

Seniors Not Acting Their Age Sea kayaking begins at Mere Point



A kayaker approaches West Gosling Island

By Ron Chase

Like my Native American ancestors, when the blackflies arrive, I gravitate to the coast. Consequently, for me, sea kayaking normally begins in late May or early June when the nasty blood suckers begin to proliferate in the mountains and on the rivers. The pandemic

has added another incentive as sea kayaking doesn't require a shuttle and social distancing is more easily accomplished where there is an abundance of space such as the ocean.

For outings in northern Casco Bay, I frequently use Mere Point Boat Launch in Brunswick. Boat access

along the coast of Maine is a challenge as there is a significant shortage of options. About fifteen years ago, I was part of a boat access committee organized by the Maine Department of Conservation. Interested groups from all over the state participated and I represented recreational

See Seniors, page 8

Separated by the pandemic part 4: Facilities still locked down

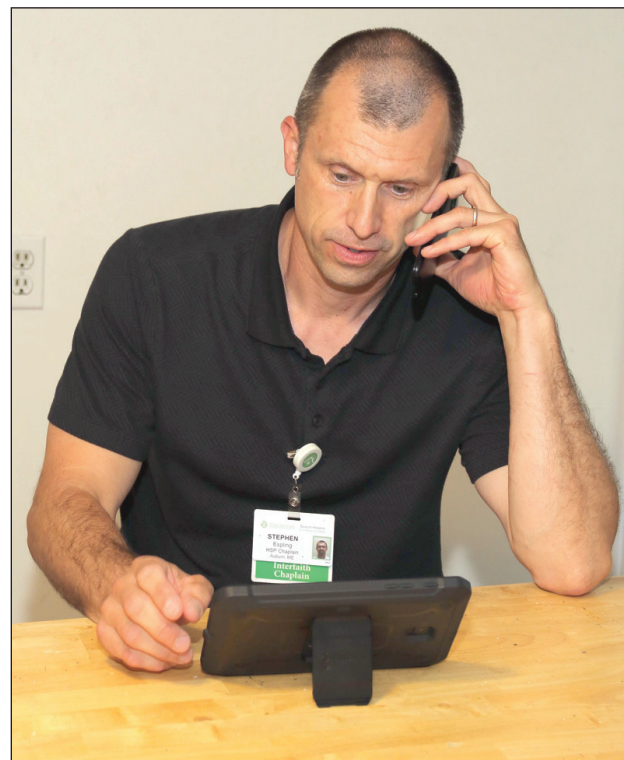
The following story is the fourth of several interviews being done by Nathan Tsukroff of PortraitEFX to capture the effects of this pandemic on the people of Maine.

Maine is starting to open up again.

Well, most of Maine is starting to open. But not hospitals, and not nursing homes, and not assisted living homes like The Sarah Frye Home on Washington Street North in Auburn.

Not this week. And maybe not next week. In fact, MaryAnn Guenette, Activities Director, said last week she isn't sure when The Sarah Frye Home will be allowing family members and guests to enter the facility. They plan to maintain social-distancing protocols for a little while after the State of Maine lifts restrictions, to ensure patients will not have a chance of infection from the Covid-19 coronavirus.

Self-quarantined since the beginning of March, the home currently is providing care for 34 people, with room for two more. And none



Steve Espling of New Gloucester, a chaplain with Beacon Hospice, checks in with a patient remotely. He is presently not allowed inside hospice buildings, in order to keep patients safe from infection during the Covid-19 pandemic. (Photo by Nathan Tsukroff, PortraitEFX)

of the 34 residents have been allowed to be with their family and loved ones in person. The only connections have been through windows, glass doors, or by telephone and over the internet.

Healthcare facilities across southern Maine have put these strict

protocols in place to preserve the health and well-being of their residents and patients. And as expected, this has not been easy for those residents and patients.

"We used to go out and do a lot of trips, and we're unable to do that at

See Pandemic, page 9

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LA River Race 2021

The annual LA River Race, a celebration of the Androscoggin River and water-based recreation in LA held in late June each year, will be held June 26, 2021. For

the past four years, this summer paddling adventure in downtown LA has been the largest annual event of the Androscoggin Land Trust (ALT). Now, ALT Board Presi-

dent Dana Little and LA Metro Chamber of Commerce President + CEO Shanna Cox are excited to announce a new partnership in hosting this event that will seek to expand the participation of paddlers and the positive ripple effect on the local economy. While originally slated for June 27, 2020 in conjunction with the Great Falls Brewfest, the event has been postponed until 2021 due to COVID-19 and the limits to crowds.

"We are honored to be a trusted partner of ALT in the stewardship of this great event. Each year, the LA River Race highlights safe practices for recreational uses of the Androscoggin, and draws people to LA", says LA Metro Chamber President + CEO Shanna Cox. "We believe

See Race, page 11

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Newsmakers, Names & Faces

OTELCO welcomes Director of Network Operations



Aaron Jones

OTELCO is pleased to announce that Eric Proulx has been hired as the Director of Network Operations in its New Gloucester office. Proulx has 24 years of experience in the communication industry working for Bell Atlantic, Verizon, FairPoint, and Consolidated Communications. He has a Bachelors of Science in Electrical Engineering from the University of Maine and is a resident of Windham.

Additionally, OTELCO has welcomed two Summer Interns in its New Gloucester office. Heather Clark and Aaron Jones will work through mid-August to document and diagram step-by-step procedures for onboarding OTELCO customers.



Eric Proulx

Clark just graduated from Bentley University with a BS in Accountancy and a Finance Minor. She will continue her education this year and pursue a MS in Accounting Analytics at Bentley. She is a resident of Cumberland. Jones graduated high school in three years and currently attends Clarkson University for Computer and Electrical Engineering. He enjoys building computers and lives in Gorham.

OTELCO Inc. provides wireline telecommunications services in Alabama, Maine, Massachusetts, Missouri, New Hampshire, Vermont and West Virginia. The Company's services include local and long distance telephone, digital high-speed data lines, transport



Heather Clark

services, network access, cable television and other related services. With approximately 99,000 voice and data access lines, which are collectively referred to as access line equivalents, OTELCO is among the top 25 largest local exchange carriers in the United States based on number of access lines. OTELCO operates eleven incumbent telephone companies serving rural markets, or rural local exchange carriers. It also provides competitive retail and wholesale communications services and technology consulting, managed services and private/hybrid cloud hosting services through several subsidiaries. For more information, visit the Company's website at www.otelco.com.

Six young Mainers honored with inaugural Brookie Awards

Six young change-makers from Maine have been honored as the inaugural group of Brookie Award winners for their leadership and effectiveness working on environmental issues. The Brookie Awards is a new statewide recognition program organized by

NRCM Rising, the young member arm of the Natural Resources Council of Maine (NRCM), to elevate and amplify the voices of the rising generation of environmental leaders in Maine.

"I'm inspired by the inaugural class of Brookie Award winners who

all represent what is best about Maine's environmental movement," said NRCM CEO Lisa Pohlmann. "These young leaders are committed to acting on their values with creativity and passion to protect the nature of Maine. I look forward

See *Brookie*, page 13

Viles Arboretum welcomes executive director

Ryan Martin will be taking the reins of the Viles Arboretum beginning in July. Martin comes to this position with Maine roots and a wealth of experience in all of the areas pertinent to the work of this Augusta based non-profit. Martin was selected out of a pool of more than a dozen applicants and his experience with non-profits, enthusiasm and multidimensional skills clearly made him stand out. He comes to the position from the Tilton School of New Hampshire, where he has been Director of their Summer Institute, a residential/day summer school program. Earlier in his career, Martin worked for the Isleboro Adventure Camp and the Maine Trust for Education, both heavily focused on environmental education. Working with botanical collections, public outreach, fundraising and non-profit governance are all familiar ground for Martin.

"I'm so pleased and honored to assume the role of Executive Director this upcoming June 29. During these difficult and unprecedented times, there's an even greater need for Viles Arboretum and the services it provides for our community. For those of us quarantining in city apartments and townhouses without green space readily available, access to the outdoors isn't just important, it's essential. With over 200 acres located in the heart of our historic Capital City, Viles Arboretum is



Ryan Martin, incoming director for the Viles Arboretum, enjoys the Viles perspective from one of the many art sculptures along the "art trail"; this piece being a work by Andreas von Huene, artist from Woolwich.

the perfect place for people of all ages to explore a diverse landscape filled with rich and immersive opportunities for recreation and learning," Martin remarked, "This summer, we will break ground on our new Education Center, which will provide the Arboretum with an important new facility from which we can continue to expand our current program offerings and events. If you haven't had an opportunity to support this effort, I encourage you to do so. We are a community-led organization, and the efforts of our many members, volunteers, and partners make this initiative possible."

Outgoing Executive Director Mark P. DesMeules commented, "We are all very excited to be able to pass the baton to Ryan for the next decade of exciting and new efforts at this out-

standing arboretum resource for Maine and beyond. It's clear that Ryan is up to the task and very enthusiastic about moving forward with exceptional programming for this institution. I personally really look forward to working with Ryan on the transition and overseeing the completion of the new Education Support Center."

The Board of Directors, both current and past, wish to thank Mark DesMeules for his leadership, knowledge, devotion, work ethics and tireless spirit in his 12 years as Executive Director of the Arboretum. Under his leadership, memberships increased, new programs were created, areas spruced up, trees were identified and tagged, new partnerships were formed among other things which has made the Viles Arboretum. See *Viles*, page 13

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Newsmakers, Names & Faces

Support local businesses while staying safe

By Sen. Nate Libby
The coronavirus pandemic has impacted nearly every aspect of our lives and all corners of our economy. Local businesses have been hit especially hard. Now more than ever, it's important to support the small businesses that employ our neighbors and friends. As restrictions begin to lift and doors start to reopen, it's vital that we all keep making smart choices to keep ourselves and each other safe.

When Gov. Janet Mills announced that businesses in Androscoggin County would have to delay offering indoor dining just days before they were about to open, I spoke out against the sudden change. I know the decision was made to protect public health. But restaurant owners and employees had been working diligently and spent a significant amount of money getting ready to safely reopen. To have the rug pulled out from under them, with so little warning, was unfair and left many in a tight spot.

On June 15, the Governor announced that, at last, restaurants in Androscoggin, Cumberland and York counties would be able to open for indoor dine-in service beginning June 17. Additionally, bars, breweries, and tasting rooms are now allowed to open for outdoor service, while gyms, nail salons, and tattoo parlors may also reopen. All must follow public health guidelines, of course.

I'm hopeful that this change will give our local businesses the boost they need to regain their financial footing. If you're not quite ready to go back to indoor dining,

many restaurants are still offering to-go services. That's still a great way to keep supporting our local economy and the families whose livelihoods depend on it — and it's a great way to treat yourself.

If you're going out, I'd highly recommend looking over the safety guidelines listed on the Department of Community and Economic Development's website. This will help you know what to expect when you get to your appointment or reservation. For example, if you're going out to a salon, you might be asked to wait in your car until the time of your appointment, and you'll need to keep a face covering on for the whole appointment. If you're going out to eat, you'll likely have to make a reservation. While you won't have to wear a face covering while you're at your table, you will if you're picking up food or waiting to be seated. Also, groups of more than eight

people aren't yet allowed.

I know these regulations might seem tedious or inconvenient. But these guidelines are going a long way to slow the spread of COVID-19. By washing your hands, wearing a mask and observing physical distancing, we're doing real work to keep our neighbors and friends safe.

I encourage you to keep supporting our local businesses, in whatever way makes the most sense for you and your family. While you do, please remember you be patient and courteous to your fellow customers and to employees. By working together and being considerate, we'll get through this.

If you have any questions or concerns, you can reach out to me at Nathan.Libby@legislature.maine.gov or by calling 207-287-1515.

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

United Way distributes \$79,384 emergency funding

United Way of Androscoggin County is proud to announce that seven non-profit agencies are receiving funding through the Emergency Food and Shelter Program (EFSP). Organizations received funding to help individuals and families in need of food, housing, and utility assistance. Many families in Androscoggin County rely on these services to help alleviate the stress of managing necessary expenses while experiencing crisis situations.

"We are helping to connect families and individuals in need of a hot meal, rent and mortgage assistance and keeping utilities on," said Joleen Bedard, Executive Director of United Way of Androscoggin County. "This

help is critical to help families survive and keep a roof over their heads so they can build financial independence." Bedard also stated that there were two funding streams, Phase 37 and Phase 37 CARES directly related to the COVID-19 crises.

Individuals can access help from the following organizations: Community Concepts; New Beginnings; Rural Community Action Ministry (RCAM); Safe Voices; St. Martin de Porres; St. Mary's Nutrition Center; and Trinity Jubilee Center.

A local board comprised of local government, non-profit organizations and United Way of Androscoggin County determined how the funds awarded were distributed

among the emergency food and shelter programs run by local service agencies in Androscoggin County.

United Way of Androscoggin County unites our community to improve people's lives. We bring donors, volunteers, non-profits and businesses together to help children enter school ready to learn, help high school students reach graduation day all while creating stability for families. Together, we invite others to stand with us as a united front against social injustices and supporting our community's most vulnerable residents to have a good life. To learn more about United Way of Androscoggin County, please visit our website at www.united-wayandro.org.

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Laurie A. Steele

Publisher/CEO


Laurie@TwinCityTimes.com



Lillian Baker

Office Manager


Lillian@TwinCityTimes.com



Millie Barnard

Managing Editor

Editor@TwinCityTimes.com



Lacey Rollins

Outside Rep

Info@TwinCityTimes.com

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What's Going On

CMCC no cost 'Behavioral Health Professional' certification

Through grant funding provided by Maine Quality Centers, the Center for Workforce and Professional Development at Central Maine Community College (CMCC) will offer multiple cohorts of a 100 percent online Behavioral Health Professional (BHP) certification course between now and October 2020. Training includes access to the BHP training modules hosted through Woodfords Family Services; the Red Cross First Aid/CPR/AED certification training for infants, children, and adults; and the American Heart Association's HeartSaver Bloodborne Pathogens certification training.

BHP training and certification is required for direct-care providers working in Chil-

dren's Behavioral Health Services, either in the school or home/community setting; in programs receiving MaineCare reimbursement for section 28 RCS, 28 RCS Specialized; and 65 HCT or Day Treatment Services. BHPs work in community-based, in-home, and center-based programs for children with developmental disabilities and behavioral health needs. They assist children in developing and maintaining daily living skills necessary to remain healthy, safe, and live a full and productive life.

Participants must be at least 18 years of age, have a high school diploma or GED, and be a Maine resident. There is no cost to take the course and it includes vouchers and instructional mate-

rials for all of the components to the training program. At the time of registration, participants also have the ability to select which type of cohort they want to participate in: open enrollment cohort (can apply for a position with any agency across the state) or a cohort working directly with Black Bear Support Services (BBSS) (ability to earn while you learn as an employee of BBSS).

For more information or to register, please contact CMCC's Center for Workforce & Professional Development at (207) 755-5280, email workforcedevelopment@cmcc.edu or visit www.cmcc.edu/professionaldevelopment. Applications are accepted on a rolling basis and will be reviewed until all seats are filled.

Skowhegan Savings welcomes Senior Vice President

Skowhegan Savings is pleased to announce that Dawn Palmer has joined the bank as senior vice president and chief human resources officer. She will lead the human resources department for the bank which is responsible for employee engagement, training, relations, recruitment, development and management.

"We are fortunate to have found such a talented and well-rounded leader to help us manage our most important asset, our employees," said David

Cyr, president and CEO of Skowhegan Savings.

Prior to Skowhegan Savings, Palmer has worked in a human resources capacity in varying industries including manufacturing, agriculture, home care, education and recruitment. Recently she comes to the bank as the former chief executive officer of Home Care for Maine where she oversaw all human resource functions and operations for the company. Familiar with the greater Skowhegan area, Palmer spent seven years in human

resources at Backyard Farms in Madison before being promoted to director of employee relations of their parent company, Mastonardi Produce USA/Canada.

A Maine native, Palmer attended Thomas College where she obtained her bachelor's and master's degrees in business administration. She holds certifications as a certified human resource professional from the Society of Human Resources Management and the Human Resources Certification Institute.

How to bring business stability and hope in time of uncertainty

Many business leaders face extreme challenges during their career, but the coronavirus pandemic is uncharted waters for all.

Most offices and stores are closed across the U.S. to combat the spread of COVID-19. Companies still operating are mostly working remotely, and many are doing business differently to adjust to the new normal. As uncertainty continues to reign, how should leaders respond to new fiscal challenges and what guidelines should they follow?

"Companies around the world are reevaluating how they do business in order to overcome the challenge that we all face in this moment," says Jadon Newman, CEO of Noble Capital (www.noblecapital.com), a private investment and private equity firm. "Times of crisis are when the best leaders step up, calm their workforce, believe in their capabilities, and go beyond the norm to influence changes that make a company stronger for the long haul."

"While the health and well-being of team members has to be leadership's primary concern, it's never been more important to find new and creative ways to meet revenue goals. Challenging times is when innovation is often born, and that starts with leaders who won't be paralyzed by problems, but rather see them as opportunities to grow."

Newman offers five tips to help business leaders navigate this unprecedented time:

1) Turn to your core values. A company's core

values act as a compass in stormy seas, Newman says, bringing some stability and helping maintain direction even while waves of uncertainty approach. "Your unchanging core values provide clarity amid the turbulence," Newman says. "They serve as a framework to inform your decision-making process, especially during periods of uncertainty."

2) Be strong and honest. "Leaders who are best prepared to get through a crisis have a good level of resiliency," Newman says. "They have mental discipline, accept life's insecurities and don't panic when the storm hits. The next step is committing to transparency with employees. Share your thoughts, concerns, and encouragement, and reinforce the company values."

3) Learn, invite new ideas, and adjust. A crisis causes leaders to re-evaluate processes and consider improvements tailored to a changing business climate. "It's imperative to learn from the current crisis," Newman says, "and from your data determine what your company can do differently in order to adjust. Embrace it as an exciting opportunity to innovate and be better. Solicit ideas from your most trusted people. Look at new services and products you could create. Everything from what you sell to how you deliver it might be on the table for change."

4) Be extra resourceful. "One thing we learned during the last recession is how to be resourceful," Newman says. "Now is the time

to reorganize and refocus to achieve lean and efficient business operations. Develop a plan to reduce costs without interrupting critical business functions. Reach out to your network and external partners to leverage any resources you may have outside of the company. Empower all team members and leaders at your company to exercise a new level of responsibility."

5) Increase and improve communication. "Communication with team members, clients and external partners is paramount," Newman says. "And there's no reason you can't improve communication despite the current circumstances. Increase the use of the technology to stay in front of clients, including video conferencing, emails and even text messages when appropriate. Work with your business leadership to develop the appropriate communication plan for your business."

"How a company overcomes major challenges determines what type of company they are," Newman says. "As leaders step up and guide a company through, they develop deeper leadership capabilities that will last long beyond the current crisis. Likewise, their company will be stronger for it."

Jadon Newman is the founder and CEO of Noble Capital (www.noblecapital.com). With a 20-year career in real estate and finance, he specializes in private lending, private equity, investment real estate and strategic venture capital.

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Bicycle Coalition of Maine Debuts new anti-speeding campaign

The Bicycle Coalition of Maine announced the launch of a new anti-speeding campaign last Tuesday to coincide with the unveiling of the organization's new five-year strategic plan effective through 2024.

The new campaign, entitled "Slow ME Down," broadly aims to both change people's attitudes about speeding in cars and send a message to drivers, state and local officials, and roadway designers that their help is needed in making this behavioral change. The BCM plans to achieve this by creating a visible group of Mainers committed to slowing down when they drive and encouraging others to do the same.

Driving 10 mph over a posted speed limit in Maine seems to be the norm—even in residential areas posted at 35 mph or less—which can lead to fatal consequences, according to the Coalition. There have already been five vulnerable-user deaths in Maine this year in Rumford, Bangor, Orrington, Falmouth, and Liberty. Eight additional crashes across the state have left cyclists and pedestrians injured.

"Data shows that even small increases in speed increase the lethality of a crash with a vulnerable user," says BCM Assistant Director Jim Tassé. "And speed affects everything from how fast a car can come to a stop to how quickly a moment of distraction becomes a disaster."

According to data collected by AAA Safety Foundation, in collisions at 30 miles per hour, about one in five pedestrians will not survive. These numbers are amplified for older victims, and the risk of death continues to rise dramatically as speeds exceed 30 mph. Additionally, according to a National Highway Traffic Safety Administration study, 37% of the vulnerable-user fatalities on local U.S. roads were directly attributable to speed.

The BCM says it will provide anyone who joins the campaign with a Slow ME Down action kit that includes a sticker identifying them as a person who supports safe speeds in residential contexts, a postcard to send to local officials, and other ways to take action.

"The idea is to empower people to drive below posted speed limits in these low speed contexts," Tassé adds, "and to help build solidarity around compliance with speed limits—at least in residential and business contexts."

Slow ME Down is just one part of the Bicycle Coalition of Maine's new five-year strategic plan effective from 2020 through 2024. This strategic plan centers on four goals and objectives:

Leadership - Elevate Maine's reputation as a bicycle- and pedestrian-friendly state, as well as an extraordinary place to bike and walk.

Education - Educate people of all ages and abilities on how to safely bike and walk for transportation, recreation, and health.

Advocacy - Advance Complete Streets principles by using policies, programs, and projects that balance the needs of bicyclists, pedestrians, and motorists.

Mission Advancement - Provide direction, vision, and funding for completion of the organization's mission using effective planning, development, and communication.

The full 2020-2024 strategic plan is available on the BCM's website: <https://www.bikemaine.org/strategic-plan/>.

"Now, more than ever before, the people of Maine are choosing to walk and ride bikes for recreation, fitness, and transportation," says the introduction to the strategic plan, written by BCM Executive Director Jean Sideris and Board of Directors President Tina West. "We at the Coalition envision a future where Maine's roads, public ways, and trails are safe, accessible, and well-used by everyone—resulting in cleaner travel options, improved health, and stronger economic benefits for Maine communities."

UMaine Extension nutrition education program now online

University of Maine Cooperative Extension Expanded Food and Nutrition Education Program is offering its "10 Steps to a Healthier You" series online.

EFNEP Online is a self-paced program focused on healthy eating, meal planning, staying within a budget at the grocery store, and food safety. Lessons include interactive videos, worksheets and individual access to EFNEP educators. On completion of the series, a certificate and recipe book are provided.

EFNEP is free to income-eligible adults with children. For more information or to request a reasonable accom-

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What's Going On

MEMIC announces early \$17 million dividend

In recognition of the economic stress being experienced by many of its 18,000 Maine workers' compensation insurance policyholders, the Board of Directors of MEMIC has authorized the immediate distribution of a \$17 million dividend to eligible employers. The 2020 MEMIC dividend brings the total amount of capital and dividend declarations to \$302 million since 1998.

"We normally make our annual dividend decision in September and distribute checks in November, but these are not normal times," said Michael P. Bourque, president and CEO of The MEMIC Group. "Though MEMIC is not immune to the impact of stock market fluctuations or the drop-in payroll-related premiums, we believe that supporting our policyholders was the right thing to do right now. Our board wants to get money into the hands of employers whose collective record of safety has produced a profit for the policy year 2017."

MEMIC recently had its financial performance affirmed with an "A" (excellent) rating by industry analyst A.M. Best.

The average dividend will be more than \$1,100 and more than two dozen employers will receive checks greater than \$40,000. Checks are expected to be mailed to eligible Maine employers within three weeks, according to Bourque. "What's especially nice is that this dividend will end up in the private, public and non-profit sectors in all sixteen counties. Ultimately, that money will become another stimulus for employment when we need it most."

The dividend is not guaranteed as it is contingent upon safety results, effective injury management, efficient operations of the company, as well as investment and bond market performance. The company reviews these factors annually to determine if a dividend is appropriate.

"We always say that safety pays dividends which also is why we have been making an extra effort to help the workforce remain safe during the pandemic. The safety practices we are recommending on our web site and in all communications are a guide to how we all must now behave until this virus is under control," said Bourque. "As a mutual insurance company owned and governed by our policyholders, we truly understand that we're all in this together."

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Restaurants in L/A open for inside dining

This week restaurants were given the green light to reopen for inside dining after being shut down by the state of Maine due to COVID-19.

TCT publisher, Laurie Steele and staffer, Lillian Baker visited local restaurants this week to offer support and learn if they would be able to open for inside dining with the new restraints put into place.

The owners were happy to be able to open for inside dining. Having to shut down due to COVID-19 has been very difficult on them.

Many voiced frustrations with Gov. Mills delaying dine-in reopening. Owners had planned to



Randall Smith, owner of Pinky D's Poutine Factory in Auburn. TCT photo by Laurie A. Steele

reopen their dining rooms May 25. They weren't given enough notice of the change and the money and effort they put into reopening was wasted.

Last week Restaurants were given permis-

sion a second time to reopen for inside dining on June 18. With great difficulty, most restaurants were able to manage to open as they were only given two day's notice.

The restaurant owners appreciate the support of the community. Please check with your local restaurants for updates on their availability for inside dining, hours and offerings as they are subject to change.



Mike Berube, owner of The Pit Bar & Grill in Lewiston. TCT photo by Laurie A. Steele



Kate Landry, co-owner of Fish Bones in Lewiston. TCT photo by Laurie A. Steele



Bill Hurd, owner of The Chick-A-Dee in Lewiston. TCT photo by Laurie A. Steele



Nikkita Sampson and Shivam Kumar, owners of Break in Lewiston. TCT photo by Laurie A. Steele



Bill Welch, owner of Pedro O'Hara's in Lewiston. TCT photo by Laurie A. Steele

Victory for restaurant owners

Attorneys Steve Smith & Jack Baldacci and the below Plaintiffs announce their victory, as pressure from the pending suit resulted in Gov. Mills' issuing a press release permitting indoor dining at open restaurants in York, Cumberland, and Androscoggin Counties.

Plaintiffs: Terri Perreault, Morning Glory

Diner, Cumberland; Michelle Hapgood and Joel Hapgood, Campfire Grille, Cumberland; Gary Searles and Chris Searles, The Olde Mill Tavern, Cumberland; and Bill Palladino, The Shed Restaurants and Willy's Ale Room, York.

"[This] is a day of victory for our clients and all restaurant owners in

York, Cumberland, Androscoggin Counties," state Lead Attorney Steve Smith. "Our Equal Protection and Constitutional Claims against Gov. Mills were clear and strong. We're very pleased that our clients and all those restaurant employees and employers in the three-county area will now be able to get back to work."

While the interested parties celebrate this victory, Attorneys Smith and Baldacci shall continue to challenge the constitutionality of the Governors decisions in Federal Court, under Savage v. Gov. Mills.

For additional information, please visit www.lipmankatz.com, or contact us at (207) 622-3711.

**Please support your
local restaurant owners
by going out to eat at
their businesses.**



Franki Tam, owner of Sea40 in Lewiston. TCT photo by Laurie A. Steele



Schan Martin, owner of Gridiron Restaurant & Sports Pub in Lewiston. TCT photo by Laurie A. Steele



Wanda Bickford and Trisha Cottroll of Sam's in Auburn. TCT photo by Laurie A. Steele



Ben Low, owner of Side by Each Brewing Co. in Auburn. TCT photo by Laurie A. Steele



Kristi Norcross, owner of Kristi's Cafe in Lewiston. TCT photo by Laurie A. Steele



Ed Luffman, co-owner of Orchid in Lewiston. TCT photo by Laurie A. Steele



Andrew Cessario, manager of Cowbell in Lewiston. TCT photo by Laurie A. Steele

Just some
of the
restaurants
open for
business
in Maine

Patrick Dempsey announces plans for Dempsey Challenge

In a video message to supporters, Dempsey Center founder Patrick Dempsey announced plans for Dempsey Challenge 2020. Scheduled to take place September 26 and 27, the event will be held virtually – using world-class fitness platforms Strava and Zwift.

Presented by Amgen Oncology, the Dempsey Challenge is the primary fundraising event for the Dempsey Center. All funds raised by participants go directly towards support services for individuals and families impacted by cancer.

Using the fitness apps, Dempsey Challenge participants will be able to log the miles they walk, run, or cycle, while raising money to support the work of the Dempsey Center. Teams and individuals can “unlock” prizes and incentives based on the miles logged and amount raised. The fundraising minimum has been waived for this year’s

event in favor of a suggested voluntary donation of \$20.

“We know that what makes the Dempsey Challenge so special is the feeling of community,” says Deneka Deletetsky, Event Manager. “We are excited to create that community through online engagement. It’s a way to keep everyone safe while raising money for the important work of the Dempsey Center.”

Even as the Dempsey Center has been unable to provide in-person visits during the statewide shutdown, the organization has launched most of its services virtually. Counseling appointments, support groups, and nutrition and fitness classes are being provided to cancer patients and their families.

“Providing virtual services has always been part of our strategic plan,” says Wendy Tardif, Dempsey Center Executive Director.

“COVID-19 has forced us to speed up the timeline on that plan – and that’s a really good thing!” Noting that the organization plans to continue providing virtual services, even after reopening to in-person visits, Tardif adds, “The online sphere has truly become a third Dempsey Center location.”

While event organizers haven’t ruled out the possibility of in-person activities the weekend of the Dempsey Challenge, they are keeping a close watch on public health guidelines. Any local activities will follow appropriate health safety guidelines in effect at the time of the event.

In the meantime, Mr. Dempsey encourages people to get involved in the “reimagined” event, saying “No matter where you are in the world, you can join us.”

For more information about Dempsey Challenge 2020, visit DempseyChallenge.org.

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Continued from page 1

That said, Mere Point is an exceptional facility and now that it exists, I take full advantage. There is substantial paved parking, two concrete launches, a dock, a well-organized system for loading and unloading boats, and two toilets, closed at present due to Covid-19. I understand the concerns about spreading the coronavirus but don't get the logic behind opening the facility but keeping the toilets closed. I sus-

When Brent and I arrived at the deluxe Mere Point installation, the sun was shining and the sky clear but contrary to the forecast there was a moderate onshore wind. Some chop and a steady headwind were confronted when departing Merepoint Bay

Sunbathers on the dock were the only occupants when returning to the palatial landing. De-

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals – New England," Ron Chase resides in Topsham. Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net.



A kayaker paddles south along Upper Goose Island



A kayaker stops for a break on Upper Goose Island



Kayaks are readied at Mere Point Boat Launch

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MEXICO CITY STYLE CORN ON THE COB - 4.95

basted with chipotle mayo & dusted with cotija cheese

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fried Maine potatoes drizzled with garlic aioli!

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FRIED BRUSSEL SPROUTS - 8.95

tossed in a chili-lime vinaigrette with toasted sesame seeds, red onion escabeche & jalapeños

YUCCA FRIES - 7.95

golden fried yucca fries served with a chimichurri aioli! and citrus habanero bbq dipping sauces

CHICKEN TAQUITOS - 8.95

three corn tortillas filled with rajas, jack cheese & chicken, rolled and fried. Topped with lettuce, crema, cotija, pico de gallo & avocado purée

CORN CHIPS - 1.50

w/ salsa - 3.95

w/ guacamole - 5.95

w/ salsa & guacamole - 8.95

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w/ organic black beans - 6.95

w/ choice of chorizo, shredded pork, grilled chicken, steak OR ground beef - 9.95

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Pandemic

Continued from page 1

this time,” Guenette said. “We used to do a lot of activities . . . go out to eat, go out to picnics, go shopping.”

Now, “We’re unable to do group activities, so I’m doing individual activities in their rooms, and that’s kind of difficult. You’ve got to be very creative to do that, because they all love their Bingo!” she said. “But I did find a creative way to do their Bingo, and they’re enjoying it.”

In the past, staff would go to a local coffee shop for take-out coffee or milkshakes for the residents, Guenette said. With the quarantine, “We’ve been making them here once a week for them instead, so they’re really enjoying that. [Wednesdays are now] Milkshake and Coffee Days, so they get their iced-coffee and milkshakes they used to order,” she said, “but of course, now, it doesn’t cost them anything, so it’s even better for them.”

Residents can’t have visitors, so they’ve been visiting with family or friends through closed windows, talking over the telephone. The facil-

ity purchased a tablet for residents to use for video chats with their family members, “so they can see them and talk to them. So that’s been nice too,” Guenette said.

Staff at The Sarah Frye Home are allowed to touch the residents to help them with their care, although they stay masked at all times. The residents themselves wear masks when outside of their rooms as they socialize with other residents.

There have been no incidents of infection at the facility for either residents or staff, Guenette said, and staff members are not visiting with a lot of family or friends when at their own homes, to limit chances for exposure. “Everyone’s like, ‘We can’t wait to get back to normal!’ But we don’t know what normal is, anymore.”

Guenette said The Sarah Frye Home staff and facility board will carefully review information from the Maine CDC and other facilities throughout the area as it looks to open its doors again.

Residents “miss their family members and they can’t wait till we open up again,” She said. While some residents are

frustrated with what they feel is a lock-down, other residents know “we’re trying very hard to stay safe, and they’re very thankful for that.”

Similarly, Beacon Hospice is Auburn is feeling the loss of “personal touch”.

Steve Espling of New Gloucester, an interfaith chaplain with Beacon Hospice in Auburn, said he and the other chaplains have not been allowed to interact with patients in person since the quarantines went into effect. Instead of hand-holding and the personal touching that can be so meaningful to a patient whose death is imminent, Espling and the other chaplains have resorted to phone calls, emails, videos sent over the internet, or conversations by phone through a closed window or door.

Patients are placed into hospice care when their illness or condition indicates they have six months or less to live. This care can be provided in a long-term care facility, a hospital, or at home. Although, some of those patients may improve and “graduate” from hospice care.

Staff in the various facilities have had to take on additional roles

to fill in for the missing personal approach by the chaplains.

“When you think of spiritual care, you think of presence. You know, touch can be very important to somebody. Just a gentle touch, maybe a hug, reading a scripture to them in person,” Espling said. “So much is presence, and now presence has been removed.”

Not even allowed to enter the building at a facility, he has been relegated to phone visits, he said. And now some facilities are allowing “window visits”, where he and the patient can at least see each other while they talk over the phone.

Espling said the hospice philosophy is holistic, so “we’re addressing the needs of the person physically, spiritually, mentally, and emotionally. So, my piece is the spiritual piece, and I don’t come to the patient to share my spirituality with them. I come to the patient and their family members to discover what their spirituality is and encourage them to draw strength from that.”

He said his focus has shifted more to family members, “because we have more access to

family members. We can visit them outside the facility or at their home, if their comfortable. A lot of phone calls [are made] to husbands and wives for support.”

And the need for chaplains has also expanded to staff members as they deal with hardships brought on by social-distancing, Espling said. “How can we assist them where they are in harm’s way, if you will, wanting to give care.”

Also, “if someone has a spiritual issue, (staff members) are the ones that the patient sees,” so chaplains do their best to “come alongside them to help, too.”

Chaplains have tried to be creative by recording little video payers, scripture readings, or just “send something to a nurse or an aide that they can play for a patient,” Espling said. Although he can’t play his guitar for patients in person right now, he records short songs for them to enjoy on a smartphone or tablet. “So, we’re trying to be creative to ‘touch’ patients, even though we can’t be there.”

Espling pastored North Deering Alliance Church in Portland, which had a huge population of asylum seek-

ers. His Sunday sermons were translated into multiple languages for the congregation. “Every culture has, of course, traditions when somebody is dying, but the needs of the individual don’t change,” he said.

“That promise of hospice is that no one needs to die alone. Which, of course, in this environment is difficult,” he said. “But what we hope to do is provide each person with dignity, right up until the last day.”

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Maine TREE Foundation offers “Window to the Woods”

The Maine TREE Foundation is delighted to offer a new online course offering called “Window to the Woods.” Maine’s environment, economy, and communities depend on the forest and the people who work in them. This course is the Maine TREE Foundation’s alternative offering to the ever-popular “Forests of Maine Teachers’ Tours.” While they are not able to offer the in-person tours in 2020 due to COVID-19 concerns, the are excited to present this online course, tailored for multiple audiences: teachers, land trusts, and forestland owners.

Throughout this course, several questions will be asked: Who are the people that own the forest? How are the forests managed, and what do managers consider? What happens to the log of a harvested tree? And who works in the woods?

Registration for Window to the Woods online course is now open to the general public. Teachers, land trust members and employees are encouraged, as

well as Maine woodland owners and Tree Farmers to participate in this short, interactive online course. A Certificate of 18 Contact Hours will be provided upon successful completion of the course. Registration for the online course is \$25, and for participants who attend all 6 sessions and complete an evaluation, a \$50 stipend is offered.

Throughout the course, you will explore forestland ownership, forest management and timber harvesting, wood processing, and careers in Maine’s forests. Before arriving in the virtual classroom, participants will review selected resources from around the state. In each of the six one-hour sessions, participants will review the session topic and discuss local resources in breakout groups and address questions that arise about the subject. Each session will conclude with an opportunity for you to ask a special guest expert on the session’s topic.

The goal is for participants to leave this course with a strong understanding of the forests

in their communities and the resources available to them.

If you have any questions, email info@mainetree.org, or call (207) 621-9872. Space is limited, so be sure to reserve your spot today! To register, complete the registration form at <http://mainetreefoundation.org/windowtothewoods/>.

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Northeast Credit Union announces 2020 scholarship recipients

Twenty-four extraordinary Northeast Credit Union student-members have been selected as recipients of Northeast Credit Union’s 2020 Scholarship Awards. \$40,000 in scholarships were awarded to student-members in New Hampshire and Southern Maine, who displayed exceptional leadership among their peers, and demonstrated a commitment to academics and to their communities.

“Your generosity has made a profound impact on my life and I am truly grateful to be a recipient of your scholarship” said Anna Roberge, a Love Your Community Scholarship recipient. “It is an honor to be recognized for my hard work, and receiving this scholarship motivates me to continue to strive for excellence.”

Northeast Credit Union promotes the simple message, Love Your Community (LYC), in an effort to encourage others to be active members in the communities they live and work in. When asked what it means to Love Your Community, scholarship recipient Crystal Brackett, a nursing student

replied, “I plan to make a positive difference in the world by continuing to give back to my community, to treat every patient like they are my loved one and being kind.”

“When I think of our 2020 scholarship recipients the word resilient comes to mind. These talented and deserving students have ended their academic year differently than anticipated, however, they have handled it with humility and support for one another,” said Northeast Credit Union’s President and CEO Timothy J. Colli. “There is no better feeling than recognizing and helping our student-members of Northeast Credit Union reach their goals. We are excited to see and share in their success in their future endeavors.”

This year, the program awarded students from 16 different schools. Northeast Credit Union is thrilled to announce the 2020 scholarship recipients include:

Peter J. Kavalauskas Memorial Scholarship: Crystal Brackett, Southern Maine Community College.

Roger G. Ma-
rois Memorial Scholarship: Christal Tous-
saint, Spaulding High School.

Bart M. DallaMura Memorial Scholarship: Sawyer Rogers, Exeter High School.

Community Champion Scholarship: Alexis DeBlois, Alvirne High School; Kathleen Erin McCafferty, Portsmouth High School.

Love Your Community Scholarship: Alexandra Wheeler, Coe Brown Northwood Academy; Anna Roberge, Gorham Middle-High School; Connor Cossette, Somersworth High School; Emily Cheevers, Lebanon High School; Griffin Bradley Richards, Exeter High School; Haley Jessica Norton, Berlin Senior High School; Jenni Dudley, Dover High School; Joseph Morrell, Oyster River High School; Julia Campion, R.W. Traip Academy; Kaitlyn Gerhard, Dover High School; Karis Hakala, Portsmouth High School; Madison Baggs, Dover High School; Natalie E. Ouellette, Nobel High School; Phoebe Tyler, Exeter High School; Ryan C. Ouellet, Exeter High School; Ryan Pottier, St. Thomas Aquinas High School; Samuel Haas, Dover High School; Timothy Grosky, Spaulding High School.

Adult Achievement Scholarship: Sydney Page, The University of Rhode Island.

To learn more about The Northeast Credit Union Scholarship Program, and to see a video commencement prepared for this year’s scholarship recipients please visit necu.org/scholarships.

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Our store hours have also temporarily changed to allow for more time to clean, stock shelves and give associates additional time to rest – beginning 3/21, new store hours will be 7 a.m. – 9 p.m.



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Race

Continued from page 1

by partnering with ALT and working with Adam Platz of Baxter Brewing and the Great Falls Brewfest, there is a great opportunity to highlight LA’s best assets and provide a weekend-long boost to our local restaurants and hotels. We are excited to see the year-over-year growth of this event and its benefits to LA.”

The event planners note that the prolonged planning period will enable better alignment with the Brewfest that can lead to stay-and-play packages and enhanced marketing of the events that pull attendance from beyond the region. The event course and activities that racers have grown to love will remain largely unchanged. “We are very happy to partner with the Chamber for this event that offers a unique opportunity to take in the beauty and recreational opportunities of the Androscoggin River and enjoy downtown Lewiston and Auburn,” says ALT Board President Dana Little. “We know partnering with the Chamber will bring event planning capacity and invite innovative ideas while allowing our staff and board to continue to contribute our years of experience planning river-based events and encouraging people to enjoy the adventure and natural features of the River. We see the potential for this event to reach a larger audience and more widely celebrate the Androscoggin River as a significant natural resource asset to LA.”

While the event has been delayed due to COVID-19, event planners aren’t waiting until 2021 to get the fun started. There is an event page on Facebook where you can receive news and updates to the event itself — and join a virtual community of paddling and outdoor enthusiasts. Event planners will be using the social media platform over the next year to build a community around the event and the river — seeking to grow the excitement for the event while encouraging people to get out and play in LA in safe ways.

An organization of community-minded businesses that serves Lewiston, Auburn, and surrounding commu-

nities, the Lewiston Auburn Metropolitan Chamber of Commerce is an engine for economic vitality and enhanced quality of life. Through issues advocacy, workforce development, and professional networking, the LA Metro Chamber helps business and community build, lead, and thrive. (lametrochamber.com)

ALT works to conserve and steward critical land in perpetuity for Androscoggin River watershed protection, wildlife habitat, natural resources, and outdoor recreational opportunities. We currently conserve approximately 6,000 acres of land from

Jay to Durham, including over ten miles of riverfront along the Androscoggin River in both rural and urban areas. (androscogginlandtrust.org).

Send all your submissions to the editor. Deadline is Friday by 5 pm.

McArthur joins Maine Music Society board of directors



Karen McArthur

The Maine Music Society is pleased to welcome Karen McArthur to its Board of Directors.

A long-time audience member, Karen McArthur joined the Maine Music Society Chorale and Chamber Singers in early 2019, although, she can’t remember a time when organized singing wasn’t a part of her life. In addition to MMS, Karen also sings with her church choir where she is a cantor.

She lives in Lewiston with her husband of 32 years, Brad, their 2 children, and her mother. In addition, there are three fuzzy family members — 2 cats and a dog.

Karen is a 25-year employee of Bates College. She’s a computer scientist who, in her free time, enjoys singing, sewing and working with children. Through the years, she has been a leader in both Boy Scouts of America and Girl Scouts of America and is currently the staff liaison for a student group on the Bates College campus. She has a Bachelor’s in computer engineering, an MBA in information technology management and a Doctoral degree in education. See McArthur, page 16

Stop Open Borders:
Say No to Poverty, Crime, & Tyranny
Wed, Jul 29, 2020? (check website on Jul 5th)
6:00 p.m. Refreshments ~ 6:30-8:30 p.m. Main Program
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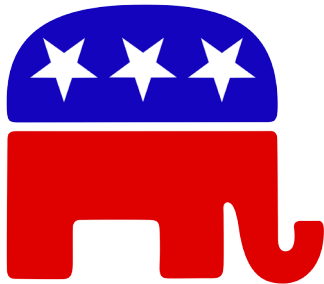
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- State Rep Rich Cebra, #68
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- Former State Rep Mike Timmons, #45
- Fishermen’s Net

More Co-Sponsors will be added through the middle of July.

FEMA disburses emergency food and shelter Funding

This week, FEMA announced that the Emergency Food and Shelter Program (EFSP) National Board will begin disbursing \$320 million to assist organizations in communities across the country dedicated to providing food, shelter and supportive services to people with economic emergencies, including our nation's hungry and homeless populations.

Congress appropriated \$200 million of this funding as supplemental humanitarian funding in the Coronavirus Aid, Relief and Economic Security (CARES) Act. Congress also appropriated \$120 million in Fiscal Year 2019 annual funding to the EFSP. The funding, totaling \$320 million, will be awarded by jurisdictions (counties or cities) to human service organizations assisting those in need throughout the country.

These funds are for people with non-disaster related emergencies and can be used for a broad range of services, including: mass shelter, mass feeding, food pantries and food banks, payment of one-month's utility bills to prevent loss of services, payment of one-month's rent/mortgage to prevent evictions/foreclosures and transition assistance from shelters to stable living conditions.

With this \$320 million funding, the EFSP will have disbursed more than \$4.8 billion to communities in the United States and its territories in its 38-year history. An estimated 3.1 billion meals, 293.4 million nights of shelter, 7.2 million utility payments and 5.3 million rent/mortgage payments to help families stay in their homes will have been provided.

EFSP grants have been disbursed to over 14,000 local providers in more than 2,500 counties and cities. Program oversight by the National Board, FEMA, and independent auditors ensures that there is strong accountability in the stewardship of the program. Independently audited on an annual basis (A-133 audits), the program has received clean audits since its inception.

The National Board is chaired by FEMA with representatives from American Red Cross, Catholic Charities USA, The Jewish Federations of North America, National Council of the Churches of Christ in the USA, The Salvation Army and United Way Worldwide. The National Board governs the EFSP and has selected United Way Worldwide to serve as its secretariat and fiscal agent.

EFSP funding is allocated to qualifying local jurisdictions based on an allocation formula using the most recent national population, unemployment, and poverty statistics. Grants are then awarded to nonprofit community and government organizations chosen by local boards in the qualifying jurisdictions.

A state-by-state list of the qualifying jurisdictions and award amounts is available at www.efsp.unitedway.org.

Draft framework for return to classroom instruction

Last week, Maine Department of Education released a draft framework to assist schools in planning for return to school scenarios in the fall. The framework was developed with input from multiple stakeholder groups, including the Department of Education's Student Cabinet, community health experts, and educators representing the many roles in schools.

"Although we have worked on this for over two months, it will remain in 'draft' form due to the unpredictable and constantly evolving nature of the COVID-19 situation" said Commissioner of Education Pender Makin on Thursday. "We will be responsive to changing conditions and recommendations from medical science, and our team will consider received feedback to make improvements."

Decisions regarding when it is advisable for schools to return to classroom-based instruction will be made by Maine DOE, in partnership with Maine Emergency Management Association (MEMA) and Maine Center for Disease Control and Prevention (CDC).

Decisions around specific models, schedules, and configurations for returning to the classroom setting, given the health and safety guidelines around social distancing, maximum group sizes, and hygiene, will be made by local school administrative units. The framework includes minimum expectations for remote learning programs and remote instructional days to assist in this development process.

Commissioner Makin added, "We continue to be humbled by the resilience and innovation shown by educators, students and families across Maine during this emergency period. We remain committed to providing support for the ongoing efforts to ensure an equitable and safe education for all Maine students."

The draft framework can be viewed on the Department of Education's website <https://www.maine.gov/doe/covid-19/reintegrate>. In addition, a responsive survey is being finalized, through which the public will be able to provide feedback.

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SeniorsPlus announces temporary closing of Farmington office

SeniorsPlus, Western Maine's designated Area Agency on Aging, has temporarily closed its satellite office location at 218 Fairbanks Road in Farmington, while the organization looks for a new office space in Franklin County.

The public is encouraged to continue to contact SeniorsPlus at 1-800-427-1241 for assistance including counseling and support as the organization is in operation and fully staffed.

The organization is headquartered in Lewiston with additional satellite offices. Due to the pandemic, none of its physical offices are currently open to the public.

See Closing, next page

City of Lewiston Fireworks Informational

To report a fireworks use violation, please call (207) 784-6421, Option #1 for Lewiston.

With the July 4th holiday fast approaching, the City of Lewiston is reminding residents about its fireworks ordinance.

Details are below & here is a direct link to the information.
<http://www.lewistonmaine.gov/fireworksinfo>

The City of Lewiston has a fireworks ordinance that restricts the use of consumer fireworks to **THREE DATES** and also to **WITHIN A SPECIFIC DISCHARGE ZONE**.

Listed below are the dates and times fireworks are allowed to be used. In addition, please note that **ZONE 1** of the City's Firearms Discharge Map is where fireworks can be discharged within the City of Lewiston.

DISCHARGE MAP

<http://www.lewistonmaine.gov/fireworksdischargezone>

Consumer Fireworks May be Utilized in Lewiston On These Dates:

- July 4th between 10 a.m. - 10 p.m.
- December 31st between 10 a.m. until 1 a.m. the following day
- January 1st from 10 a.m. - 10 p.m.
-

Sale Prohibited
The sale of fireworks in Lewiston is prohibited.

Thursday, June 25
UMaine Extension offers webinar on ticks from 1 to 2:30 p.m. led by Griffin Dill and Dr. Beatrice Szantyr. For more information or to request a reasonable accommodation, contact Donna Coffin at (207) 262-7726 or donna.coffin@maine.edu.

Sunday, June 28
Annual Silver and Gold Anniversary Mass at 10 a.m., live-streamed from the Cathedral of the Immaculate Conception in Portland on www.portlanddiocese.org/online-Mass and www.

Calendar

Send your submissions to the Editor. More online.

facebook.com/Portland-Cathedral. Couples who are celebrating major milestone anniversaries of 25 years, 40 years, and 50 or more years in 2020 may register, but all are encouraged to participate. Registration is open at www.portlanddiocese.org/olff/silver-gold-mass.

Wednesday, July 8
Basilica summer concert series, 12:15

p.m., The Vaillancourt Family. For more information about the summer concert series, call (207) 777-1200.

Wednesday, July 15
Basilica summer concert series, 12:15 p.m., Danielle Faucher. For more information about the summer concert series, call (207) 777-1200.

Wednesday, July 22
Basilica summer

concert series, 12:15 p.m., Ray Cornils. For more information about the summer concert series, call (207) 777-1200.

Wednesday, July 29
Basilica summer concert series, 12:15 p.m., Harold Stover. For more information about the summer concert series, call (207) 777-1200.

Wednesday, August 5
Basilica summer concert series, 12:15 p.m., Randall Mullin. For more information about the summer concert series, call (207) 777-1200.

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Wednesday, August 12
Basilica summer concert series, 12:15 p.m., Mark Thallander. For more information about the summer concert series, call (207) 777-1200.

Brookie

Continued from page 2

to listening and learning from them about how we can all work together toward a brighter, healthier, and stronger Maine for all.”

The geographically diverse group of “Brookies” include students, artists, and scientists ranging from ages 15 to 30 who are creatively implementing solutions to environmental challenges ranging from climate action to bird conservation, and protection of shellfisheries:

Gabrielle Hillyer of Orono is project coordinator and co-developer of the Maine Shellfish Learning Network where she works to protect the health of regional shellfisheries by bringing shellfish harvesters, coastal towns, researchers, state agencies, and other partners together. Gabrielle is the designer of the Bucket Drifter, which is being used to measure the tides and other river water data to understand an estuary’s ability to get rid of bacteria that is harmful to shellfish.

Sirohi Kumar of Bar Harbor is youth representative to the Bar Harbor Task Force on Climate where she helped play a leadership role in the town’s climate emergency declaration and wrote a how-to guide for declaring a climate emergency in any Maine town.

Logan Parker of Palermo is founder of the Maine Nightjar Monitoring Project, a monitoring program that main-streams the collection of data on the Eastern Whip-poor-will and the Common Nighthawk – two species that face major threats throughout the entirety of their breeding ranges. This initiative

also serves as a model for regional field naturalism.

Jordan Parks of Portland is a sustainable materials artist who uses art as a medium to cultivate connections between people and places and to encourage activism. She developed and curated two outdoor interactive art exhibitions, Surface First Tilts West and Windward Exhibition. Jordan’s passion for spreading environmental awareness has been a result of her work as an environmental and outdoor educator.

Riley Stevenson of Waldoboro is the outreach director for Maine Youth Climate Strikes and founder of the Coastal Youth Climate Coalition where she is building a statewide network to connect youth climate organizers and activists.

Ania Wright of Bar Harbor is the Youth Representative to the Maine Climate Council and founding member of both Maine Youth for Climate Justice and Downeast Climate Emergency Action Coalition. Ania is co-author of the Climate Justice Syllabus.

Brookie Award winners will receive a \$1,000 cash prize and the opportunity to attend a nature-based retreat with their fellow young environmental change-makers 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.

“The young leaders

being recognized with Brookie Awards this year are using their voice, energy, and unique perspectives to protect what we all love about Maine,” said NRCM Leadership Giving Director Fiona Gordon, who helped to create and manage the new Brookie Awards program. “They lead not just with powerful words but with effective action that brings Mainers together to create long-lasting change that we all benefit from.

More than 40 young people across 12 of Maine’s 16 counties applied to receive Brookie Awards. The group of six winners were evaluated and chosen 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.

Overall positive impact for Maine’s environment or environmental movement.

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

Viles

Continued from page 2

tum a destination to visit. Local people, as well as world travelers have signed our guest book.

Everyone will miss his day to day presence, but his spirit of excellence lives on.

The Viles Arboretum is centrally located in Augusta, Maine on 224 acres of fields, forests, wetlands and with botanical collections from around the world. We offer an ever-changing selection of inspirational exhibits, educational and practical programs for the general public and for schools. We focus on interactive, creative and hands-on teaching with a focus on botany and natural history. Our goal is to unlock everyone’s natural ability to understand the nature of our world through your own eyes and by using your own intellect.

We strive to make our 224 acres of fields, forests and wetlands, play a key role in contributing to the quality of life for Maine citizens and visitors from every corner of the world. Our presence contributes significantly to the quality of life in and around Augusta and beyond and our newly installed Art Trail presents the largest publicly accessible display of outdoor art sculpture in Maine.

You can learn more about the Arboretum and its programs, or how to become more involved by checking our website at www.vilesarboretum.org.

Closing

Continued from previous page

public for face-to-face services, but its various counseling and support services and educational programs are available digitally or telephonically. Over the past three months its Meals on Wheels program has hit record numbers for its home-delivered meals

services, as it meets the increased demand of the newly homebound.

“We decided we needed to find a larger space in the Wilton/Farmington area that better suits our needs. We are actively looking for a new rental office space and are open to any leads,” said Betsy Sawyer-Manter, President and CEO of SeniorsPlus.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Andro-

scoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities. SeniorsPlus believes in supporting the independence, dignity and quality of life of those we serve. It serves more than 19,000 individuals annually. For more information, visit www.seniorsplus.org or call 1-800-427-1241.

MaineCF awards COVID-19 fund grants

Nonprofit organizations that serve Maine people most affected by the coronavirus pandemic have been awarded \$1.2 million from the Maine Community Foundation’s COVID-19 Emergency Response Fund and a fund for food security.

The 130 grantees include community and statewide organizations providing basic support such as food, shelter, childcare, mental health and domestic violence services. Recipients are determined proactively based on needs around the state; there is no application process.

“Maine’s demographics and economic makeup place many residents in extremely vulnerable positions during this pandemic,” said Steve Rowe, MaineCF president and CEO. “The generosity of our donors has allowed the Maine Community Foundation to expeditiously support community-based organizations on the front lines of the crisis. Our latest

round of grants provides resources to food pantries and homeless shelters as well as other social service organizations across the state.”

The COVID-19 fund began with a \$500,000 transfer from an unrestricted MaineCF fund and has grown substantially due to transfers from donors with advised funds at the community foundation and contributions from individuals, foundations and corporations.

A complete list of COVID-19 Fund grantees is on available on the foundation’s website, www.mainecf.org.

In addition to the \$1.2 million issued from the funds for COVID-19 relief and food insecurity, donor giving through MaineCF has increased threefold compared to this period last year: Donors with advised funds at the community foundation have stepped up by making more than \$6 million grants since mid-March.

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LEWISTON SENIOR CITIZENS TRAVEL WASHINGTON, D.C. - TRIPS POSTPONED TIL FURTHER NOTICE: 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.

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McArthur
Continued from page 11

cational leadership with dissertation research on the topic of organizational mindfulness.

Karen has already proven to be an invaluable asset overseeing the social media aspects of the marketing committee. The Maine Music Society is very fortunate to have such a talented individual working to promote the artistic excellence of the MMS Chorale, Chamber Singers and Orchestra.

The Maine Music Society, a nonprofit music-performing organization, serves Lewiston-Auburn and the area communities by bringing quality performances to the public through imaginative programming, and educational and youth-oriented activities. For more information please visit www.mainemusicsociety.org, call (207) 333-3386 or like us on Facebook.

Send all items for What's Going On to the Editor. Deadline is Friday by five.

Amtrak Downeaster resumes limited service

The Northern New England Passenger Rail Authority (NNEPRA) announced last week that the Amtrak Downeaster Phase 1 of Service Restoration would begin as of June 15. Service will resume with one round trip on weekdays only between Brunswick, Maine and Boston, Massachusetts: Southbound Train 680 and northbound Train 685. Downeaster service has been suspended since April 13, 2020.

A number of protocols and procedures have been implemented to protect the health and safety of passengers and crews.

Highlights of Phase 1 Service Restoration Plan:

Amtrak has implemented new cleaning and disinfecting protocols nationwide, and train equipment used in Downeaster service will undergo enhanced cleaning before and after each trip.

Crews and passengers will be required to wear face covering while boarding and moving about the train

The number of passengers per train will be limited to no more than 50% of available seating capacity so riders are able to adhere to physical distancing guidelines.

Advance reservations are required, and cash sales will not be accepted.

Station facilities will not be open; passengers should go directly to the outdoor platform to wait for their train.

Café service will not be available, however complimentary water will be available upon request.

Stations are being updated with signage and other enhancements to promote public health and physical distancing.

While NNEPRA expects Downeaster increase service throughout the summer months, no date has been set for

subsequent phases. The NNEPRA Board of Directors plans to meet later this month to evaluate the potential for adding more daily trips.

Pan Am Railways has expedited a series of track improvement and maintenance projects along the Downeaster corridor to take place this spring to avoid construction-related service interruptions later in the year. The schedule for Train 680 has been modified slightly to adjust for construction-related delays. Passengers on travelling on Train 685 to stations north of Haverhill should expect delays of approximately 15 minutes.

Complete information about the steps Amtrak is taking to protect the health and safety of their passengers and crews is available at Amtrak.com.

For additional Amtrak Downeaster information visit AmtrakDowneaster.com.

Father Day's gift at Grab 'N Go program



The City of Auburn's Grab 'N Go grocery program added a little surprise with Wednesday's pick-up, just in time for Father's Day. Through the coordination of a local community member, Tizz Crowley, several volunteers stepped up to create 75 Father's Days gifts to be passed out with the grocery boxes on Wednesday. The city extends a very special "thank you" to the five local community members who arranged this special gift: Ed and Sheila Desgrosseilliers on behalf of the Auburn Democrats, Joan Pedersen, Mary Roussel, and Tizz Crowley.

"Once again our amazing community continues to perform selfless acts of kindness," said Auburn's Recreation Director, Sabrina Best. "These gifts brought joy to many families that really need it right now."

The Grab 'N Go grocery program is scheduled to continue through the end of August and is free for any Auburn resident. If you or someone you know is in need of food, reach out to the Auburn Recreation Department at 333-6611. For more information on how to support this impactful community program, please contact Sabrina Best at sbest@auburnmaine.gov.

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