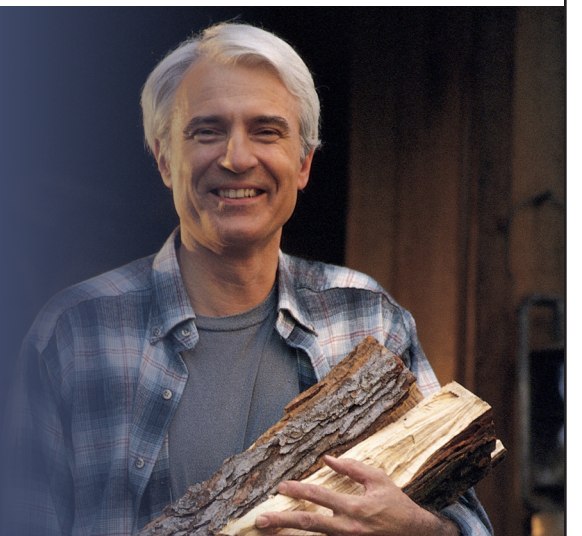


## THE FUTURE OF SURGERY...TODAY



“I’m excited to perform surgery that can change a patient’s life, right here in Lewiston.”

—MAXINE MILLER MD, COLORECTAL SURGEON



### INTRODUCING A NEW ERA OF SURGICAL EXCELLENCE AT CENTRAL MAINE HEALTHCARE.

Central Maine Healthcare now offers patients an expanded team of physicians able to perform a broader range of surgeries, employing the latest technologies...right here in central Maine. Dr. Miller exemplifies this change with her advanced skill using the da Vinci robotic device, complementing her deep knowledge and excellent manual skills in treating colorectal dysfunction. The da Vinci allows her to treat patients with complex colorectal diseases, inflammatory bowel disease, and colon and rectal cancers faster and less invasively than ever before.

At the same time, she is deeply committed to supporting patients emotionally through the surgery process. “I best connect with patients by knowing their story and how their disease is affecting their life,” she notes. “I believe that healthcare is not an acute event. It is essential to treat the whole patient.”

FOR MORE INFORMATION, CALL (207) 795-5767 OR VISIT [CMHC.ORG](http://CMHC.ORG).



THE DA VINCI SURGICAL SYSTEM, A STATE-OF-THE-ART ROBOTIC DEVICE, ENABLES DR. MILLER TO PERFORM LESS INVASIVE SURGERY, WHICH CAN MEAN LESS PAIN, SHORTER HOSPITAL STAYS AND A QUICKER RETURN TO REGULAR LIFE FOR HER PATIENTS.

## Snowboarder, brain injury survivor Kevin Pearce speaking

Snowboarder Kevin Pearce will share his story about sustaining a traumatic brain injury while training for the Olympics at 6 p.m. March 5 at Westbrook Performing Arts Center. The event is hosted by Goodwill NeuroRehabilitation Services and employee benefits provider Unum.

Pearce was at the top of his sport as a world class professional snowboarder in 2009 when he sustained a traumatic brain injury while training for the 2010 Vancouver Winter Olympics. Pearce transforms his experience of traumatic brain injury into a source of inspiration, education and awareness.

Goodwill NeuroRehabilitation Services and Unum are hosting the event as part of Brain In-

jury Awareness Month, which is every March. Goodwill offers brain injury rehabilitation services in Scarborough and in Lewiston.

"In our NeuroRehab clinics we still hear from our clients that they thought they could just 'brush off' a concussion or other head injury," said Paul Kennedy, executive director of Goodwill NeuroRehab. "That stigma is beginning to change. As concussions are in the news more, people are beginning to take their brain health more seriously. Kevin's story is an inspiration to all of us."

According to the CDC, traumatic brain injury (TBI) is a major cause of death and disability in the US. Injuries are a top cause of short-

and long-term disability, according to Unum, the world's largest provider of disability insurance. Brain injuries can be especially debilitating.

"Kevin's experience as a brain injury survivor aligns with Unum's mission of helping people overcome disability and return to their purpose," said Cary Olson Cartwright, assistant vice president of Corporate Social Responsibility for Unum.

Kevin and his brother Adam created the LoveYourBrain Foundation, a nonprofit that is working to connect, educate and empower people to live a brain-healthy lifestyle.

This is free, but you will need a ticket. Tickets: [gwnne.org/35Xp3tz](http://gwnne.org/35Xp3tz) This is an ASL-interpreted event.

## Op Ed:

# Increasing girls and women participation in sports a movement, not a trend

By: Sheila Brennan Nee

February 5 marked the 34th celebration of National Girls and Women in Sports Day, a day to celebrate and inspire young girls and women to participate in all types of sports. Created by the Women's Sports Foundation, this day honors and highlights the achievements of female athletes, coaches, and leaders who have dedicated countless hours to sports. The day also serves as a reminder that although gender equality in sports has made strides since the establishment of Title IX of the Education Amendments Act of 1972, the movement still has work to be done to provide equal opportunities in the sports industry.

Title IX states that "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving federal financial assistance." This law has been pivotal in the movement, as it prohibits discrimination of gender in any educational program or activity receiving any type of federal financial aid.

However, according to a report by the Women's Sports Foundation, citing the U.S. Department of Education in 2019, 87 percent of NCAA schools are still offering disproportionately higher rates of athletic opportunities to male athletes as compared to females. Additionally, 83

percent of the coaches at these universities have never received any formal Title IX training. Although these numbers can seem demotivating, the best way to combat these inequalities is for female athletes to speak up and share their stories in a quest to better the futures for girls and women.

Each year, states around the country have been organizing events to bring attention to and honor National Girls and Women in Sports Day. In Maine, higher education institutions such as Bates College, Bowdoin College, Colby College, the University of Maine, and University of Southern Maine are hosting events to give girls the opportunity to try their hand at various sports while also providing some mentoring along the way.

Maine's professional sports teams are also hosting events to celebrate National Girls and Women in Sports Day. The Maine Mariners and Maine Red Claws are showing their support by hosting in-game celebrations during this season, and the Sea Dogs will welcome leaders and announce female personnel and community athletes before the first pitch at the August 21st game at Hadlock Field. By uniting, these organizations are helping bring attention to the movement. Through attention comes action, and action brings change.

On February 18, a committee of dignitaries and centers of influence throughout the state, with co-sponsorship from Maine Senators Erin

Herbig and Cathy Breen, will convene in Augusta to celebrate the passing of a joint resolution that declares February 5 as National Girls and Women in Sports Day across Maine.

Our evolving committee consists of members from Bates College, Bowdoin College, Central Maine Community College, Colby College, Girls on the Run Maine, Girl Scouts of Maine, Maine Sports Commission, Maine APHERD, Maine Red Claws, Maine Senior Games, Maine Mariners, NAC, Portland Sea Dogs, Southern Maine Community College, University of Maine, University of New England, University of Southern Maine and USTA New England. Members will be in attendance to show solidarity, as well as to continue spreading the Women's Sports Foundation's mission to enable girls and women to reach their full potential in sports and life. By highlighting these wins, we are not only celebrating the passing of a joint resolution but cheering the success of a brighter and more equal future for female athletes.

From here, we need female athletes, their friends, families, and supporters, to continue sharing their stories and join the Women Sport's Foundation's movement to attain equality in sports for females. The more advocates we have on our side, the bigger the chance we have of making a difference by uniting our voices to show the value of empowerment through sports.

**Send your submissions to our editor by Friday at 5pm.**

**Published EVERY Thursday.**

**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.**

**allworx**



**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**

# USM/LA

Continued from page 1

please email us at [lase-niorcollege@gmail.com](mailto:lase-niorcollege@gmail.com)

**ZOOM Bootcamp.** Free course, that will Zoom in on the basics, then explore some of the possibilities this new course delivery system offers. You will learn how to log on, join a meeting, and interact with other ZOOMer's. With these skills, you will even be able to Zoom with friends and family near and far. Instructor, Mary Jane Beardsley.

**Mark Twain: Capital and Mark Twain: Nonfiction Works 1852 through 1890.** This is a continuation of the Mark Twain class of last spring. Twain wrote a prodigious amount of nonfiction stories and material. Instructor, Alan Elze.

**Fantastic Literature: Discovering the Worth of Fantasy Texts.** Commonly taught fiction texts will be paired with fantasy or science fiction texts. We will compare the text pairs to discover their shared formal literary elements. Instructor, Danielle Letourneau.

**Art: Ever Present, Everlasting.** Each week a different presenter will explore a period of art, ranging from Prehistoric art, Byzantine, Renaissance, 17th Century Painters, Impressionism, Modern Sculpture, Abstract Painting, Outsider and Mural Art. Facilitator, Judy Hierstein.

**Phun with Physics 101.** This course will concentrate on basic concepts in physics that usually are misunderstood. Demonstrations that are fun and interesting will make up most of the class. There are six classes, and the topics for the last three will be determined by class

members. Instructor, Hugh Keene.

**French Canadian Immigration, Discrimination and Impact.** The history of French-Canadian immigration, study of the discrimination era many had to live through and view oral history taking a little Canada tenants. Class will help research the discrimination era by inviting community to come tell their experience and effect it had on them. Review their cultural and economic impact on the community. Look at the future of the language and new possibilities of revival. Instructors, Rachel Desgrosseilliers and Camden Martin.

**Baseball and the Pursuit of Happiness.** The course will explore the unique hold which baseball has on the American psyche, tracing the evolution of the sport from an 18th century English bat and ball game, through its initial development in the US as an amateur sports for the professional and artisan classes, to today's professional game featuring unprecedented popularity and commercial success. The evolution of the professional game will include an analysis of the role of baseball in racial integration, labor/management issues, and the economic disparities which beset the game today. The course will focus upon the interplay between baseball and American values of hard work, deferred gratification, equal opportunity for all, and the evolving promise of the sport. It will conclude with an assessment of the intergenerational hold which baseball has upon us. Recommended book: *Strike Four: The Evolution of Baseball*, Roman and Littlefield;

**Suggested books: An American Baseball History**, by Charles Alexander and **Baseball: A History of America's Favorite Game** by George Vecsey. Instructor, Paul Gauvreau.

**Beginning Conversational French.** Basic conversational French phrases that are necessary for conversing in French will be taught. Instructor, Emmanuel K. Kayembe.

**Traveling in Europe and Asia.** In this course, the first two classes will be devoted to discussions of traveling in Europe. The participants will share their cultural experiences and then their European travels and I will share my experiences of living and traveling in Portugal. During the last two classes, participants and instructor will discuss travel in South Korea, China, Hong Kong, Thailand and Singapore some slides and handouts will be used. Instructor, Anita Denis.

**Perennial Gardening.** Spring is coming, and it's time to indulge in dreams of gardening. This course on ornamental gardening with perennial plants is for would be perennial gardeners, those who have dabbled in perennial gardening and would like to improve their knowledge and experienced gardeners who would like more scientific underpinning for their practice. Class sessions will include both lecture and time for sharing gardening tips and strategies. Topics include the botany of perennials, understanding soil, choosing plants, native plants, garden design, and garden maintenance. Instructor, Jean Potuchek (ZOOM in the classroom).

**No Meat So What.** Each week we will pre-

pare and eat delicious meals from around the world that just don't happen to have meat. Held in the kitchen at St. Mary's Nutrition Center, a small fee for supplies will be required. Instructor, Paul Drowns.

**Happiness, Humor and Health.** You don't have to be a scientist to know that humor and laughter make you feel good. But why? What makes it funny? What does humor and happiness have to do with physical and mental health is it those endorphins? The ridiculousness? The punchline? Your dog? Identifying with the joke or story? Answers to these and even more questions. Please bring your jokes, stories, whatever makes you laugh and brings you happiness. Suggested book: *Happier: Learn the Secrets to Daily Joy and Lasting Fulfillment*. Instructor, Dr. Elcha Buckman.

**The Sound of Silence.** The Holocaust's influence on the second and third generation of Israelis and Jews, will be discussed in this spring class. We will watch five films and talk about this subject as it is presented in the movies, and perhaps in our own lives. Due to the length of the movies the classes will be three hours each. The class name is taken from *The Sound of Silence*, by Simon and Garfunkel.

Instructor, Ariela Zucker.

**Any Rand and The World She Made.** Ayn Rand, born Alisa Zinovyevna Rosenbaum was perceived as an unremarkable 20 year old Russian woman who entered America on a one year education visa in 1926. She spoke little English at the time. We'll attempt to examine the world this amazing future author/playwright helped to forge during her 77 years of life. Her two bestselling novels are *The Fountainhead* and *Atlas Shrugged*. Recommended book: *Any Rand and the World She Made*. Instructor, Mike Brakey.

**Cannabis Culture, Wellness and Holistic Healing.** Ever wonder how Cannabis works? What will it do for me? Why would I use it? Where do I get it? Or simply put, is it for me? This 8 week course answers those questions, breaks down the barriers and stigmas associated with cannabis and examines the impact of modern day cannabis culture, healing, wellness and medicine on the 55+ community. Recommended book: *Cannabis Revealed: How the World's Most Misunderstood Plant is Healing Everything from Chronic Pain to Epilepsy*. Instructor, Joel Buckman.

**I Write Therefore I Am.** Writing can be a lonely occupation and

yet to those of us who keep writing it's a rewarding and healing process. Writing gives us a voice, a way to look at ourselves and others with clarity. This five-week class will be mostly about trying different writing techniques. No prior experience beside the will to write is needed. Instructor, Ariela Zucker.

**The Nature of Consciousness, It's Provenance, and It's Function.** The goal of this course is to help participants gain a deeper understanding of consciousness which is a subject that has been a vexing one in the field of philosophy, science, and psychology. We will undertake in exploration of the subject and attempt to unravel its nature, its origin, and the purpose for its existence. Recommended book: *The Man Who Mistook His Hat for His Wife*. Instructor, Charlie Plummer.

**The State of the American Economy 2020.** This course is for anyone interested in the American economy. Topics include the business cycle and world trade. We will also look at the changing labor market, and the financial security of the country including the national debt, budget deficits, and the US dollar this is not a technical class. There will be plenty of opportunity for discussion and questions. Instructor, Alene Staley.

## 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**

# FEBRUARY IS FRIENDSHIP MONTH-LET'S CELEBRATE TOGETHER AT SUBWAY!



LET US CATER YOUR NEXT PARTY OR EVENT!



©2020. Subway® is a Registered Trademark of Subway IP Inc. ©2020 Subway IP Inc.

# You dream it. We will build it.



## No Money Down • Financing Available

Remodel • Kitchens • Bathrooms • Basements  
Roofing • Siding • Windows • Garages • Additions

**AMERICAN BUILDERS**   
*Custom Building & Remodeling*

(207) 500-8100 • [www.AmericanBuildersMaine.com](http://www.AmericanBuildersMaine.com)

**Thursday, Feb. 27**

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. 28**

Improv comedy show at Craft Brew Underground featuring Dawn Hartill, Nate White, Leonard Kimble, Jason Pelletier, and CarlaRose Dubois at 8 p.m. There is no admission or cover charge for the show. For more information, visit Craft Brew Underground on Facebook or by calling (207) 241-8520.

Annual indoor Homestead Goods and Farmer's Market on the first floor of the Auburn Public library, 4:30 to 6 p.m. Free to the public.

Maine Flora: Three views exhibition featuring Kathryn SB Davis, Laura Dunn, and Julia Einstein, opening reception and artist talk at The Harlow, 100 Water Street in Hallowell, from 5 to 7 p.m. For more information please visit harlow-gallery.org or call 207-622-3813.

**Saturday, Feb. 29**

Young Life Seba-go's 2nd Annual Contra Dance held at Cressey Road United Methodist Church, 81 Cressey Road, Gorham. Tickets are \$10 per person. Music by Don and Cindy Roy. Caller Maggie Robinson. For more information, call 515.867.6883 or visit our website seba-go.younglife.org.

The River Comics and host Leonard Kimble present a night of stand-up comedy at the Hilton Garden Inn Auburn Riverwatch. Doors open at 7 p.m. when a cash bar and snacks will be available. Tickets are \$10 in advance and \$15 at the door. To purchase tickets, visit theriver-comics.com.

**Sunday, March 1**

Cabin Fever Concert series featuring Kevin Libby and Bryce

# Calendar

Send your submissions to the Editor. More online.

Libby at 98 Mathew's Way, off Rt. 117, Turner Center, downstairs under the Turner Library in the Community Room, from 2 to 4 p.m. Suggested donation \$10. For more information call 207-754-0954

**OURBIGBAND** performs the music of Maine's jazz great Steve Grover at the SPACE Gallery, 536 Congress Street, Portland, and is co-presented by the Portland Conservatory of Music's Dimension in Jazz, at 7:30 p.m. Tickets can be purchased online at Eventbrite, or at the door: \$15 advance, \$20 day of show, \$10 for SPACE members and students. Call for more information or to reserve: (207) 828-1310.

**Monday, March 2**

Stanton Bird Club meeting in room 285 at the University of Southern Maine's Lewiston-Auburn College, 55 Westminster Street, Lewiston, at 6:30 p.m. to hear speaker Andrew Mountcastle, PhD, a Zoology professor at Bates College. The topic is In-

sects.

**Tuesday, March 3**

Preschool Discovery Time at Baxter Memorial Library from 9:30 to 10:15 a.m. For ages 3 to 5. \*Discovery Times are not held during regular Gorham school vacations and holidays or when they are closed due to inclement weather.

**Tuesday, March 3**

Baxter Digs Reading at Baxter Memorial Library from 3:30 to 4:30 p.m. Call (222-1190) or visit the library to sign up for your 15 minute slot to read to Baxter.

**Wednesday, March 4**

Rotary Youth Fellowship Award recipient Chantel St. Laurent to speak at A-L March meeting at Governors Restaurant, 1185 Lisbon Street, Lewiston at 7 a.m. Cost is \$12.

Baby Discovery at Baxter Memorial library from 9:30 to 9:50 a.m. For infants through 18 months. \*Discovery Times are not held during regular Gorham school vacations and holidays or when they

are closed due to inclement weather.

**Wednesday, March 4**

Music Fun with Mr. Jeff at Baxter Memorial library from 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. \*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, March 5**

Shakespeare's Romeo and Julieta at University of Maine at Farmington, at 7:30 p.m. Admission is \$8 for adults, \$7 for seniors and students 18 and under, and \$5 for UMF students with I.D. Tickets are available at the time of the performance and can be reserved by calling the Theatre UMF box office at (207) 778-7465.

Snowboarder Kevin Pearce, bran injury survivor, speaking at Westbrook Performing Arts Center, 6 p.m. This is free, but you will need a ticket. Tickets: gwnne.org/35Xp3tz This is an ASL-interpreted event.

Toddler Discovery Time at Baxter Memori-

## FLAGSHIP CINEMAS

February 28th through March 4th

DOORS OPEN AT:  
11:30 am

**AUBURN**

746 Center Street

Auburn Movie Hotline — 786-8605

Impractical Jokers: The Movie (PG-13)	1:00	4:00	6:55	9:15
The Call Of The Wild (PG)	12:10	2:30	4:50	7:15
				9:35
Fantasy Island (PG-13)	1:10	4:10	7:20	9:50
Sonic The Hedgehog (PG)	12:00	2:20	4:40	7:00
				9:20
Dolittle (PG)	1:20	4:20	7:05	9:30
Birds Of Prey (R)	12:40	3:40	6:40	9:10
Brahms: The Boy II (PG-13)	1:30	4:30	6:45	9:00
The Invisible Man (R)	12:50	3:50	6:50	9:40
Downhill (R)				9:55
Jumanji: The Next Level (PG-13)	12:30		6:35	
Bad Boys For Life (R)		3:30		9:25

al 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.

Book club at Baxter Memorial Library at 10 a.m. Discussion of What We Talk About When We Talk About Books: The History and Future of Reading by Leah Price

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, March 6**

Block printing workshop at Bates College Benjamin Mays Center, 95 Russell Street, from 3 to 5 p.m., for children 8 years and older (under 12 must be accompanied by adult). Space is limited, registration required. For more information and to register email eboyle2@bates.edu or call 207-786-6417.

# Word Search

**When March shows up on the calendar many things come to mind: spring, longer days, singing birds, seedlings, and of course Maine Maple Sunday!**

A	M	S	S	S	R	H	M	E	E	R	E	H	S
K	P	P	S	C	S	S	A	C	M	S	V	P	P
U	L	I	U	P	U	K	I	P	U	L	R	P	A
U	R	L	S	T	G	T	N	B	T	T	A	Y	N
C	D	E	I	A	A	M	E	S	E	S	Y	P	C
Y	M	E	U	P	R	T	R	O	N	E	B	A	A
M	A	P	L	E	S	U	N	D	A	Y	U	G	K
A	C	A	C	L	H	A	E	E	N	C	C	A	E
A	A	U	Y	A	A	E	Y	G	K	R	K	M	S
E	A	N	P	A	C	U	C	A	S	R	E	D	U
I	U	A	K	E	K	E	O	P	A	E	T	N	A
P	A	A	P	S	Y	R	U	P	P	R	E	S	U
E	E	Y	D	N	A	C	N	O	T	T	O	C	B
P	E	V	A	P	O	R	A	T	O	R	C	N	Y

- SYRUP
- TAP
- MAPLE SUNDAY
- BUCKET
- COTTON CANDY
- MAINE
- EVAPORATOR
- SUGAR SHACK
- SAP
- PANCAKES
- SPILE

Thank you for your submissions! Email us your suggestions for word search topics! Let us know what you think!

# 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<sub>efx</sub> 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  
For FREE Estimates  
Quality Work with References Available

## 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 795-5017 or email  
Laurie@TwinCityTimes.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](http://www.authorcaseybell.com).

Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: [www.authorcaseybell.com](http://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](mailto: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](mailto:recruiting.us@modula.com).

## HOME SERVICES

### De-Clutter Your Home

Get Ready for Spring! Together we can organize and de-clutter your rooms.

Your home will feel better and so will you.

Contact me to start a conversation, and schedule a free first visit.

K Mae Schares  
207-749-9745  
[kmschares@gmail.com](mailto: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!

Visa       Master Card

Card # \_\_\_\_\_ 3 digits # \_\_\_\_\_ on back \_\_\_\_\_

Exp. date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_

Name & Address \_\_\_\_\_

Phone: \_\_\_\_\_

**CATEGORY:** \_\_\_\_\_

**HEADLINE:** \_\_\_\_\_

**AD INFO:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_



Weekly Social Media giveaways!

# Improv comedy show at Craft Brew Underground



Dawn Hartill and Nate White

Underground Improv, a troupe of some of Maine's funniest comedians, will perform a night of improv comedy on Friday, February 28 at 8

p.m. at Craft Brew Underground, 34 Court Street, Auburn.

This month's show features Dawn Hartill, Nate White, Leonard Kimble, Jason Pelletier, and CarlaRose Dubois.

No two shows are ever alike. The show content is made up completely on the spot and is based entirely on suggestions from the audience. Each show promises a night of unpredictable laughs and great craft beer.

There is no admission or cover charge for the show. For more information, visit Craft Brew Underground on Facebook or by calling (207) 241-8520.

# Rotary Youth Fellowship Award speaker

It is with great pleasure that the Auburn-Lewiston Rotary Breakfast Club announces the 2019 Rotary Youth Fellowship Awards (RYLA) recipient, Chantel St. Laurent.

A RYLA recipient is between the ages of 18 to 35, is committed to their community, education, and is on track to become an asset for both the area and their family and friends. St. Laurent fits that bill and more.

St. Laurent is a mother of two young children, works a full-time job and is on track

to graduate with an associate degree in Human Services in the Spring. St. Laurent is very active in the state and local community in addressing the issues surrounding addiction and suicide prevention. She was presented a Community Leader award from the Maine People's Alliance in June 2019 for her work in presenting ideas to local and state leadership.

As part of the RYLA experience, St. Laurent will travel to Adventure Bound in Carratunk, Maine in September to join other recipients for

team building exercises, as well as fun on a rope course and whitewater rafting. Rotary District 7790 incorporates part of Maine and Quebec, so dual-language adds to the team-building fun. Congratulations Chantel!

Please join the A-L Rotary Club for breakfast to hear Chantel St. Laurent speak regarding her experience at RYLA last fall. The meeting is Wednesday, March 4., at 7 a.m. We meet at the Governors Restaurant, 1185 Lisbon Street, Lewiston ME. Cost for breakfast is \$12.00.

# Farming Oysters? Food for Thought explains



In keeping with the theme of healthy sustainable food from local sources, senior college USM/LA is proud to have, for the March 13 Food for Thought presenter, Dan Devereaux, one of the co-founders of the Mere Point Oyster Company. His business partner and longtime friend is Doug Niven. As they say on their website, "Doug loved to fish. Dan loved to farm. They both loved living and working along the coast of Brunswick, Maine. They started talking one day while watching their kids on the Brunswick playing fields and the seeds were planted—oyster seeds, that is."

There used to be so many oysters along the Maine coast that you can still find heaps of shells left by the Wabanaki people. But, in the 1970s, oyster populations plummeted as a result of pollution and environmental change. Farming oysters offered an opportunity to restore the native population and enhance near shore marine ecosystems. In 2015, Niven and Devereaux officially formed Mere Point Oyster Company (MPOC). They chose to site their farms where they live—in the clear, deep waters of Maquoit and Mere Point Bays. These bays are some of Maine's most

ecologically significant areas because of the rich marine life they support. Oysters were the perfect species to work with as they provide amazing environmental benefits to the marine ecosystem.

Devereaux will tell their story and help folks understand not only about oysters, but also about the fragile marine environment and efforts to preserve it. The presentation will be held at noon in room 170 at the USM/LA campus on Westminster Street. Doors open at 11:30 a.m. Feel free to bring a bag lunch as we won't be serving lunch (not even oysters!)

# www.TwinCityTimes.com

**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

Get younger looking skin today

**SAPPHIRE 3<sup>®</sup> OxyLight<sup>®</sup>**

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