

The Androscoggin Historical Society opening Knight House



One of Auburn's oldest structures, the Knight House was built in 1796. This small Cape Cod-design building is located on the Auburn Riverwalk near the West Pitch Park. An adjoining one-room shoe shop contains tools and equipment that demonstrate how some Auburn residents made their living at that time in the city's history.

The Knight House is not the oldest house in Auburn -- it is the oldest frame house in the Goff Corner area, which is downtown Auburn, and is typical of houses built at the time.

Records show that the house has had 12 owners and was moved six times. It originally was located on Cross Street near North River Road, nearly a mile from the present site. It probably was originally built on a 100-acre tract by settler Caleb Lincoln, a Revolutionary War veteran who soon conveyed it to Hezekiah Wyman, of Bath.

After a succession of six owners, the house was sold to Nathaniel Knight in 1864. Knight had it moved to growing Goff's Corner village, which began near what is now the corner of Court

and Main Streets.

The Knight House is mainly furnished in a style and function typical of the time the Knight family occupied the home, late 1800s, early 1900s, although there are notable exceptions. Some of the kitchen utensils weren't invented until the 1940s, for example.

Do you wonder about what daily life was like in this home? The Androscoggin Historical Society (AHS) invites you to an Open House on Wednesday, July 15 from 12 to 3 p.m. This Wednesday is laundry day, so expect to see family doing the laundry and related tasks. No, you do not need to bring your laundry — there will be plenty on hand.

AHS hopes you'll stop by and see this local historical gem right in downtown Auburn. While tours and participation are free, the Society depends on donations to offer these programs to the public.

Seniors Not Acting Their Age Senior revelations on the Dead River

The first time I canoed the Dead River thirty-five years ago, the dam release was 1,000 cubic feet per second (CFS). The seemingly huge waves, mammoth holes, and powerful currents were the most intimidating whitewater I had ever experienced. As is true with many aspects of life, one's perspective changes over time.

As the years passed, my skills improved, and I acquired higher performance canoes and kayaks. Elevated river levels became more appealing. When a friend inquired as to my favorite Dead River volume, I unflappably responded 5,500 CFS was my preference. She thought I was embellishing but at the time, it was the truth. The transformation had been augmented by paddling with more accomplished companions and learning to roll.

The importance of rolling a canoe or kayak in whitewater can't be overstated. It's a game changer. Without



A kayaker plans his route on Lower Poplar Falls

a roll, capsizing results in swimming. Canoes, kayaks, paddles, and other gear are lost unless quickly recovered in often difficult and sometimes dangerous circumstances. Experienced companions are invaluable in these predicaments but they can't always assist with a rescue. In short, swimming in whitewater can run the spectrum from inconvenient to life threatening.

Once a roll is refined, the boater's whitewater world changes dramatically. Initially, most devotees roll frequently as they challenge more difficult rapids. At some point, another realization

enters the mind of the nascent paddler; being upside down in whitewater is a precarious position and rolls sometimes fail. For many including me, avoiding the need to roll has become a priority.

My friends and I have navigated the Dead scores of times. The volume has been as high as 15,000 CFS. Most have acquired sufficient expertise to play the river rather than paddle it, rolls rarely required. Nothing lasts forever and old age insidiously advances. Recently, I've found my self-assuredness waning, particularly doubts about my

See *Seniors*, page 8

Open for outdoor dining!
Junction Bowl



|||| American pub-style food and drinks.
Curbside pickup 7 days a week.



A 7 Railroad Ave, Ste 102
Gorham, ME 04038

W www.jctbowl.com
P 207.222.7600

Mon-Thur 3pm-10pm • Fri-Sun 11am-10pm



4th of July Event!

All brand-new 2021 Gulf Streams on sale!



Full Service when you need it!
5 full time techs • 4 service bays
Family owned business

MOUNTAIN ROAD RV

Sales & Service

31 Mountain Road • Sabattus

(207) 375-4091

Newsmakers, Names & Faces

Hebron Academy's new Director of Admission and Financial Aid



Mr. Edwin Núñez

Hebron Academy is excited to announce that Mr. Edwin Núñez has been named the new Director of Admission and Financial Aid. Núñez has worked in various roles at Hebron since 2012 including dormitory parent, coach and Spanish teacher, and on-campus international student program coordinator. He spent three years as the Senior Associate Director of Admission at Thornton Academy in Saco, Maine. Núñez rejoined Hebron in 2019 as the Director of International Relations and Recruitment.

As Head of School, Dan Marchetti remarks, "Edwin brings a global perspective and leading industry practices to his leadership of our dy-

namic Admissions team. He is experienced, driven, and creative in his approach to how best to make Hebron available to as broad a range of mission appropriate students as possible. We look forward to all of the great work he will do in advancing the mission of our school."

A Costa Rican native, Núñez received his B.A. in Economics and Chinese Language and Literature from Middlebury College. Prior to enrolling at Middlebury, he attended boarding school at Li Po Chun United World College in Hong Kong. He continued his internationally-focused education with six months of collegiate study in China at the Beijing Institute of

Education and Zhejiang University of Technology.

"It's a dream to lead admissions for Hebron Academy - an institution I love, with unique strengths to share," Núñez said. "I am looking forward to working with the team and the rest of the Hebron community to build a clear strategy, trust, and accountability. I'm also excited for our next phase of growth, where we will invest wisely in innovations that will truly create value for Hebron Academy. And above all, I am excited to find and get to know the next classes of students who will join us at Hebron, where they will be empowered to live out our mission every day."

Autism and Developmental Disorders treatment facility

Maine Behavioral Healthcare has broken ground on a 28,000 square foot treatment, training and research facility located on the grounds of Spring Harbor Hospital. The project is a \$14.7 million, state-of-the-art facility created to meet the growing needs of Maine families and individuals with a diagnosis of autism and other developmental disorders.

Maine Health, Maine Behavioral Healthcare's parent organization, is providing half of the funds to the project, and a capital campaign has raised over \$5.2 million from the community toward the other half, leaving a total of \$2.1 million to be raised over the coming year.

The project is led by Maine Behavioral Healthcare's Vice President of Medical Affairs for Autism and Developmental Disorders Dr. Matthew Siegel, who is a nationally recognized expert in building programs to treat the emotional and behavioral challenges of this population. In fact, The Centers for Disease Control estimates that 1 in 54 children have autism and approximately one in six children in the United States had a developmental disability, ranging from mild disabilities such as speech and language impairments to serious developmental disabilities, such as intellectual disability, cerebral palsy, and autism.

Treatment centers in Maine for these indi-

viduals and their families are scarce, as they require dedicated teams of professionals with training and experience with the population. In years past, many families have had to travel to Boston to access services.

"Our vision is to provide Maine people with access to a lifespan-oriented, full-service integrated treatment, research, and training center that will not only meet the needs of Maine families, but it will also generate new treatment models, and advance autism science for the benefit of all," said Siegel. "We have reached the capacity of our current outpatient facility (in South Portland) and are well positioned to take the next steps in this exciting journey, which promises to benefit countless individuals and their families."

Wendi O'Donovan of Falmouth, Maine serves as co-chair of the Center's capital campaign committee and knows firsthand what it's like to live with a child with autism. In 2016 her son was among the first graduating class from Maine Behavioral Healthcare's Center of Autism and Developmental Disorders (CADD) in South Portland so she knows how difficult it can be to find evidence-based services that meet the unique needs of adults like her son.

"I want my son to be able to continue the great strides he made at CADD but there are simply no options in

this region," O'Donovan stated. "These kids and young adults are able to thrive with the right type of care, so I want everyone to know how vital these services are and how much they mean to families like mine."

The campaign to build the new Center of Excellence has received broad community support with over 100 individuals, foundations and corporations stepping forward with significant gifts. Campaign co-chair Nancy Pond of Cape Elizabeth, Maine is a staunch advocate of the program.

Pond stated, "This is a tale of how Dr. Matthew Siegel and his remarkable team stepped forward to present a compelling case for a new and expanded services program for families. It's a story of thanks to friends in Maine, New Hampshire and other New England states who stepped up. Families in New York and other regions combined friendships with foundations for support and with the unwavering commitment of Maine Health Leadership we're getting close to realizing our financial goals. We're excited and recognize that this is truly an extended community effort with an invitation for you to join the efforts and be part of this good news story."

The new Center of Excellence is also guided by a community advisory council, composed of parents, providers, policy makers and advocates who support and inform

See Autism, page 12

PEDAL DRIVE & ELECTRIC KAYAKS!



Fishing and Recreational Kayaks



COME SEE THE KAYAK GUYS AT SHAKER HILL OUTDOORS



Open 7 Days a week
Monday – Friday 8am – 5:30pm,
Saturday 8am to 4pm
Sunday 8am to 2pm
998-5390
271 Maine Street, Route 26, Poland
www.shakerhilloutdoors.com

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

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

Newsmakers, Names & Faces

Bruce Mason joins Fontaine Family team



Bruce Mason

Fontaine Family - The Real Estate Leader is pleased to announce the addition of Bruce Mason to the team at their Auburn location.

Bruce grew up in Turner, Maine and graduated from Leavitt Area High School. He then attended the University of Maine at Machias. Bruce's background includes retail management/buyer of goods at a large Maine based retail chain. He is an active first responder/EMT and manages a business in Auburn with his wife.

Bruce resides in Auburn, with a second home in Hanover. Bruce and his wife Joanne have four grown children and four grandchildren. In his free time, you'll find Bruce alpine skiing representing the Rossignol Ski Company. Bruce is deeply embedded in the skiing community where he is affiliated with many organizations, which include Ski Maine, Winter-Kids and Maine Adaptive Skiing. Bruce is also a member of the Mountains to Shore Board of Realtors.

Bruce comes to Fontaine with his real es-

tate associate broker license and looks forward to continuing his love of helping people as a buyer and listing agent. He will be working out of the Auburn location and can be reached at (207)576-4638 or at brucemason-realtor@gmail.com.

Fontaine Family - The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was recently presented the 2019 Maine Family Business of the Year Award, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area, recognized by Real Trends as a 2019 America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top half of one percent of Realtors outperforming ninety-nine point nine of the nation's Realtors.

The Fontaine Family Team serves eight counties - Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit BrendaFontaine.com or call (207) 784-3800 or (207) 289-3830.

Deb Brackett joins Fontaine Family team



Fontaine Family - The Real Estate Leader is pleased to announce the addition of Deb Brackett to the team at their Auburn location.

Deb grew up in Auburn, Maine and graduated from Hebron Acad-

emy. She then attended University of Southern Maine, graduating with a Bachelor's Degree in Psychology, working in clinical settings for six years. After her children were born, she became certified to teach in their Montessori classroom and continued to teach until she decided to become a realtor in 2014.

Deb's past experience working as a real estate admin, sales agent and buyer agent will allow her to provide her real estate clients with personal attention, while guiding them through the entire real estate process. Deb comes to Fontaine with her Maine real es-

tate associate broker license and looks forward to helping both buyers and sellers find their forever home.

Deb currently resides in Auburn with her husband, Bryan. She speaks highly of her two grown daughters as well, Hannah and Mary Elizabeth. Deb is very proud of her family and how hard they work. In her free time, you'll find Deb skiing with the whole family, golfing with her husband, mountain biking or fishing.

Deb will be working out of their Auburn location and can be reached at (207)650- See Fontaine, page 11

THE DUMP GUY
JUNK REMOVAL

Basement, Attic, Garage & Apartment Cleanouts
Boat, Vehicle & Camper

BSS ACCREDITED BUSINESS
Angie's list
Reviews you can trust.

(207) 450-5858 • www.thedumpguy.com Fully Insured

JRG & Sons
Roofing & Construction
Fully Insured

(207) 576-3319

John Grenier
JohnnyGrenier917@gmail.com

WESTERN MAINE
Androscoggin Valley Council of Governments

Small Business Lender
Technical Assistance Provider
Small Business Development Center

Looking for a Business Loan?

COVID Loan Program

- Borrow up to \$10,000
- 3 years at 3% interest
- SBA may make 6 months of payments for eligible borrowers

Micro Loan Program

- Up to \$50,000
- Quick loans available for qualified borrowers

Business Loan Program

Up to \$150,000

AVCOG is an equal opportunity lender
Jane Mickeriz • 207-783-9186 ext. 250 • jmickeriz@avcog.org

www.facebook.com/twincitytimes

TWIN CITY TIMES
TWIN CITY PUBLISHING, INC
Twin City Times • 9 North River Road, Suite 232 • Auburn, ME 04210
Gorham Weekly • 28 State Street • Gorham, ME 04038
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
ADVERTISING
For advertising information email ads@TwinCityTimes.com or call 207-795-5017.

Lillian Baker
Office Manager
Lillian@TwinCityTimes.com
DEADLINE
Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday.

Millie Barnard
Managing Editor
Editor@TwinCityTimes.com
PRESS RELEASES
All submissions, including photos must be emailed to the editor, Editor@TwinCityTimes.com.

Lacey Rollins
Outside Rep
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

What's Going On

During a pandemic, Maine is still open for dumping

Interstate travel during COVID-19? Massachusetts visitors are restricted, but not their waste. While Governor Mill's Executive Order mandates a fourteen day self-quarantine to prevent the spread of the corona virus from hotspot locations like Boston and New York, Maine has not yet limited the amount of interstate waste travelling into Maine from these same locations.

Currently a loophole in the State's waste regulations allows out-of-state waste to be funneled through processing facilities in Maine and classified as Maine-generated waste. This classification makes the waste eligible for disposal in State-owned landfills.

A proposed change to Maine's Waste Management Rules presented by the community group Don't Waste Maine, would be a critical step toward closing the gap. The proposed change redefines Maine Waste as waste generated in Maine, and adds definitions of Environmental Justice and Equal Protections for citizens adversely affected by waste facilities across the state.

"Even during a pandemic, Maine is allowing hundreds of thousands of tons of out-of-state wastes to be brought in and landfilled in our state," said John Banks, Natural Resources Director for the Penobscot

Nation. "The result is that we've become the dumping ground for states to our south. It is time to correct this massive injustice."

Maine law declares a state-owned landfill is only supposed to be reserved for Maine waste. However, it is estimated that forty percent of waste disposed of at the State-owned Juniper Ridge Landfill (JRL), approximately ten thousand truckloads annually, originated from outside Maine. Most of the imported waste is classified as Construction and Demolition Debris (CDD), which has been banned from disposal in Massachusetts landfills.

Ed Spencer, a neighbor to JRL explains, "Our neighbors in Massachusetts continue to tighten their rules on waste disposal and we are calling on Mainers to join us in telling the Board of Environmental Protection that we need to do the same."

Dana Colihan, Maine Community Organizer at Toxics Action Center agrees, "During a pandemic, it has become crystal clear we need to address underlying public health issues, including the contamination from waste facilities. We need to manage our waste better, but more importantly we need to protect our communities better. Mainers who live next to landfills are

speaking out and the state must listen."

Throughout the licensing process, the disproportionate impact of toxins on the health and well-being of local communities where landfills are located has often been ignored. The rule change calls for the Department of Environmental Protection, when making a determination of public benefit for landfill licensing and expansion, to consider the impacts of these operations on equal protections and environmental justice for communities at risk of being disproportionately impacted by the waste facility.

A public hearing has not yet been set during the COVID-19 crisis, however the Board of Environmental Protection (BEP) is now accepting comments regarding these proposed rule changes. The public can submit comments on the proposed rule change to the BEP through emails to rulecomments.dep@maine.gov.

Best Source for Arts, Music and Theater! Your Hometown Paper.

Over 2,930 consumers share feelings on social distancing

The Southern Mid-coast Maine Chamber (MACCE), surveyed consumers across the state on their feelings on social distancing in business and how it impacts their patronage decisions. A total of 2,939 respondents answered the 20 question "Consumer Attitudes About Masks and Social Distancing in Maine Businesses" survey, conducted online from June 4 to June 12, 2020.

The purpose of the survey was to provide business owners with key insights into what consumers value in terms of social distancing and to try and determine whether adhering to social distancing could have any effect on consumer confidence. The survey contained four categorization questions, 15 social distancing questions and one open-ended question inviting survey feedback. The survey results were filtered into five categorization categories; thus, the results are presented in five ways. The five categorization filters were: Overall results, by Age, by County, by Knowing Someone with Covid and by Knowing Someone in the High-risk Category.

Key findings from the overall results include:

1. One fourth of all survey respondents said they have left a business they intended to purchase something at without purchasing it because they felt unsafe due to those around them not practicing safe social distancing practices.
2. An additional

1/4 of respondents said they would leave a business without purchasing an item if they were to be in that situation— thus a majority of respondents said they have done this or would do this (Q10)

3. Similarly, over 50% of respondents said they have vowed to not return to a business that had unsafe social distancing practices (Q11)

4. If your business or employees are not social distancing adequately, you have about a 1 in 3 chance, according to this survey, that a customer will either write a negative social media post about your business or tell a friend or family member about it (Q12)

5. If your customers don't follow social distancing there is a 40% chance a customer will write about it on social media or tell a friend or family member that it happened at your business (Q13).

6. Question 15 offered 11 statements that respondents could agree with about how they react when they see social distancing guidelines not being followed, and the six most popular overall answers were:

- (1) "I will reach out to friends who I know are high-risk for infection and tell them to avoid that business" 41.1% (1207 responses).
- (2) "I will consider not returning to that business next time" 39.6% (1164 responses)
- (3) "I won't return to that business in the future" 28.2% (829 responses)
- (4) "I will leave that business immediately" 27.3% (803 responses)

(5) "It doesn't bother me" 24.5% (719 responses)

(6) "If they force me to wear a mask, I will go somewhere else" 21.4% (629 responses)

7. Two thirds of survey respondents say they would travel over 10 miles to shop and eat in a community that pledged to follow safe social distancing practices, or at least consider doing so (Q17).

8. Over half of survey respondents say they would shop and eat in a safe community if it were 25 miles or more away, or at least consider it (roughly ¼ said they would and ¼ said they'd consider it) (Q18).

9. 1 in 10 respondents said they would travel over 50 miles to do the same and an additional 23% said they would consider going 50 miles to do it (meaning 1/3 of respondents could) (Q19).

Key findings from the Age, County, Knowing Covid, and Knowing Someone High Risk were:

1. Questions 5-9 compared how much value respondents put on five aspects of social distancing. When analyzing these results, 21.2% more respondents in the 60+ age group valued these social distancing aspects than those in any other age group (other subgroups were 18-29, 30-39, 40-49, 50-59).
2. When analyzing the same results for Questions 5-9, 16.6% more respondents who Know Someone with COVID Complications valued these social distancing. See *Distancing*, page 13

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.



Know Your Rights

Have questions about your legal rights in Maine?
Unemployment, public benefits,
eviction, foreclosure, debt, taxes,
other area of law?

Pine Tree Legal Assistance provides
free, civil legal aid to low-income
Mainers. Our offices are closed for
now, but we are taking calls:
Monday 12 – 2:30
Tuesday/Thursday/Friday 9 – 11:30

Aroostook County	207 – 764 – 4349
Washington, Hancock	207 – 255 – 8656
Penobscot, Piscataquis, Waldo	207 – 942 – 8241
Kennebec, Somerset, Knox, Lincoln	207 – 622 – 4731
Androscoggin, Oxford, Franklin	207 – 784 – 1558
Cumberland, York, Sagadahoc	207 – 774 – 8211
Veterans Unit	207 – 400 – 3229
Native American Unit	877 – 213 – 5630
KidsLegal Unit	207 – 400 – 3233

Learn more at <https://ptla.org/covid-19> and www.ptla.org.



Parishes to become part of Prince of Peace Parish



Holy Trinity Parish in Lisbon Falls

Effective July 1, 2020, Holy Trinity Parish in Lisbon Falls and Our Lady of the Rosary Parish in Sabattus will become part of Prince of Peace Parish, currently comprised of the Basilica of Saints Peter & Paul, Holy Cross Church, and Holy Family Church, all in Lewiston.

“As a longtime parishioner of Our Lady of the Rosary and having been a member of the cluster committee from the beginning, I am happy to now see the process come to its final stage,” said Connie Chasse. “Our Lady of the Rosary in Sabattus will now merge with four other churches and we will all be one parish. It’s exciting.”

“This act of bringing our cluster under an umbrella resulting in creating one parish will allow us to continue to flourish in our faith, especially in these challenging times we are going through,” said Ivan Boudreau, a parishioner of Our Lady of the Rosary. “A special prayer goes out to our parish priests and to Bishop Deeley for their guidance and direction.”

“What an exciting time to be part of our parish! Our faith community is increasing. We will be a larger, more robust parish. We will have greater opportunities as one body to reach out to our community and expand and grow our ministries and services,” said Barbara Moran, a parishioner of Prince of Peace.

Fr. Daniel Greenleaf is currently the pastor of all three parishes and will continue to serve as pastor of the expanded Prince of Peace Parish.

“I really want to thank all of the priests who, over the years, have done the hard work of bringing the parishes to where they are now,” he said. “Together, we will all be stronger.”

Fr. Greenleaf has assured parishioners that

being in communion as one parish will not mean that all of the churches will have to look and serve in the same way.

“I think that it is enriching to keep the local traditions and devotions,” he said. “The exciting difference is that now, these traditions will be appreciated by the entire parish. I am looking forward to seeing how this can make us a stronger Church in the area.”

To approve Fr. Greenleaf’s recommendation of merging these two parishes into Prince of Peace Parish, Bishop Robert Deeley ensured that all of the necessary canonical steps were followed, which included reviewing the discussions held in all

three parishes, hearing the consultation of the Presbyteral Council, and obtaining the consent of both the College of Consultors and the Diocese of Portland’s Finance Council.

Holy Trinity Parish was established in 1995 when St. Anne Church in Lisbon (founded in 1885), Ss. Cyril & Methodius Church in Lisbon Falls (founded in 1923), and Holy Family Church in Lisbon Falls (founded in 1888) joined together to form the new parish. Our Lady of the Rosary Parish was established in 1975 after the Dominicans, who cared for a mission church in Sabattus from 1905 to 1975, transferred it to the Diocese of Portland.



Our Lady of the Rosary Parish in Sabattus

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

Credit rating agencies reaffirm strength of MaineHealth

Two credit rating agencies continued to give northern New England’s largest health system high marks for its financial strength even though the COVID-19 pandemic has had a significant financial impact.

Portland, Maine – S&P Global Ratings and Moody’s Investors Service each endorsed MaineHealth with strong credit ratings last week despite the toll that COVID-19 has taken on the healthcare system in 2020.

On Wednesday, S&P reaffirmed its A+ rating for existing bonds as well as for the organization as an issuer of new bonds. On Friday, Moody’s offered a similar opinion of MaineHealth’s credit worthiness, reaffirming its rating of A1-stable. Because of the impact of COVID-19 on the hospital system’s finances, S&P did change its outlook rating from “positive” to “stable,” noting that “revenue pressure and market volatility stemming from COVID-19 has dampened financial perfor-

mance” in the current fiscal year. This revised outlook, however, is stronger than S&P’s overall “negative” outlook for the entire healthcare industry.

“Obviously, the last four months have been challenging,” said Al Swallow, MaineHealth’s Chief Financial Officer. “These reports affirm our belief, however, that we remain well positioned to support our patients, care team members and our communities in the years ahead.”

Earlier this year MaineHealth, which consists of nine local health systems in Maine and Carroll County, N.H., said that it expected lost revenues related to the coronavirus pandemic to be around four hundred million for the 2020 calendar year, assuming that there is not a dramatic increase in infections in its service area.

MaineHealth has received approximately one hundred ten million from the government in pandemic relief funds and hopes it is eligible for about forty mil-

lion more, but that still leaves it with expected COVID-19 related revenue losses of approximately two hundred, fifty million for the year.

Fortunately, as noted in the credit rating reports, MaineHealth entered the crises in strong financial shape, and it is expected that, once the pandemic has passed, the system will return to financial health. Already, MaineHealth has started to bring back services that were idled in March as part of its pandemic planning, putting in place extensive safety protocols on behalf of its care team and patients.

Because of its financial strength, MaineHealth has committed to maintaining the jobs and pay of its employees through the current fiscal year, even for those employees who had been idled due to the earlier cancellation of elective and non-urgent procedures. Going forward, MaineHealth has said it will continue to prioritize its care team members as it works through the crisis.

KAYAKS FOR ALL BUDGETS!

Recreational and Fishing Kayaks

Nine Top Quality Brands



YES, We have Kid's Kayaks



Paddle, Pedal or Power...
We have them ALL!



COME SEE THE KAYAK GUYS
AT SHAKER HILL OUTDOORS

Old Town
CANOES & KAYAKS



WILDERNESS
SYSTEMS

perception
KAYAKS



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

Arts & Entertainment

Legends in Lewiston offers indoor and outdoor dining



Dan and Melinda Small, owners of Legends Sports Bar & Grill

Dan and Melinda Small own multiple businesses in the Lewiston/Auburn area including Legends Sports Bar & Grill, Reveal Salon & Day Spa, and Pine-

tree Retirement Planning P.A. The high school sweethearts have successfully reopened Legends for indoor dining by following the State's social distancing guide-

lines, using socially distanced tables & chairs and offering outdoor dining as well.

The Smalls just celebrated their fortieth wedding anniversary.

Auburn encouraged by Governor's reopening plan

Last week, the Mills administration announced that indoor dining in Androscoggin, Cumberland, and York counties can resume as of Wednesday, June 17, with added health and safety protocols. This is great news and great timing for businesses in Auburn, according to city leadership.

"I am relieved by the Governor's decision..." said Auburn Mayor Jason Levesque. "This will help us take a big step forward in our recovery and will mean a lot to Auburn business owners."

According to the Governor's office, bars, breweries, and tasting rooms in Androscoggin County will also be permitted to open for outdoor, seated service, while gyms, nail salons and tattoo parlors may also reopen, all with added health and safety protocols.

The Governor also announced changes to the capacity limits, allowing up to five customers per 1,000 square feet in retail establishments.

"This really is promising news for Auburn's economy," said City Manager Peter Crichton. "The people of this city have worked so hard to help slow the spread of COVID-19. I have every confidence that business owners and consumers will work together to follow the recommended precautions and help protect the health of the people in this community."

"While this decision will help get some of our businesses back on track, much more work lies ahead in order to enhance their ability to truly recover. To that end, I implore the Governor and her staff to work with me and with my fellow municipal lead-

ers to distribute CARES money directly to municipalities where it can be put to good work in the shortest amount of time," said Levesque. "In the meantime, I support this decision fully and will continue to work with city staff to help support and encourage this community which has shown such incredible resilience. We are on our way toward recovery and restoration."

**Best
Source
for Arts,
Music and
Theater!
Your
Hometown Paper.**

Consumer Council System of Maine
A Voice for Consumers of Mental Health Services

"Re-inventing the Adult Mental Health System"

Online Community Forum

We invite you to join us and share your thoughts on what YOU imagine Maine's adult mental health system should look like.

Information collected will be organized, compiled and shared with the Department of Health & Human Services

All Forums to be Held Online Via Zoom Conferencing

Log In Information Available on the CCSM Website or Facebook Page!

The CCSM is a mental health advocacy organization mandated by legislation as a voice for individuals who receive mental health services. We work to affect public policy change and address statewide and local issues affecting those receiving mental health services.

Funding is provided by:
The Maine Department of Health & Human Services

Portland
August 4, 2020
4:00 - 6:00 PM

Augusta
August 10, 2020
4:00 - 6:00 PM

Rumford
August 11, 2020
4:00 - 6:00 PM

Farmington
August 18, 2020
4:00 - 6:00 PM

Lewiston
August 19, 2020
4:00 - 6:00 PM

Bangor
August 25, 2020
4:00 - 6:00 PM

Open Forum
(Please attend this forum if you are not near one of the Local Councils listed above)
August 26, 2020
4:00 - 6:00 PM

1-877-207-5073 | www.maineccsm.org
facebook.com/maineccsm | twitter.com/MAINECCSM

For more information and login visit: <https://www.facebook.com/events/558291514887550/>.

We Deliver.

Uber Eats GRUBHUB Postmates DOORDASH

SUBWAY

Not all delivery services available at every restaurant. All chips-related trademarks are owned by Frito-Lay North America, Inc. ©2020, Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.

SeniorPlus Education Center online

It's hard to believe that July is here already! SeniorPlus Education Center (The Center) hopes you are well and enjoying the beautiful Maine weather while it lasts. The Center may be unable to reopen their physical Education Center locations but will continue to offer virtual workshops until it is safe to reopen in person. They hope you have enjoyed their recent offerings and will consider joining some of the scheduled programs for July. As The Center continues to expand offerings, they welcome you to reach out with any class topics you'd like to see on the calendar. They also welcome questions or comments that you might have. Contact edcenter@seniorsplus.org or by call (207) 795-4010.

To register for our Online Education Center offerings, please edcenter@seniorsplus.org or call SeniorsPlus at (207) 795-4010.

Online class offerings for July:

Zoom 101: Using Video Technology to Stay Connected: Tuesday, July 14 or July 28, 10 to 10:30 a.m. Instructor: SeniorsPlus Staff. Location: Zoom

Join for a 30-minute class to become more familiar on how to

use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class. You do not need a video camera for your computer, although it is helpful. You can participate with computers or hand-held devices. Educational material and resources will be provided for continued.

Medicare Made
Simple: Thursday, July
16, 2:30 to 4:30 p.m.
Instructor: SeniorsPlus
Staff Location: Zoom.

Join this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn about your insurance options with Medicare, when to enroll or change plans and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Telehealth & What
You Need to Know:
Tuesday, July 21, 10 to
11:30 a.m. Instructor:
Androscoggin Home
Health Care + Hospice
Staff. Location: Zoom

Interested in learning more about Telehealth in light of the

current pandemic? If so, join Androscoggin Home Health Care + Hospice for discussion on their new Telehealth Program and how the new platform can deliver for you!

Trivia: Thursday,
July 23, 2 to 3 p.m. In-
structor: SeniorsPlus
Staff. Location: Zoom.

Love Trivia? Looking for something to do? Come join SeniorsPlus for trivia hour!

Journalism, Truth
and Healthy Communi-
ties

Date: Thursday,
July 23, 22 to 3 p.m.

Instructor: Judy Meyer, Executive Editor of the Sun Journal, Kennebec Journal and the Morning Sentinel

Join Judy for her presentation - she'll discuss the importance of newspapers and our evolution into an increasingly digital platform. There will be time for Q&A.

What Matters Most:
Tuesday, July 28, 1 to 2:30 p.m. Instructor: Beacon Hospice Staff.
Location: Zoom

Join us as we discuss decisions regarding advanced directives, power of attorney questions, and determining what matters most during these challenging times. We will explain what an advanced directive is, *See Education, page 13*

Wreaths Across America to host hybrid live/virtual 5K

Wreaths Across America (WAA) has announced that its Stem to Stone 5K Road Race to be held in Columbia Falls, Maine, on Saturday, July 18, will continue as planned as a live race that runners and supporters can participate in. However, understanding that there may be people who want to participate but have personal concerns regarding COVID-19, it will also be held as a virtual event. The live 5k race will be run in accordance with the CDC's recommendation for large gatherings stemming from concerns surrounding the pandemic.

This sixth race in a series of eight, is in partnership with event management and timing company CompetitorME, and was announced earlier this year and features eight 5K road races peppered throughout the year. Some of these races have been converted into a virtual races in places like Nevada and Colorado, however, this race will be unique as it will be the only hybrid live / virtual 5k race held this year. Registration for vir-

tual participation will be open through race day.

Visit <https://runsignup.com/Race/ME/ColumbiaFalls/WreathsAcrossAmericaStemtoStone2020RaceTour-MAINE> to register.

“The goal of this race series is to build community awareness and understanding of the organization’s yearlong mission to Remember, Honor, Teach,” said Karen Worcester, executive director, Wreaths Across America. “However, in light of the current health crisis, we feel these races have taken on even more meaning by providing the opportunity for people to safely participate in something healthy and fun, while supporting and giving back in their own community during this uncertain time.”

or participating Wreaths Across America Location they'd like the wreath sent to. To find a cemetery near you to support visit <https://wreathsacrossamerica.org/pages/search?searchType=location>.

“We’re hopeful that families use this as an opportunity to teach community spirit, as something as simple as running on a treadmill, can be transformed into something with significant meaning for so many,” added Jonathan Kelley, Owner, CompetitorME.

Both the live and virtual participants will receive personalized racing bibs (on which participants are encouraged to write the name of the person that they are running for) and commemorative finisher medallions, with event t-shirts being provided to the first 200 people to register before race day! There is also a digital app in which they can also use in order to feel more connected to the fun called RaceJoy. This app allows its participants to hear special

See Wreaths, page 13

**Lunch menu available
11am to 4pm EVERYDAY!**



**Starting at
\$5.99**

GRIDIRON
Restaurant

LEWISTON, MAINE

1567 Lisbon Street • 777-6353

Follow us on facebook!

Don't miss our weekly giveaways!

Seniors

Continued from page 1

ability to roll in crucial situations. This spring, I resolved to attend scheduled pool rolling sessions in advance of the whitewater season to hone my skills. Alas, the pools were closed due to the pandemic.

When my friend Ryan announced he was organizing a weekend outing on the Dead River, my son Adam and I signed on. However, both of us were wary given our lack of rolling practice. The weather cooperated and the water temperature rose to 67 degrees at Adam's home on Pleasant Pond. Meeting on a warm sunny afternoon two days before the trip, we both had successful calm water rolls. My confidence was buoyed.

Ryan did an outstanding job arranging a shuttle that provided for sufficient social distancing. The water level was 4,000 CFS when we arrived at the Spencer Stream launch during a rain shower. Several small groups of paddling friends were there along with a few million uninvited blackflies. The way the airborne scourge invaded my space, you'd have thought they owned the place.

The sixteen miles of almost continuous whitewater to West Forks is considered Class III/

IV in difficulty at 4,000 CFS. The first rapid, Spencer, is relatively easy. The waves at the bottom seemed more substantial and challenging than I recalled. Uncharacteristically, I was anxious despite the encouraging rolling practice.

Progressing downriver, I found myself choosing conservative routes as the rapids increased in difficulty. Maneuvering through Minefield, Hayden's, Elephant Rock, and Mile Long to a traditional rest stop above Upper and Lower Poplar Falls, I managed to avoid calamity despite a near upside down experience in a consequential hole on Mile Long.

While enjoying our respite, I realized I'd been descending the most difficult route on Class IV Lower Poplar for so many years I was no longer familiar with a more cautious alternative. Fortuitously, another paddler knew an easier passage and we successfully negotiated the complex rapid.

The next day, Adam, Ryan, friend Jason, and I were back for a 2,400 release. This time we embarked from the Gravel Pit access, shortening the trip to twelve miles. The lower level was just what the river doctor ordered. Relaxed and confident, I chose sporting descents on all of the difficult rap-

ids. When we arrived at Lower Poplar, an old man and three kids rode the big breaking waves on river left, skirted around perilous Pyramid Rock, avoided an intimidating hole that is a notorious boat flipper, and caught a tiny eddy on the left bank. The remainder of the outing was concluded with ease completing a glorious day on the Dead, without rolling.

My new favorite senior level is 2,400 CFS!

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 Hayden's Falls on the Dead River



A kayaker side surfs a hole on Lower Poplar Falls on the Dead River



A kayaker paddles next to Pyramid Rock on Lower Poplar Falls on the Dead River



A canoeist paddles Elephant Rock Rapid on the Dead River



207-883-TACO
www.elrayotaqueria.com

★

Takeout/Curbside pickup
MON-SAT 11AM-8PM

FOLLOW US ON
FACEBOOK AND INSTAGRAM
FOR UPDATES & SPECIALS

ANTOJITOS (APPETIZERS)

GOLDEN JET PINEAPPLE - 3.95
on a stick dusted with chile powder, salt & lime

FUNDIDO - 8.95
warm cheese dip with cilantro, rajás & your choice of **mushrooms** or **housemade chorizo**
Served with corn chips

MEXICO CITY STYLE CORN ON THE COB - 4.95
basted with chipotle mayo & dusted with cotija cheese

FRIED PLANTAINS - 6.95
with chipotle mayo

PAPAS FRITAS - 4.95
fried Maine potatoes drizzled with garlic aioli†

LOADED TOT NACHOS - 8.95
fried tater tots topped with crema, melted monterey jack cheese, pickled jalapeños, pico de gallo & scallions

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 rajás, 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**

CHEESE NACHOS - 5.95
w/ organic black beans - **6.95**
w/ choice of chorizo, shredded pork, grilled chicken, steak **OR** ground beef - **9.95**

Make your nachos **GRANDE** by adding guacamole, shredded lettuce, housemade crema, radishes, pickled jalapeños, cilantro & taquerera salsa **add 5.95**

QUESADILLAS

flour tortilla filled with monterey jack cheese & crisped on the griddle. Served with pico de gallo salsa.

CHEESE - 6.95
CHEESE & BEAN - 7.95
GRILLED STEAK - 11.95

SEASONED GROUND BEEF - 9.95
BRAISED MUSHROOMS - 9.95
SHREDDED PORK - 9.95

CHAR GRILLED CHICKEN - 9.95
HOUSEMADE CHORIZO - 9.95
BBQ PULLED PORK - 10.95

Add rajás to any quesadilla (sauteed peppers & onions) - 1.95

★ **FRESH** ★ **LOCAL** ★ **SUSTAINABLE** ★

We source locally grown and raised ingredients whenever possible and cook with sustainable seafood, naturally raised meats and organic black beans.
†Consuming raw or undercooked eggs or shellfish may increase the risk of food born illness

We Deliver.



Uber Eats
GRUBHUB

Postmates
DOORDASH

DELIVERY



Not all delivery services available at every restaurant. All chips-related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway IP LLC. ©2020 Subway IP LLC.

Higgins Corporation celebrates 60th year

By David R. Higgins, III, CEO

This October marks the 60th year of business for Higgins Corporation, and over the years, we have overcome many challenges, adapting with the times to become what we are today.

In 1960, my dad, David R. Higgins Jr., purchased Shepard's Inc. in Hallowell, Maine and sold typewriters, adding machines, and photocopyers. We moved to Portland in 1961. He purchased Martin Office Equipment in 1968, adding office furniture to his product line. As he also bought the building, we changed locations to the Old Port area of Portland. In 1972, he bought Colonial Business Machines, adding cash registers, addressographs, Datacard, word processing, and supermarket scanning. After a huge building fire in 1976, he moved to our South Portland, ME

location, and added personal computers, LAN, accounting software, and time clocks.

I purchased Higgins Office Products in 1992. In 1998, I added NH/Datacard territories. In 2000, I changed the name to Higgins Corporation and opened our Braintree, MA office. I added MA/VT/Datacard territories. In 2003, I purchased RI Business Machines and added RI/CT/Datacard territories. In 2010, I purchased Higgins Realty; and, in 2011, I purchased OpenTech/PeopleTrack.

On October 1, 2020, we will celebrate 60 years in business. We achieved this milestone thanks to our dedicated employees who have put in years of hard work. We had planned to invite our employees and their families to a fun-filled lobster bake to celebrate our milestone. While those plans are on hold due to

the pandemic, I wanted to express my extreme gratitude to our employees and their families for their years of service and for providing outstanding service and support to our customers and me.

We were allowed to stay open during COVID-19 because we service the healthcare industry, and first responder marketplaces, however, that is not why we are "essential" in my opinion. I believe that we are essential because the existence of our company has impacted many lives. It has facilitated lasting friendships and fond memories. What started as a small company, which sold typewriters back in 1960, has grown into what it is today.

To sum it all up, Higgins matters and so do you! That is why we celebrate. Thank you for all that you do.

Happy Anniversary, Higgins Corporation!



Dave Jr. with IBM for 8 Years before the purchase of Shepard's
In 1960 a new house cost \$12,700; the average income per year was \$5,315.

1960 – Dave Jr. purchased Shepard's Inc. just outside of Augusta, ME
(typewriters/adding machines/photo copiers)

1961 – Moved to Portland, ME on Congress Street

1968 – Purchased Martin Office Equipment
(office furniture)
Moved to Exchange Street, Portland, ME

1972 – Purchased Colonial Business Machines
(cash registers/addressographs/Datacard/word processing/supermarket scanning)

1976 – Moved to South Portland, ME location due to fire at Exchange Street
(personal computers/LAN/accounting software/time clocks)

1992 – D3 purchased Higgins Office Products

1998 – Added NH/Datacard Territories

2000 – Changed name to Higgins Corporation
Opened Braintree, MA Office
Added MA/VT/Datacard Territories

2003 – D3 purchased RI Business Machines
Added RI/CT/Datacard Territories

2008 – D3 purchased OpenTech/PeopleTrack

2010 – D3 purchased Higgins Realty

October 1, 2020 – Higgins Corporation celebrates 60 years in business!

800.486.1312 | WWW.HIGGINS3.COM

You dream it. We will build it.



No Money Down • Financing Available



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

Maine Women’s Fund announces nearly \$140k in Grants



ArtVan, and all the other grantees, will be bringing their tools of change to women and girls across the State.

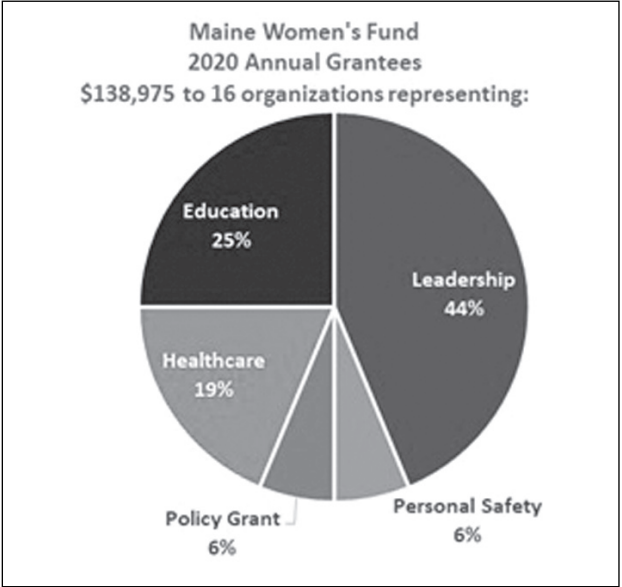
The Maine Women’s Fund announces annual grant funding totaling \$138,975 to 16 nonprofit organizations dedicated to transforming the lives of women and girls. In the past 30+ years the Maine Women’s Fund has made over 490 bold investments totaling more than \$2.6 million to 230 organizations investing in the power of

women and girls across the state. “Our generous donors and sponsors allow us to fund new and established organizations so that they have the resources to strengthen women’s rights, create new opportunities, and economic well-being,” said Dr. Candace Wadsworth, board member and Chair of the Grants

Committee. The Grants Committee received letters of interest from 68 non-profit organizations of various sizes and from all areas of the state. Each member of the Committee reviewed all requests and participated in a group discussion; from there, 27 of those organizations were invited to submit a more detailed proposal. After further assessment and due diligence by the committee, 16 organizations were selected for funding based on: strengths of the program and organization; the clearly identified need for the program; the diversity of geographic area and populations reached through the program; and opportunities to make the greatest impact and further the mission across the Maine Women’s Fund six funding areas: education, financial skills and literacy, healthcare, leadership, personal safety, and policy.

2020 Grant Awards (listed in alphabetical order): A Company of

Girls builds self-confidence and resiliency, cultivates leadership skills, and creates a community of tolerance and acceptance where uniqueness is celebrated and creativity thrives through experiences in theater, visual and culinary arts. ArtVan serves children ages 3-18 in 390 family apartment units in Bath, Brunswick, and Auburn through regularly scheduled visits. Their art therapy approach lets poverty-related stressors be pro-actively and externally expressed through art. The Elder Abuse Institute of Maine will pilot a hotline aimed at helping Maine’s 16,000 home health workers to identify elder abuse and to report cases more effectively and frequently. Only 1 in 24 cases of elder abuse is currently reported. The Hope and Justice Project, Inc. will implement wellness recovery action plan workshops in 3 areas of Aroostook County to provide survivors of domestic violence with a working plan for achieving their wellness goals. The League of Women Voters of Maine Education Fund will



This year, Women’s Fund funded Financial Skills and Literacy grants through our CASH Maine capacity building initiative.

enhance the ability of women from underrepresented communities to impact the decisions that affect their lives, and support the role that women continue to play in securing democratic rights for all. Mabel Wadsworth Center is Maine’s only independent, non-profit, community-based feminist health center. Our funding will support a feminist model of care focused on sexual and reproductive health through education, advocacy, and clinical services. Maine Children’s Alliance advocates for

policies to support the 12,000 female-headed households and 14,000 children living in poverty in Maine, such as expanding access to education, job training, and improved work-family policies and food security. Maine Trans-Net will address the increasingly hostile social and political attacks that leave trans people hurt (often physically) and isolated; this grant will support their goal of ensuring one support program monthly in all sixteen of Maine’s counties. New England Arab American Organization will provide a unique opportunity for New Mainer women to earn Child Development Associate certification. Participants will advance their skills and earn income while reflecting cultural diversity. One Less Wor-ry provides personal care products, including pads and tampons, which cannot be paid for with SNAP or WIC benefits, to those in need in Knox County while destigmatizing and normalizing periods through their Pe-

See Grants, page 12

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

Beginning 3/24, Tuesday through Thursday mornings from 6-7 a.m. will be reserved exclusively for customers 60+ and individuals identified by the CDC as being at high-risk. We won't be checking IDs, but request that all other customers support these vulnerable shoppers and wait until after 7 a.m. to enter the store.

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.

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

Find out how a business phone can save you money and help your business run smoother. Call today for a demonstration!

Buck Buchanan
A+, MCP Certified Technician

**PROFESSIONAL
COMPUTER SERVICES INC.**

207.784.6295
buck@pro-pc.us

Community Credit Union receives CDFI certification



Community Credit Union's Senior Leadership Team and Board of Directors, L to R: Andrew Lunn, Executive Vice President, JoAnn Jackson, VP of Financial Operations, Barry Schmieks, Elizabeth Keene, Alfreda Fournier, Kate Adams, Betsy Sibley, VP of Marketing, Jon Butler, Jennifer Hogan, President/CEO, Marcel Gagne, Bruce Bilodeau.

Community Credit Union was recently certified as a Community Development Financial Institution (CDFI) after an extensive application process. CDFI Certification is the U.S. Department of the Treasury's recognition of specialized financial institutions serving low-income communities and individuals.

The CDFI "movement" took shape in the 1970s with the passage of the Community Reinvestment Act, which encourages financial institutions to meet the

needs of all sectors of the communities they

serve. Community Development Financial Institutions—or CDFIs—emerged in response to a lack of access to responsible and affordable credit and capital in minority and economically distressed communities. CDFI Certification was established in 1994 to provide guidelines and eligibility criteria for any organization looking to become a certified CDFI. Many certified CDFIs offer more favorable and flexible loans than traditional lenders. Since its inception in 1994, the CDFI Fund has built a

nation-wide network of CDFIs committed to ensuring that underserved communities have access to quality, affordable, and credible financial services that they need to prosper.

There are less than 10 CDFIs in the state of Maine. This certification allows Community Credit Union to join a network of mission-driven institutions that serve and empower economically distressed communities. This translates into real change for the communities and people who need it most. As a Credit Union serving Androscoggin County for 75 years, the philosophy of people helping

people is demonstrated daily. Under the leadership of Jennifer Hogan, President/CEO of Community Credit Union, the discussion of expanding economic opportunity in our communities and providing access to financial products and services for local residents and businesses led the Credit Union to apply. Hogan shared that "Our vision for our Credit Union, members and the community is so well-aligned with the mission of CDFI's across the country. The Board of Directors and team at Community Credit Union are excited for the opportunity to learn from other CDFIs as well as

apply for grants and resources that will broaden our impact in the community we serve and our continued efforts to help people achieve financial wellness."

Community Credit Union is a member-owned, full service financial institution that has been serving its members and all of Androscoggin County for 75 years. Community Credit Union has branches located at 144 Pine Street, Lewiston, 40 Stanley Street, Auburn and 1025 Auburn Road in Turner serving approximately 10,000 members. For more information, log onto www.communitycreditunion.com.

Fontaine

Continued from page 3
2348 or at debbrackett12@gmail.com.

Fontaine Family - The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was recently presented the 2019 Maine Family Business of the Year Award, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area, recognized by Real Trends as a 2019 America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top half of one percent of Realtors outperforming ninety-nine point nine percent of the nation's Realtors.

The Fontaine Family Team serves eight counties - Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset - in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit BrendaFontaine.com or call (207)784-3800 or (207)289-3830.

Stop Open Borders: Say No to Poverty, Crime, & Tyranny

Wed, Jul 29, 2020 / Rain Date: Thu, Aug 20

6:00 p.m. Refreshments ~ 6:30-8:30 p.m. Main Program

The event will be held **OUTSIDE** in the Vet Ctr parking lot, with podium, chairs, mic, lights, camera. Inside bathrooms available. Parking on entry road & at Hannafords.

Check grayrepublicans.org on July 28, 5pm, for Rain Postponement!

EVENT WILL BE LIVE STREAMED ON YOUTUBE: grayrepublicans.org/livestream

OPEN BORDERS = NO BORDERS



Windham Vet Center, 35 Veterans Memorial Dr, Windham
Tickets at Event: \$1 (larger donations gratefully accepted)
grayrepublicans.org / info@grayrepublicans.org



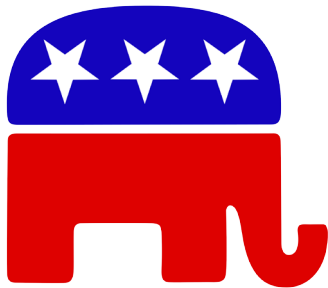
KEYNOTE SPEAKER
Larry Lockman
4 Term Maine State Representative (R)
District # 137
Co-Founder



Robert McArdle
President, National Border Patrol Council,
Local 2349
Houlton, Maine
14 years with US Border Patrol / 4 years on



Peter Falkenberg Brown
Chairman, Gray Republican Committee
Conservative Writer & Author
Host of the "Love, Freedom, & the World" YouTube Channel
peterfalkenbergbrown.com



Hosted by the
Gray Republican
Town Committee

Co-Sponsored by the
Republican Town Committees of:

- Bridgton
- Brunswick
- Cape Elizabeth
- Casco
- Chebeague Island
- Cornish
- Falmouth
- Freeport
- Gorham
- Kittery
- Lake Region Republicans
- Naples
- New Gloucester
- North Yarmouth
- Portland
- Pownal
- Raymond
- Scarborough
- South Berwick
- South Portland
- Standish
- Westbrook
- Windham
- Yarmouth
- York Shoreline Republicans

and Co-Sponsored by:

- Androscoggin County Republican Committee
- Oxford County Republican Committee
- Tri-County Area GOP Group
- Business Women's Republican Club of Greater Portland
- Maine Federation of College Republicans
- Maine First Project
- Mainers for Responsible Immigration
- Maine Taxpayers United
- State Rep Sue Austin, #67
- State Rep Rich Cebra, #68
- State Rep Matt Harrington, #19
- State Rep Lester Ordway, #23
- State Rep Heidi H. Sampson, #21
- Former State Rep Cliff Foster, #67
- Former State Rep Mike Timmons, #45
- Fishermen's Net

More Co-Sponsors will be added

Grants

Continued from page 10

riod Friendly project. Restorative Justice Institute of Maine will partner with the residents of the Women's Correction Center to address harm and injustice through practices that build connection, equity, accountability, and healing.

Family Futures Downeast addresses multi-generational poverty by combining post-secondary, workforce and career pathways for parents while their children receive high-quality early education. Our grant will help raise parent voices.

Tree Street Youth supports youth of Lewiston-Auburn through programs rooted in academics, the arts,

and athletics in a safe space. They will build additional, intentional supports to reduce barriers to leadership experienced by young mothers.

Wabanaki Public Health's mission is to provide community-driven public health services to all Wabanaki communities while honoring their cultural knowledge, cultivating innovation, and collaboration. They are overseen by Tribal leadership.

Wayfinder Schools serves at-risk youth and teen parents, providing students the experience necessary to discover their strengths and skills, connect with their families, practice personal responsibility, contribute to community, and earn a high school diploma.

YWCA Central

Maine, who advocates for racial and gender equity, will offer a custom Parent and Child Together learning experience to introduce New Mainer mothers and children to the structure of a US early learning classroom.

"Once again, our annual grants provide many supportive programs for all ages, with several different programs around the state specifically serving the ends of the age spectrum, and others specifically serving the middle of the age spectrum," said Kimberly Crichton, Executive Director. "Funding stretches from Aroostook to York County and reaches all five federally recognized tribal communities."

Since 1989, the Maine Women's Fund has been incubating and

investing in nonprofit organizations run by and for Maine women and girls. Through its \$2.9 million endowment, it makes annual financial investments in new and established organizations working towards its mission – to transform the lives of Maine women and girls through innovative programs and advocacy efforts. The Maine Women's Fund provides financial and technical assistance to the organizations it partners with to build capaci-

ty, achieve sustainability, and create space for new generations of women leaders. In the past 30+ years the Maine Women's Fund has granted almost 500 awards totaling more than \$2.6 million to 230 organizations investing in the power of women and girls across the state and Wabanaki communities.

The Maine Women's Fund is the only Maine foundation focused exclusively on advancing gender equi-

ty. In 2017, the Maine Women's Fund created a rolling Swift Social Justice Grants Program to complement the Annual Grants Program and stand with women and girls from communities disproportionately impacted by the current policy and social landscape as they address immediate threats or take advantage of opportune moments. The Safety First for Women Fund is the Maine Women's Fund first pooled emergency fund.

Learn more at www.mainewomensfund.org.

Calendar

Send your submissions to the Editor. More online.

Friday, July 10
"BRUNSWICK", encompasses an ArtWalk with music, dance, and theater performances in downtown Brunswick, from 4 to 7 p.m. For more information on this season's second Friday Brunswick or to sign up as a business sponsor or venue of the second Friday Brunswick, please visit the BDA website (brunswickdowntown.org) or email admin@brunswickdowntown.org, or call 729-4439.

Saturday, July 11
Maine Backyard Campout. Auburn residents who want to participate should connect with Auburn Recreation. Free campout activity kits are available to the first 20 families to register. Contact Darcey Gardiner at dgardiner@auburnmaine.gov or 333-6611 for details. Johnny Ater & Friends summer concert at the Chocolate Church Arts Center 3 and 6 p.m. Tickets must be purchased ahead of time. Free parking available. For more information visit chocolatechurch.com.

com or call (207) 442-8455.

Outpatient Diabetes Self-Management Program

Informing and empowering those with diabetes to live well and effectively manage the disease

LOCATION:
Central Maine Medical Center, 12 High Street, Lower Level, Lewiston, Maine 04240

CLASS DATES:
Thursday, July 16, 2020 | 2:00 - 5:00 p.m.
Tuesday, July 21, 2020 | 2:00 - 5:00 p.m.

During the classes, participants will cover:

- An overview of diabetes, complications, hyperglycemia and hypoglycemia
- Medications for diabetes
- Diabetes process and treatment options
- Goal setting and problem-solving
- Nutrition management: meal plans, carbohydrate counting, cooking tips, dining out guidelines and much more.

Learn more by calling 207-795-7520.

Autism

Continued from page 2

the direction of the Center. Council member Cathy Dionne, who is also the President of the Autism Society of Maine (ASM), noted, "Expanding children services for autism is needed in our state and having services for adults with autism is exciting as that is very limited. Our children do grow up, they need professionals who understand autism and can provide a service into their adulthood. ASM looks forward to our ongoing partnership with Maine Behavioral Healthcare."

Scheduled to open in summer 2021, the project aims to bring a whole new level of care, research and provider training to Maine.

"MaineHealth is incredibly proud to support this effort and of the strides we have made to provide care for this vulnerable population," said Petersen. "While we would ordinarily hold an in person groundbreaking ceremony, during this period of the COVID pandemic we will adhere to the social distancing guidelines as set forth by the state and CDC to maintain the health and safety of our community. Regardless, there is much to celebrate as we look forward to opening the new center next year."

Send all items for Names & Faces to the editor. Deadline is Friday by five pm.

Get younger looking skin today



The newest technology in skin rejuvenation

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

- Anti-Aging
- Fine Lines
- Wrinkles
- Acne & Rosacea

- Pigmentation
- Sagging Skin
- Tightening
- Muscle Toning



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

Dad's Place Catering Division

Weddings • Reunions • Corporate Events & More

Professional service at an affordable price!

No job too big or too small!
Call Today for a Free Quote:
207-345-9009



DadsPlaceCatering.com

Distancing

Continued from page 4

tancing aspects than those who Didn't Know Someone with COVID.

3. When analyzing the same results for Questions 5-9, 15.2% more respondents who Know Someone in the High Risk Category valued these aspects than those who Didn't Not Know Someone in the High Risk Category, or those Unsure if they Knew Someone in the High Risk Category).

4. Specific regional data is presented within the full report for those interested in the results from certain counties.

What the Southern Midcoast Maine Chamber, who administered the survey, is saying:

"Social distancing is good business, but we didn't know how impactful until this survey," says SMMC Executive Director Cory King. "It's not absolute- no survey is- but clearly 40-65% of Maine consumers factor social distancing and masking into their business patronage decisions."

"We knew there were some people who felt this way," King said, "but these numbers really bear it out. When 25% of respondents are saying they have left a business they are intending to purchase something at without purchasing it, that should perk up the ears of any business owner," King said. "When an additional 25% say they would do that if they feel unsafe, now you've got half of your potential customers saying they might walk out." King concluded.

"The full report breaks out a lot of the countywide data, and depending on where you live, it certainly changes your view," King summarized. "Covid case count could be a factor for how some people feel, though certain low case-count counties like Franklin and Washington counties both were very pro-social distancing."

"The age splits are decisive. Basically, most age groups are within 5 points of each other on every question, maybe 8 points," King says. "But the consumer over 60 years old in Maine is saying 'we want the masks and social distancing' 15-20% more than any other age group. In the oldest State in the country, that is a ton of consumers."

"Knowing people with Covid and knowing someone in the high-risk category was important too," King shared. "We wanted to find which group felt more strongly and it's still a toss-up. Knowing Someone with Covid had higher overall answers but knowing Someone in the High-Risk group had a larger statistical variance over their counterparts, so it's tough to say. Either way, both are major factors," King said

"It was a lot of work, but when almost 3,000 Maine consumers respond to your survey, you have a responsibility to show the data and trends as many ways as possible," King said. "I hope this can be instructive for town, county leaders and my fellow chamber of commerce directors."

For more information contact Cory King at executivedirector@midcoastmaine.com Cell: (207) 649-5282.

Education

Continued from page 7

where it should be kept, and how to share your wishes with your family.

Groups and exercises:

Coffee & Comfort - Bereavement Support Group: Monday, July 6, 3 to 4:30 p.m. Instructor: Beacon Hospice Staff. Location: Zoom or Telephone

Loss is hard. The great news is, no one needs to feel alone through their bereavement. Coffee & Comfort offers a safe place where one can receive the grief support, they are seeking. Due to current public health concerns, the group will meet over Zoom versus in-person. Zoom phone and video-conferencing information will be provided to registrants.

Caregiver Support Groups: Monday, July 6 from 5:30 to 7:30 p.m., Thursday, July 30 from 8:30 to 10 a.m. Location: Zoom or Telephonic.

Our caregiver support groups offer a safe place for caregivers, family, and friends to meet and develop a mutual support system. Participation can be an empowering experience. Due to current public health concerns, the group will meet over the phone vs in-person.

Total Strength &

Balance: Mondays 11:15 a.m. to 12 p.m. or 12:15 to 1 p.m., Wednesdays 11:30 a.m. to 12:15 p.m., Fridays 11:30 a.m. to 12:15 p.m. or 12:30 to 1:10 p.m. Instructor: Linn Morin, Certified Trainer Location: Facebook.

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Light weights or soup cans, a basic bouncing ball and for some tubes are used in this seated exercise class. Water is recommended during the class. As always be sure to check with your physician prior to any exercise class. These classes are held online until the CDC lifts restrictions. To register or for more information, call Linn at 523-9055.

Chair Yoga on Zoom: Fridays (No class July 10 and 31), 8:45 to 9:45 a.m. Instructor: Mary Bishop, Certified Yoga Instructor. Location: Zoom. No fee at this time. Must-haves: computer, laptop, or tablet; sturdy chair on non-slip surface

Join Mary in this Zoom class that is designed to help with ease of movement and breath; finding stability and strength through yoga poses with variations for every ability. Class limited to 10 participants.

HEALTHY LIVING FOR ME: HL4ME has launched multiple virtual programs, including Tai Chi for Health & Balance, Better Health NOW, Better Health with Diabetes toolkit, Better Health with Chronic Pain toolkit, and our Living Well workshops!

Tai Chi for Health & Balance: Workshop series will meet twice weekly for eight weeks. 1 hour per session/class. Location: Zoom. No fee at this time.

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health, and one's ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Workshops are lim-

ited to 10 participants.

Better Health NOW! Workshop series will meet once weekly for six weeks. Time will vary. Location: 1-1 Telephonic or Zoom. No cost.

Better Health NOW is a self-guided, evidence-based program similar to our Living Well in-person workshop. The program is designed to help participants deal with chronic conditions. Some topics covered include: techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, and nutrition. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health NOW Toolkit in the mail prior to starting the workshop.

Better Health with Diabetes: Workshop series will meet once weekly for six weeks. Time will vary. Location: 1-1 Telephonic or Zoom. No cost.

Similar to Better Health NOW, Better Health with Diabetes is a self-guided, evidence-based program. The program is designed to help participants deal with chronic conditions with a focus on diabetes management. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health with Diabetes toolkit materials in the mail prior to starting the workshop.

Better Health with Chronic Pain: Workshop series will meet once weekly for six weeks. Time will vary. Location: 1-1 Telephonic or Zoom. No cost.

Similar to Better Health NOW and Better Health with Diabetes, Better Health with Chronic Pain is a self-guided, evidence-based program. The program is designed

FLAGSHIP CINEMAS

WWW.FLAGSHIPCINEMAS.COM

DOORS OPEN AT: 12:00pm

AUBURN
746 Center Street
Auburn Movie Hotline — 786-8605

**VISIT OUR WEBSITE OR
CALL THE HOTLINE AT
786-8605
FOR SHOWTIMES**

to help individuals deal with chronic conditions with a focus on pain management. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

Participants of the workshop will work individually prior to 1-1 facilitator or small group weekly check-ins. Participants will receive the Better Health with Chronic Pain toolkit materials in the mail prior to starting the workshop.

Living Well Workshops through Zoom. Workshop series will meet once weekly for six weeks. Time will vary (approximately 2 hours per class). Location: Zoom. No cost.

Now offering Living Well with Chronic Pain, Living Well with Diabetes, and Living Well for Better Health workshops through Zoom!

Each workshop will cover a series of topics, some overlapping and some specific to the chronic condition of the workshop. If you're looking for help with managing your chronic conditions and would like to connect with others, these programs are for you!

REGISTRATION: To register for Online Education Center offerings, please email edcenter@seniorsplus.org or call SeniorsPlus at (207) 795-4010. If you'd like to learn more or register for Healthy Living for ME (HL4ME) workshops, please visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org to get started today!

Wreaths

Continued from page 7

messages from the organizers as they participate in the race.

To bring further attention to the mission, WAA will be holding a live free Virtual Concert on the WAA official Facebook page (<https://www.facebook.com/WAAHQ>) at 7 p.m. on Sunday July 19.

Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization's mission — remember, honor, teach — is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and beyond.

For more information or to sponsor a wreath please visit www.wreathscrossamerica.org.

CompetitorME is a proud, Maine-owned event management and timing company with clients in New England. We are about inspiring athletes and connecting communities. It is our pleasure to work with clients to direct safe, fun, and fair events for all ages, with a focus on creating a memorable participant experience. Our portfolio of events has expanded to include those honoring and remembering our Nation's Active Duty Service members, Veterans, or Nation's Fallen Heroes and their Gold Star Families. The CompetitorME team also serves on a committee for the Maine Gold Star Family Memorial to be built in Augusta, Maine.

For more information please visit www.competitorme.com.

Business Directory

ACCOUNTANT

READY FOR A FRESH APPROACH TO ACCOUNTING?

WE THINK YOU SHOULD REALLY
Like AND TRUST YOUR ACCOUNTANT

Working with you, for you, to help you make the right decisions about one of your most important concerns - *your money*.



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS *Auburn / Madison / Norway*

LET'S CONNECT. Schedule a consultation : AustinPA.com

FLOWER SHOPPE



FREE DELIVERY L/A

Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

PHOTOGRAPHY



Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

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



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 VOLVO PENTA YANMAR
OMC Perkins 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.familychirome.com

PAINTING

Interiors • Exteriors Drywall Repair
Free Estimates 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!

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

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling





Call 207-500-8100
For FREE Estimates

Call Tyler
500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

 (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

esubscribe for FREE! www.TwinCityTimes.com

Classified Ads

AUTOMOBILE STORAGE

Seeking Classic Car Storage
Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BOOKS

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

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

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.

ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced

low for quick sale. (207) 883-0808

FOR SALE

Antique cedar wardrobe armoire with key \$400. Toyotomi portable kerosene heater with manual \$50. 12x10 dome tent sleeps 6 in two rooms with carry case \$40. Portable car port \$50. Cardio fit low impact exerciser \$50. Call 207-782-4228.

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. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

HOME SERVICES

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

HOUSING

Seeking two bedroom apartment or house to rent. One story with garage near the Windham or Raymond area. Prefer hardwood floors. Jimmy and Cheryl Burnham. 207-572-2714 or 207-633 3380.

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. - 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.

Classified Ads

UP TO 40 WORDS!

\$10 PER WEEK

EACH ADDITIONAL WORD 25¢

Send payment with completed form to our bookkeeping office: 9 N. River Road #232
Auburn, ME 04210 or email it to us!

☐ Visa☐ Master Card

Card #

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

3 digits #

--	--	--

on back

--	--	--

Exp. date ____/____/____Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

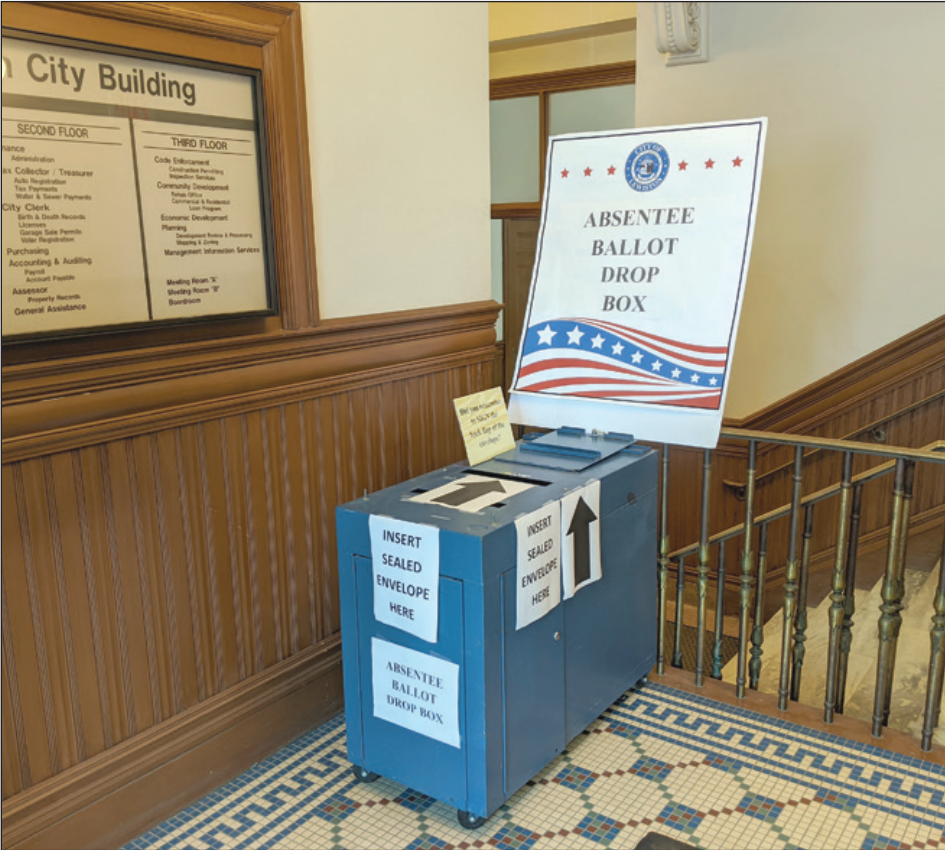
HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____



Absentee ballot drop box now accepting ballots



Box in lobby

Due to the high demand of voters wanting to return their absentee ballots by hand and the limitation on the number of customers in the City Hall due to social distancing, the City has established an Absentee Ballot Drop Box in the Park St lobby of City Hall. Thanks to a change in state law last fall, voters can now return their ballots in a sealed return envelope and deposit them into the box. The metal drop box is always locked and monitored by the building door attendants. The box is accessible in the lobby Monday through Friday, 8:30a.m. through 4p.m. The returned ballots in the box will be removed several times a day. Voters do not have to add postage to their envelopes if they are hand delivering them to City Hall. Voters with questions are welcome to call the City Clerk’s Office at 513-3124.

Op-ed High-speed internet in Maine

By Pat Pinto, AARP Maine Volunteer State President

It shouldn’t take a pandemic to underscore the importance of high-speed internet in our state. Rural Maine’s struggle with connectivity has been going on for years, but with COVID-19, the true consequences of slow or no internet can no longer be ignored. During the last few months, residents throughout Maine have voiced their frustration. Paul Armstrong’s small business in Palermo is foundering because the internet service in his area is practically non-existent. Ray Smith of Windham, an occupational therapist for children with developmental and physical challenges, now counsels his young clients by video chat due to COVID-19. He describes many of the sessions as “disastrous” because some of his clients have such poor internet service. A retired teacher from Lewiston, Joyce Bucciantini, laments the learning divide between those students who have high speed internet and those who do not.

No matter where we live in Maine, and no matter our age, every Maine household should have access to high-speed internet. The Maine Broadband Coalition, of which AARP Maine is a member, estimates that 85,000 households in our state have no access to high-speed internet. For many, this means they have little or no connection to family, friends, and critical services such as tele-medicine and counseling. For some, lack of high-speed internet creates barriers to doing business and creating jobs. Still others, particularly older Mainers, miss out on opportunities to offset loneliness, depression and isolation. This is the time to take action, and I urge all Mainers to vote in the Maine State Primary and Special Referendum Election on July 14, and to vote YES on Question 1. Question 1 is a ballot referendum providing \$15,000,000 in funding for high-speed internet expansion to underserved and unserved areas. This will particularly impact rural areas of Maine that currently lack the infrastructure for high-speed internet. Of great significance is the fact that the \$15M bond will be matched by \$30 million in federal and other funds to triple the impact. This is an opportunity not to be missed. Maine is a rural state with a far-flung population. If Maine invests now, we can help Mainers, particularly in rural areas, who don’t have access to reliable, high-speed internet service. It is essential for Mainers of all ages to be able to stay connected to friends and family, but it is equally important for them to be able to access their caregivers, doctors, and other health professionals. High-speed internet is a smart investment that will help businesses grow and help students gain access to education even when they are at home. Access to high-speed internet is extremely important to daily life in Maine, and not just during the coronavirus pandemic. Support of this referendum will put Maine on the right track. I urge you to vote Yes on 1 on July 14.

SUB-SPECIALTY ORTHOPAEDIC CARE.
RIGHT IN YOUR COMMUNITY.
NO APPOINTMENT NECESSARY.

OrthoAccess offers immediate assessment and treatment of sprains, strains, minor fractures, dislocations, and other sports-and activity-related injuries. Conveniently located in Auburn, you now have easy access to specialized care. No appointment needed!

At OrthoAccess, you will automatically be seen by one of the best-regarded orthopaedic specialists in the state. Any follow-up can be coordinated easily within our team of highly specialized providers.



OrthoAccess
ORTHOPAEDIC WALK-IN CLINIC
Spectrum Healthcare Partners

690 MINOT AVENUE
AUBURN
(207) 783-1328



**Spectrum
Orthopaedics**
Spectrum Healthcare Partners

Spectrum Orthopaedics is a division of Spectrum Healthcare Partners that includes Central Maine Orthopaedics, Falmouth Orthopaedic Center, OA Centers for Orthopaedics, and Maine Orthopaedics Center.

SEE YOU OUT THERE.

OTHER ORTHOACCESS LOCATIONS IN
SACO, PORTLAND, AND WINDHAM