



TWIN CITY TIMES

© Twin City TIMES, Inc. 2020

(207) 795-5017 • Info@TwinCityTimes.com

FREE • Vol. XXII, No. 18

Your Hometown Newspaper Since 1999

Thursday, July 30, 2020 • FREE

Out & About with Rachel Morin Ten things to be positive about



Rachel and Liz take frequent walks along the ocean.

By Rachel Morin and Elizabeth Morin

My daughter Liz and I have been struggling with Covid-19 ever since mid-March. We see our friends struggling as well.

“It is hard and it’s getting harder.” says our

friend Lucy.

“Our regular clocks are off” as noted on the 60 Minutes news (we like that one and repeat it often to each other), and our other favorite is one I came up with, “We have lost our bearings.” This last one really

seems to resonate with us. We have indeed lost our way. Nothing feels right. And yes, the simplest task takes effort and time. It is hard. For a few weeks, we found ourselves exhausted, frustrated, and crying at every news update. But enough. We have decided — with a little effort — to look for the positives to share with our friends and family. Once we got going, it was not so hard. This is a small start and we hope this will change our outlook. Maybe there are many more positives that others will think of and share.

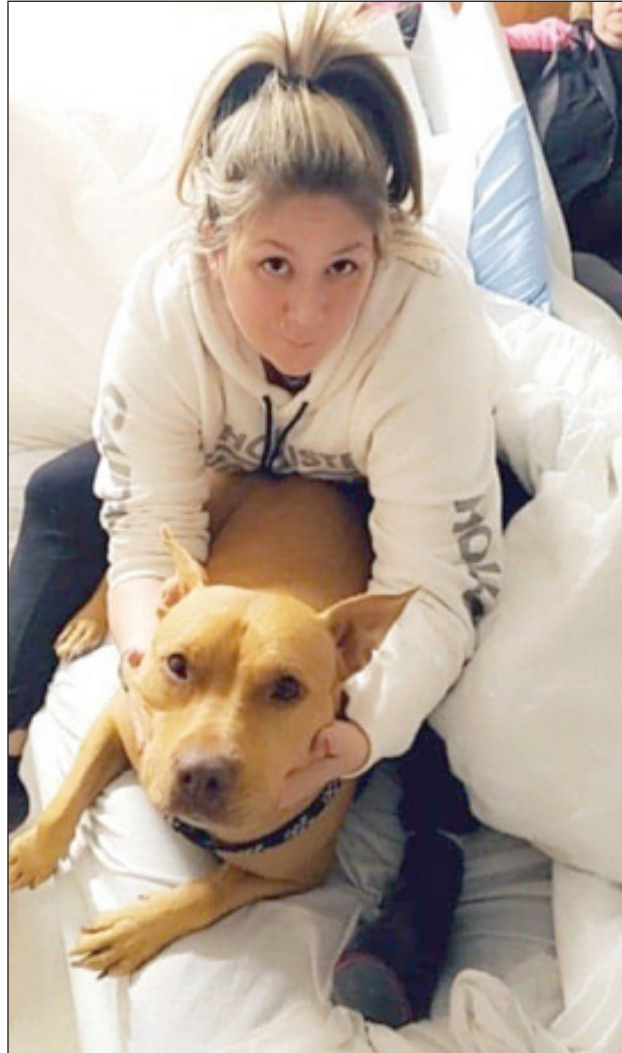
Ten Things to be Positive About (In no particular order).

1. I have more time to reconnect with my family.

We are now making time with family count. We actually schedule a time and place with a purpose in mind. We call it a Soup Swap, but we don’t necessarily limit

See Positive, page 8

Service dog needs surgery - plea for funding assistance



Diamond Accompanying Pam During a Hospital Stay

Pam Whittier, of Auburn, has shed lots of tears since her service dog’s recent vet visit. The news was not good.

Diamond, a 5-year-old American Pitbull, is in urgent need of TPLO surgery (tibial-plateau-leveling osteotomy), on her

hind legs. Diamond’s ACL, meniscus, and fibula are currently impacted. The roadblock to get Diamond healthy is cost — \$5,000 for the surgery. Whittier, who is cardiac disabled, cannot afford the surgery.

Whittier, is a 38-year-old cardiac arrest survivor, has cardiomyopathy, tachycardia, and an implanted defibrillator. She got Diamond as a rescue four days after her father passed away of the same heart disease in May of 2015. Diamond was then trained and certified as Whittier’s service dog. Since then, Diamond has been a lifeline for Whittier and is able to tell family members when Whittier’s heart rhythm is “off.” Whittier has had numerous cardiac procedures both locally and in Boston.

Whittier, who is completely devastated at the thought of losing Diamond, is currently spending her days cuddling and patting her. Diamond is being kept comfortable with pain

See Dog, page 11

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

Governor's Address: We will unlock the frozen doors of solitude...

This week's address features Governor Mills' remarks as delivered during her July 23, 2020 Second Annual Opioid Response Summit, "Compassion, Community, Connection."

When I was in Fifth grade in Gorham elementary school I read comic books every day after school (sometimes during school) — mostly male superheroes like Spider Man, Iron Man and Super Man.

Super Man, although he came to live and perform his super hero work in the metropolis, you will remember, actually retreated to a mountain sanctuary in some frozen tundra in the Arctic, a home his creators called the "Fortress of Solitude," a place of solace and a sometime solitary headquarters for the "Man of Steel," a place adorned with sentimental memorials to his long lost Kryptonian parents, Jor-El and Lara, and located in a polar wasteland not found on any destination vacation map.

In the past four months especially, many of us have retreated to our own "Fortress of Solitude," where we have hibernated, closeted ourselves, physically, mentally and emotionally, in a cave of safety and isolation where we have been compelled to escape an unprecedented threat to the health and safety of our state, our country, and our world.

On March 15, I issued an Executive

Order directing all Maine people to "stay at home." And Maine people did.

Those who stayed at home were working families, elderly grandparents, single moms and dads, state employees, factory workers, builders and teachers; but there were some who were without homes. And there were some with no families with whom to seek such sanctuary. And there were good people who had come to rely on friends, therapists, programs and groups to support them in kicking long term habits and dependencies who could not rely on those relationships in the same ways anymore.

Suddenly support groups could not meet. Suddenly medication assisted therapy sometimes became out of reach. Suddenly some who usually answered a call were no longer there. People with substance abuse disorders fell through the cracks. People with mental health challenges fell through the cracks. People with both mental health and substance abuse disorders fell hard. Many found themselves alone in their own "fortress of solitude."

I want to say today, "We have not forgotten you." Come down from your tower, come out of your fortress. Because you are not alone.

Solitude consumed many of us. Aloneness became loneliness, personal connectivity deserted us.

We have found in this time of national insecurity, a time of unrelenting fear for our personal health and public



Governor Janet Mills

and communal safety, that our material ambitions in life perhaps are hollow, that our financial and professional goals in truth are secondary to personal health, and that family and community cohesiveness is found not solely in Saturday night suppers or Beano games or church services and meetings, parades, festivals, bars and dances, but in the telephone call from one single person in need of a friendly voice; the email from a long lost classmate or cousin; the letter from someone you'd barely met but liked, a friendly photo on Instagram or Snap Chat.

The term "outreach" has suddenly taken on all new meaning.

People have reached out during this pandemic. And we have re-discovered our own humanity and our shared purpose in life.

Not entirely, of course. We have also lost many souls, as the parallel pandemic of substance use disorder has stolen the lives, livelihoods and sense of purpose of hundreds who swallowed pills, stuck needles in their arms and gave up on the rest of us who just couldn't be there to help.

Their fortress of solitude crumbled. Some were simply out of reach.

And yet, heroes and

helpers did come forth. Many of you listening to me this morning turned to, adapted, and saved lives. You turned your own anxiety into action, outpacing the feeling of helplessness that overcame others.

Outpatient treatment programs (methadone clinics) pivoted to providing take home doses to avoid daily trips to the clinic. The number of take home doses per weekly doubled to over 18,000 for over 3300 patients; and this change does not appear to have resulted in a single death.

Though the 13 recovery centers in Maine closed to drop-in traffic four months ago, volunteer recovery coaches worked throughout the period, calling persons in recovery and checking in on their wellbeing.

Downeast Treatment Center in Ellsworth, which operates an Opioid Health Home, experienced an increase in referrals during the pandemic because they quickly launched telehealth visits. People who previously had to drive long distances for treatment now started treatment immediately with a phone call; they had prescriptions emailed to their local pharmacy and got connected with a counselor for a virtual visit within a week. With transportation across the state such a challenge, the ability to quickly move to telehealth has increased access to much needed treatment, especially in rural areas.

Within days of the closure, dozens of support meetings such as

AA transitioned to virtual platforms, allowing individuals to participate without having to arrange transportation or childcare, etc.

Recovery residences opened their doors in Millinocket (for women) and Caribou (for men). There are now 114 recovery residences in the state, 41 of them being nationally certified. We are supporting 16 of these homes through a pilot program through Maine Housing with funds from the Office of Behavioral Health.

Robust Narcan distribution continued over these past four months, with an additional 20,000 doses purchased with state funds in the spring. Syringe exchange programs expanded during the same period, and we made adjustments to protect exchange members and allow for social distancing during the pandemic (Exec. Order 27).

Fred Rogers — Mr. Rogers — said, "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

Many of you listening to me today are the helpers, and your efforts over the past few months have been nothing short of heroic. It was only a year and a half ago, though it seems like the distant past now, that I took the oath of office of Governor.

The very next day, I signed Executive Order Number One which expanded MaineCare. Little did we know that just over fourteen

months after that, tens of thousands of people in Maine who became unexpectedly unemployed or suddenly underemployed would rely on this program for lifesaving healthcare, including mental health and substance use disorder treatment.

Virtually my second act in office was to announce a comprehensive response to the epidemic of substance use disorder in our state, something I had prioritized and fought for previously as Attorney General.

First, I appointed Gordon Smith as Maine's very first Director of Opioid Response. Gordon, with nearly forty years of experience with the Maine Medical Association, and his reputation inside and outside the state house as a dogged researcher, an able advocate and a person of great integrity, became our Administration's eyes and ears on the ground, looking at what works and what might not work, finding critical funding for new services, talking with people all over the state, and standing up programs in regions where virtually no help existed before.

Shortly after that I issued Executive Order Number Two, which committed state government to a series of actions to address the substance use crisis, including: Purchasing and distributing thousands of doses of the life-saving drug Naloxone. See Governor, page 12

PEDAL DRIVE & ELECTRIC KAYAKS!

Fishing and Recreational Kayaks

COME SEE THE KAYAK GUYS AT SHAKER HILL OUTDOORS

feel free Water. Sports. Adventure.

perception KAYAKS

Old Town CANOES X KAYAKS

WILDERNESS SYSTEMS

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."

Trusted Choice

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 LJA for the 7th year running!

Newsmakers, Names & Faces

United Way announces 2020 campaign chair

Sharon Goes, Banking Center Manager for Camden National Bank in Lewiston, has been named 2020 Campaign Chair for United Way of Androscoggin County.

“Because of its longstanding history and expertise, United Way is uniquely positioned to identify and address the needs of our community,” said Goes. “I am proud to

serve as this year’s Campaign Chair, and I look forward to working with the many generous individuals and companies who support United Way and its work in our community.”

Sharon is actively involved in the community and serves as a volunteer for Junior Achievement, American Red Cross Heroes Breakfast, and currently

serves as the President of Farwell School PTA. “Sharon is an excellent leader whose passion and generosity go a long way in helping people in Androscoggin and Oxford counties,” said Joleen Bedard, Executive Director of United Way. “We are so grateful for her support and leadership as Chair, and we are looking forward to a great campaign.” Goes resides in Lewiston with her husband and children.

United Way of Androscoggin County mobilizes the community with a goal to improve conditions for individuals and families. United Way helps one in three people in Androscoggin and Oxford Counties by supporting the foundation for a good quality of life through basic needs, health, education and financial stability. For more information, please visit us at www.united-wayandro.org.



Sharon Goes

Residents upset about voter registration mailing from nonprofit

The Lewiston City Clerk’s Office has received numerous complaints from voters who are upset about a recent mailing with a letter that states “no one at this address is currently registered to vote”. The letter is from The Center for Voter information located in Washington, DC. This organization’s name and address are listed as the sender on the original envelope. However, the envelope provided to mail the voter registration application is

pre-printed for the Lewiston City Clerk’s Office, so residents are assuming the mailing originated from the City Hall. The City Clerk’s Office did not provide any mailing lists or the city voter list to this organization. The letter has a statement on the bottom instructing the recipient to email them to be removed from future mailings. Residents who have been registered voters for years have been receiving these letters over the past few days and are

extremely upset because they get the impression they have been removed from the Lewiston voter list. The City has not removed any registered voters from the voting list. Residents are urged to look at the return address on the original envelope to see that it was not mailed by the City. If residents are already registered to vote, they do not need to fill out the form and submit it again. Questions can be directed to the City Clerk’s Office at 513-3124.

Follow us on facebook!
Don't miss our weekly giveaways!



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

L-A's Best Source for Arts, Music and Theater
Twin City TIMES
Your Hometown Paper!

THE DUMP GUY
Basement, Attic, Garage & Apartment Cleanouts
JUNK REMOVAL
Boat, Vehicle & Camper
(207) 450-5858 • www.thedumpguy.com Fully Insured

JRG & Sons
Roofing & Construction
Fully Insured
(207) 576-3319
John Grenier
JohnnyGrenier917@gmail.com

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

UMaine Extension advice on lawns damaged by fungal disease

University of Maine Cooperative Extension plant pathologist Alicyn Smart recently began receiving reports of Maine lawns turning black in certain areas during the recent drought. Smart determined the cause is a fungal disease commonly known as “black lawn,” which is caused by the pathogen *Cladospodium* sp. It occurs when grass becomes stressed, such as times of sparse rainfall. Some landscapers in the state report not encountering it at all throughout their careers.

Smart, who directs UMaine Extension’s Plant Disease Diagnostic Lab, says the best response is to reseed damaged areas. Photos from affected lawns and UMaine Extension publications about correctly restoring damaged areas are now available on a new black lawn resource page. The disease does not appear to affect vegetables and flowers but could affect other grasses.

For more information, contact Alicyn

Smart at (207) 581-3883 or email at alicyn.smart@maine.edu.

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

The University of Maine, founded in Orono in 1865, is the state’s land grant, sea grant and space grant university. It is located on Marsh Island in the homeland of the Penobscot Nation. As

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

Maine AgrAbility guidance on hiring workers with disabilities

Maine AgrAbility has a new resource for farmers who hire workers with disabilities.

“Tips for Farmers Who Hire Individuals with Disabilities” <https://extension.umaine.edu/publications/2022e/> offers guidance through-

out this process, including identifying goals and expectations, understanding limitations, safety and health considerations, and developing adaptations for workers for successful outcomes.

UMaine Extension bulletins may be ordered

or downloaded from the publications catalog, <https://extensionpubs.umext.maine.edu> or by contacting (207) 581-3792 or at extension.orders@maine.edu. Maine AgrAbility is a nonprofit collaboration between UMaine Extension and Alpha One.

Immunization clinics for children offered throughout Maine

The Maine Center for Disease Control and Prevention (Maine CDC) is offering a series of free “catch up” immunization clinics starting this week to help parents ensure that their children are up-to-date on required vaccinations.

Because the COVID-19 pandemic led many Maine families to forgo well-child visits or other in-person consultations with their pediatricians since March, some children have fallen behind on required and recommended immunizations. The “catch up” clinics are part of a collaboration between public health professionals and primary care providers in Maine to ensure that children are up-to-date on vaccines that prevent serious contagious diseases. The clinics are a joint effort of the Maine Immunization Program and the Maine Public Health Nursing Program, supported by public health district liaisons and local primary care providers.

“COVID-19 has

disrupted our lives in many ways, including presenting new challenges in getting to wellness and preventive care visits,” said Dr. Nirav D. Shah, Director of the Maine CDC. “It’s always best for children to see their trusted pediatricians. But if that’s not possible, these clinics will help protect them from preventable childhood diseases.”

Starting Monday, July 27, regularly scheduled once or twice weekly clinics will be offered at Public Health Nursing offices in Augusta, Bangor, Caribou, Lewiston, and Portland. Clinics are by appointment only to ensure proper physical distancing. Parents can call (207) 287-6730 or (207) 287-4112 to schedule an appointment.

Additional clinics are planned for Calais, Machias, Rockland, and Skowhegan. More information about when parents can schedule appointments at these clinics will be announced as soon as it becomes available. Clinics could be

added to meet demand.

All vaccines on the childhood immunization schedule will be available at no cost for children eighteen and younger.

Families are encouraged to first reach out to their primary care provider to arrange for immunizations. If families don’t have a primary care provider or if their provider is not able to meet their needs for immunizations, parents should get a copy of each child’s immunization record to bring to the clinic.

At the clinics, public health nurses will administer shots, provide an updated immunization record to the family, and notify primary care providers of the vaccines given to each child. Public health nurses also will assist families who don’t have a primary care provider to find a way to receive continued care.

For more information, call (207) 287-6730 or (207) 287-4112 or visit the vaccine clinic website.

UMaine Extension 4-H announces summer fun workshops

University of Maine Cooperative Extension 4-H is offering over fifty summer learning activities throughout August for all youth ages five through eighteen. UMaine Extension 4-H staff and volunteers will offer a wide variety of experiential learning workshops both online and offline. Topics include leadership development,

science and engineering challenges, creative cooking, art and photography, animal sciences, and natural sciences. Participants do not need to be enrolled in 4-H.

Workshops are free; some have suggested donations for materials. Register and find workshop descriptions on the program webpage <https://extension.umaine.edu/4h/2020-4-h-summer-programming/>.

For more information or to request a reasonable accommodation, contact Sarah Sparks, sarah.sparks@maine.edu and (207) 581-8206. Extension 4-H summer programming is supported by the Maine 4-H Foundation. <https://extension.umaine.edu/4h-foundation/>.

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.



Guest column

Staying in shape during the Coronavirus outbreak

By Paisley Hansen

As more people are being sent home to work from home due to the coronavirus outbreak it becomes evident that staying in shape will be a challenge. There are a lot of people that have signed up for gym memberships that will not be able to utilize these memberships at this time. Social distancing is becoming the key phrase for different cities around the world that are experiencing this outbreak. There are ways to stay in shape during this coronavirus pandemic, but this is something that people must be strategic about.

Figuring Out A Diet Plan:

For most people the diet is going to be the biggest challenge. There are a ton of people that typically eat what they want, and they work out hard and treat themselves later.

Even people that have never really been conscientious of what they have been eating before will now need to be conscientious of their calorie count. These consumers need to look for foods' high in polyphenols and low in lectins. This is going to help out a lot of people that are trying to stay healthy. These are foods that help ward off things like diabetes and cardiovascular disease.

In general, polyphenols foods have been known to provide health boosting benefits to those that consume things like berries and nuts on a regular basis. It is a good idea to eat foods that block lectins because these types of foods are known for things like chronic inflammation (<https://gundrymd.com/reduce-lectins-diet/>). Doing so will make sure that you stay healthy and avoid such pain during these interesting times.

Healthy Snacks:

It may be easier to stock up on the junk food snacks and not really give it much thought when you are going to the gym normally. When you are working out on a regular basis and burning calories it is easy to find yourself overloading your cupboard with salty snacks.

When you are being quarantined with no access to the gym, however, it becomes more

important to be conscientious of the snacks that you have in your home. You are probably going to eat more while you are home. This means that you should definitely look at healthy snacks like fruits and vegetables. Take time to consider the calories of the snacks that you are consuming.

Getting reduced-fat, gluten free and baked snacks are going to be better choices than getting regular snack options. You may have eaten whatever you wanted to eat before the coronavirus became an issue, but now that it is an issue, you must be mindful of the snacks that you are consuming. It may take time to make that healthy change to snacks that are much more beneficial to your quarantine situation in your home environment.

Staying Hydrated:

Another important thing that people must do when they are on a limited activity schedule with the coronavirus scare is stay hydrated. Staying in shape becomes much harder when you are not getting the proper fluids during the course of the day. It becomes harder to even implement any type of workout schedule when you are feeling dehydrated.

Getting the proper amount of water in your system is going to be essential for exercise, but it is also important for your health. You have a better chance of fighting off infections when you are consuming enough water to stay hydrated.

Another thing that water does is serve as an appetite suppressant. If you are finding yourself in a position where you

are constantly looking at the food inside of the refrigerator you should consider water with your meals.

People that are consuming a lot of sugary sodas or juices that contain no real fruit juice are setting themselves up for a diet that has a ton of empty calories. The sugary sodas will boost your calorie count, but you will still be hungry after drinking these sodas. This will inevitably lead to more weight gain. Drinking the proper amount of water during the course of the day will help cut down on all of the other empty calories that you are consuming.

Working Out at Home:

The gyms may be closed, but it is still possible to workout at home. It is important to consider stretching when you are getting ready to work out. The process of staying in shape is all about balance. You cannot overexert yourself because it makes it harder for you to work out the next day.

People that are inside of the home environment should look for ways to switch it up when they are trying to stay in shape. One day may involve a light jog through the neighborhood, which would allow you to work on strengthening your legs. It is also one of the best ways to keep your heart in great condition.

The next day may involve crunches or push-ups. This can help with your abs and upper body strength. It is a good idea to look at ways to shift from working out one area of the body to working out another area the next day. You don't

want to put yourself in a bind by continuing the same routine every day. You want to give some muscles a chance to rest while you put other muscles to work. It is important to create a good balance when you are working out at home.

It is also a good idea to give yourself time to recover mentally and physically as you approach the next day of working out. It is okay to take a break from your workout routine, but you should not stop permanently. A lot of people that have been conditioned to going to the gym can find themselves flustered by the Coronavirus and the orders to stay home. Social distancing can bring on the type of anxiety that makes people forget about their regular routines. It is good to look at this time away from the gym as a way to improvise with alternative workouts that can be done at home.

Follow the Leader:
When you feel un-

sure about your eating habits and working out it will be to your advantage to look at what other people have done to stay in shape. If you are in a city that is under a curfew you will have time to look at a ton of online videos.

You can get some good advice from the leaders that have already created workout videos for people that are interested in aerobics. There are also videos that can provide information on how to cook low calorie meals. There are so many things that you may have never considered before that others have implemented successfully. Take advantage of the resources.

Staying in shape during the coronavirus outbreak does not have to be a reinventing the wheel process. There are a bevy of resources at your disposal. The internet has all types of written information as well as videos that can help you implement a good strategy for better

eating habits. You can find those foods that are going to give you more energy for your workout. You can also find the foods that will help you feel full without consuming so many calories during the day.

Working Further Away from The Kitchen:

Another thing that should be considered when you are working from at home or being quarantined is the area that you are spending your time in. Do not quarantine or work close to the kitchen. Your close vicinity to the refrigerator is only going to put you closer to going over your calorie count on a regular basis. Don't sabotage your workout by overeating because you are so close to the kitchen. It is going to be a natural habit to just wander into the kitchen and mindlessly consume food because you are home. You have nowhere to go. Many of the businesses that you would normally frequent

See **Outbreak**, page 13

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









SHAKER HILL
Outdoors

271 Maine Street
Route 26, Poland

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

998-5390

Open 7 Days a week

Blanchard's Cash Fuel

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

225-3588

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

Don't Shiver...We Deliver!

www.blanchardscashfuel.com

Arts & Entertainment

Partnership to support Maine children at risk

Pine Tree Society's Early Learning Center in Auburn fills a critical need for Maine children. Their expertise in early intervention earned them a summer program Grant from The Evelyn S. and K.E. Barrett Foundation.

The Barrett Foundation funds organizations that benefit children in need, which makes Pine Tree Society's Early Learning Center's summer programming a perfect fit. Thanks to the support of the Barrett Foundation, the Early Learning Center will be able to provide a combination of in-person and virtual classroom sessions all summer long.

"Our children have the highest level of need and without consistent access to our classroom and educators, they would not only lose momentum, they would regress," said Karen McClure-Richard, director

of the Early Learning Center.

"Summer is the most critical time for early intervention services as many of our students are preparing for the transition to kindergarten," added Noel Sullivan, president and CEO of Pine Tree Society, which is headquartered in Bath. "A positive kindergarten experience is critical for setting children on a path of success and for positively changing the trajectory of their life."

Late this winter, in response to Covid-19, Karen and her team quickly adapted to keep children connected through remote learning activities in a small group and one-to-one telepractice sessions.

"These past few months, we've been maintaining connections with the children and coaching and supporting parents," Karen contin-

ued. "We've been providing food access and mental health resources on a regular basis as well as social support and encouraging activities that drive emotional regulation and calming strategies."

Thanks to The Evelyn S. and the K.E. Barrett Foundation summer programming will expand the Early Learning Center's ability to provide even more individualized in-person support in a safe, physically distanced classroom as well as maintain remote learning for families who require that service. The Early Learning Center's educators will also work with each child's future kindergarten teacher and team to ensure they have what they need in place for a successful first year of school.

For more information visit www.pinetreesociety.org.

Coronavirus poem

David P Carroll

We live in a scary
World today
It's different than
Before
No more hugs kissing
Our happiness gone
away
Like never before
The virus has taken
our
Loved ones away
Families suffering
Like never before
The fear of the un-

known
Has arrived
The worry of what
will happen
Tomorrow to you
and me
Coronavirus on our
mind's
Coronavirus every-
where
Our lives in danger
Like never before
We practice social
distancing

Every day to keep
the virus
At bay as we shop in
different ways
Were asked to stay at
home
Like never before
When will this
Virus ever go away
But I promise
I'll love and pray for
everyone
Suffering
Every day.

Auburn receives funding to help combat Emerald Ash Borer

In May, the City of Auburn received notice from the Maine Forest Service that it has been approved for a 2020 Project Canopy Assistance grant made available through the U.S.D.A. Forest Service Urban and Community Forestry Program.

The generous \$8,000 grant will allow Auburn to educate homeowners with ash street trees about the Emerald Ash Borer, and to begin to replace ash trees as needed.

The Emerald Ash Borer is an invasive insect native to Asia. It was introduced to the United States near Detroit during the 1990's and first identified there in 2002. It spread rapidly and has killed hundreds of millions of trees in North America, since it

has no natural enemies here. It was first identified in Maine in May 2018 and has been found in Aroostook, York, and Cumberland counties, and as nearby as Portland. The invasive insect has not yet been found in Androscoggin County, but is likely to arrive before long. The Emerald Ash borer emerges from attacked trees through a characteristic D-shaped exit hole in the bark. Most trees die within five years of attack.

In 2018, a street tree inventory was completed in Auburn, through another Project Canopy Assistance grant. The inventory includes 430 ash trees. The information collected includes a street address for each tree and tree locations are identified on

the City's GIS mapping system. The City plans to use the data to provide educational materials to homeowners with ash street trees, and to encourage them to monitor the condition of their tree and alert the City Arborist if they have concerns.

It is expected that a large percentage of Auburn's ash street trees will have to be removed in the future. This grant provides funding to replace a number of the ash trees that are already dead or in poor condition from other causes.

Work funded by the grant will start this summer and be completed by the end of June 2021. A link to Auburn's interactive map-based "tree inventory dashboard" can be found on the city's website, auburnmaine.gov.

MEL'S HILLTOP RESTAURANT AND 19TH HOLE!

Mel's Hilltop Restaurant is open daily with great lunches, appetizers, your favorite beverages, and amazing views! Great deck and indoor air conditioned dining.

Open Daily at 11:30 AM in summer and weekends in the fall!
COME ENJOY!



Mel's Hilltop Restaurant
Over the Pro Shop
Poland Spring Resort
37 Donald Ross Drive
Poland Spring, ME 04274
207-998-6024

"Guess What's in TCT this Week!"



TwinCityTimes.com

e-Subscribe for FREE

UMaine Extension fruit, vegetable preservation webinars

August yields some favorite fruits and vegetables for preserving. Learn how to savor summer flavors all year long with four new live University of Maine Cooperative Extension food preservation webinars.

Freezing fruit is the topic at 2 through 2:45 p.m. Tuesday, Aug 4.

Topics at the same time on subsequent Tuesdays in August include steam canning, freezing tomatoes and corn, and canning salsa and tomatoes.

Registration is required; a \$5 donation per session is optional. Register on the program webpage <https://extension.umaine.edu/>

food-health/food-preservation/food-preservation-webinar-series/ to receive the link and resources. Webinars are recorded. For more information or to request a reasonable accommodation, contact Kate McCarty. (207) 781-6099 or at kate.mccarty@maine.edu.

Watershed adventures await

Are you searching for a unique outing for the family in 2020? Join the FOCW (Friends of the Cobbossee Watershed) for a Family Tadpole Patrol Adventure in the Cobbossee Watershed!

Tadpole Patrol is the FOCW's innovative and immersive learning experience aboard the Otter II, their 22-foot long pontoon boat. For fourteen years, children and adults have boarded the "floating classroom" to learn about lake ecology and how to test and protect water quality. Due to COVID-19 in 2020, FOCW are only offering their Family Tadpole Patrol program this summer. They ask that all participants are within the same family unit or bubble.

So, what is Family Tadpole Patrol? First of all, it's FUN for the

whole family! Your family will enjoy a half an hour excursion where "kids of all ages" can observe wildlife above and below the water, share historical lake facts and experience water monitoring with professional equipment. It's a wonderful "staycation" adventure for the whole family in 2020 as you explore some of the many surrounding local lakes. What's even better is that you can enjoy a Family Tadpole Patrol adventure for the amazing low price of only \$50 for up to six family members!

Choose to explore Cobbossee Lake where the beautiful Ladies Delight Lighthouse can be viewed, enjoy a picnic at Norcross Point on Maranacook Lake while visiting and prepare to be amazed at the vast amount of wildlife you

will find on the Tacomas. Simply view the schedule on the Friends website at www.watershed-friends.com or Facebook page to choose your lake, date and time and contact Cami Wilbert (Education Director) at: cami@watershedfriends.com or (207) 395-5239 for availability and to register. The Tadpole Patrol programs are graciously sponsored by Kennebec Savings Bank, Augusta Fuel Co., and Clark Marine. Without them these programs would not be possible!

For more about dates and times of the programs and for registration forms, please contact FOCW Education & Outreach Director Cami Wilbert by phone (207) 395-5239 or email cami@watershedfriends.com or visit the Friends' website www.watershed-friends.com.

The Saco Museum presents art by Gibeon Bradbury



"I Have Always Found Much Pleasure in Painting": Gibeon Elden Bradbury (1833-1904) features more than eighty paintings, studies, and sketches by Maine artist Gibeon Bradbury that capture the quiet beauty of the Saco River Valley during the late 19th century. A native of Salmon Falls, now Buxton, Maine, Gibeon Bradbury lived most of his life in this small village. At age eighteen, he began his training as an ornamental painter of wagons, sleighs, and carriages—a trade he continued to practice throughout his life in order to help make ends meet for his family. However, he always longed to be considered an artist rather than a craftsman. He loved to wander along the banks of the Salmon Falls River where he filled his sketchbooks with landscape drawings and detailed animal and botanical studies. At home

in his studio, he transformed those sketches into portraits of his world, executed with the skill of a talented draftsman. Many of his works are small intimate depictions of the places, flora, and fauna that he loved.

Bradbury exhibited his paintings at local art expositions and local and county fairs, where he won several awards. He also sold his works through local dealers in Biddeford, Saco, and Portland, as well as shipping paintings farther afield to Ohio and California. Many of his landscapes and portraits were painted for friends and neighbors in Buxton and Hollis, some of whom paid him in eggs, apples, and other produce. It was a challenge for him to make a living throughout his life.

Gibeon Bradbury was also a dedicated diarist, keeping daily journals for more than fifty years. Countless entries over the years record his journeys through the local woods and his musings on nature and art, as well as the daily happenings in a small Maine village. A eulogy to

Bradbury delivered after his death in 1904 sums up the man well: "Nature must have claimed him as its own, for he was wedded to its clear skies, the natural beauty and variety of its flowers, the forest and shining streams, and here was his ideal home."

The Dyer Library/Saco Museum is located at 371 Main Street (Route 1) in historic downtown Saco, Maine. Free parking. Museum is handicapped accessible. Museum Hours and Admission: Tuesday, Wednesday, Thursday 12 to 4 p.m.; Friday 12 to 8 p.m. (Free from 4 to 8 p.m.); Saturday 10 a.m. to 4 p.m. Regular admission: Adults \$5; Seniors and Students \$3; Children (7 through 18) \$2; Children 6 and under, no charge. Admission is always free to DL/SM Card holders and their guests. Group tour rate available for groups of eight or more. Group tours must be scheduled in advance. For additional information about group tours, please call 283-3861, ext. 115 or visit www.dyerlibrarysacomuseum.org.



APPETIZERS + SOUP + SALADS

- Blue Cheese Stuffed Baked Dates** / Greens, Bacon Crumbs, Toasted Peanut Brittle, Balsamic Syrup / *g.f.* - 12
- Cheese Board** / Silvery Moon "Manchego", Great Hill Blue, Pineland Smoked Cheddar, Walnuts, Dried Fruit, Crostini - 16
- Caramelized Onion Tart** / House Crust, Local Goat Ricotta, Pineland Feta, Balsamic Syrup, Greens / *Vgt.* - 13
- Sage Roasted Butternut Squash Soup** / Toasted Pepitas - 8
- Gathered Greens** / Grapes, Aged Balsamic & Olive Oil Vinaigrette, Pineland Farm Feta, Toasted Almonds / *g.f.* - 8
- MK Wedge** / Romaine Hearts, Local Apple, Bacon Crumbs, Blue Cheese, Pickled Onion, Buttermilk Dressing / *g.f.* - 9
- Braised Farm Beets** / Fern Hill Farm Fresh Goat Cheese, Candied Walnut Brittle, Beet Vinaigrette, Greens / *g.f.* - 11
- Grilled Romaine Caesar** / Croutons, Shaved Parmesan, House Made Creamy Garlic Dressing / - 9 (*Add Anchovy + 2*)

PASTAS + GRAINS

- Organic Quinoa Bowl** / Broccoli, Carrots, Green Beans, Cranberry, Spinach & Kale, Brussels, Almond / *Vegan + g.f.* - 12/20
- Gnocchi Primavera** / Butter Roasted, Hand Made Ricotta Gnocchi, Seasonal Vegetables, Parmesan / *Vgt.* - 12/22
- Rigatoni Bolognese** / Slow Braised Tomato - Beef & Pork Sausage, Smoked Bacon Breadcrumbs, Parmesan / 13/24
- Handmade Ravioli** / Four Cheese Filling, Wilted Spinach Pesto Cream, Almonds, Pineland Farm Feta / *Vgt.* - 12/22
- Gnocchi Mac + Cheese** / Creamy Cheddar Sauce, Hand Made Ricotta Gnocchi, Smoked Bacon Breadcrumbs / - 12/22
- Butternut Squash Risotto** / Sage Roasted Fall Squash, Butter, Parmesan, Pepitas, Fried Brussels / *Vgt. + g.f.* - 14/26
- Mushroom Risotto** / Roasted Crimini & Shiitake Mushrooms, Butter Parmesan, Truffle Oil / *Vgt. + g.f.* - 14/26
- Spaghetti with Braised Lamb Ragù** / Pineland Farm Feta, Chopped Mixed Olives - 24
- Orecchiette Pasta with Chicken & Broccoli** / Garlic Butter, Wilted Kale, Parmesan - 22
(Vegetarian Orecchiette available with Pesto)

ENTREES

- Pan Seared Scallops** / Truffle Roasted Crimini + Shiitake Mushroom Risotto, Green Beans, Beurre Monte / *g.f.* - 18/32*
- Grilled Faroe Island Salmon** / Sage Roasted Butternut Squash Risotto, Fried Brussels, Pomegranate Gastrique / *g.f.* - 27*
- Chicken Under a Brick** / Bone-in Breast, Whipped Potato, Seasonal Vegetables, Lemon Emulsion / *g.f.* - 24
- Slow Braised Boneless Beef Short Rib** / Horseradish Mashed Potato, Seasonal Vegetables, Mushroom Sauce / *g.f.* - 28
- Grilled Filet Mignon** / Herb Roasted Fingerlings, Pearl Onions, Wilted Greens, Foie Gras Butter, Beef Sauce / *g.f.* - 34*
- Spice Rubbed Pork Loin** / Smoked Bacon Elbow Macaroni and Cheese, Cheddar, Fried Brussels Sprouts, BBQ Sauce / - 24
- Pulled Pork Sandwich** / Chipotle BBQ Pulled Pork, Coleslaw, Grilled Brioche Bun, House Fries - 14
- MK Burger** / Cheddar, Bacon Crumbs, Shredded Romaine, Pickled Onion, House Sauce, Brioche Bun, Herb Fries - 15

SIDES

- Fried Brussels Sprouts** / *g.f.* - 9 - **Pan Roasted Vegetables** / *g.f.* - 9

DESSERTS

- Warm Chocolate Cake** / Marshmallow Gelato, Sea Salt Toasted Peanuts / *g.f.* - 10
- Chocolate Mousse** / Belgium Chocolate, Whipped Cream, Candied Walnut Crumbs / *g.f.* - 9
- Tiramisu** / Mascarpone Cream, Coffee Ladyfingers, Chocolate Sauce - 9

Lunch menu available
11am to 4pm EVERYDAY!



Starting at
\$5.99

GRIDIRON
Restaurant

LEWISTON, MAINE

www.gridironrestaurant.com
1567 Lisbon Street • 777-6353

Follow us on facebook!
Don't miss our weekly giveaways!

Positive

Continued from page 1

it to soup. Not with the Morin foodies. My family goes out of their way to outdo each other. We gather in Liz's back yard, bringing chairs, wearing masks, and each family brings something delicious packaged to go — a casserole, a soup, dessert, or a surprise. We do this every month or so. Everyone looks forward to bringing home a different culinary experience.

2. Time to do big projects that we have procrastinated on.

Oh, haven't we pushed off many a big project "for when we have time!" And of course, more projects are added for that elusive time going by. Seeing as I am staying at Liz's house temporarily, she gets the benefit of this. I've already written about organizing her garage, but now, we have also tackled closets and eaves. Lucky Liz!

3. Free time to garden more!

We both love gardening. And despite the pandemic, we still get spring fever. We were ready to plant flowers—annuals and our favorite perennials and vegetables. We visited our two favorite greenhouses to peruse this year's seedlings. We spent an entire weekend "putting in the

crops" as Liz says, and we were exhausted but quite pleased with our efforts. Each morning, we take a walk through the garden with our coffee and notice each new blossom.

4. Time to try new recipes.

Restaurants are closed and that's been a bummer. But Liz has been cooking and baking more with new recipes. Rarely has she repeated one. She does the cooking, baking and I do the clean-up. A new recipe that has become a favorite is her Apple Bread. Her soups are some of my favorites.

5. Time for longer and new places to walk.

We notice on these walks during the virus, people are very social and smile with a friendly greeting. They practice social distancing and wear masks, as do we. These days, the virus seems to have made people reach out to each other.

6. Time for Jeopardy!

Our favorite game show with Alex Trebek. It has become a contest for us, shouting out the answers! Liz is the quickest and has 99% of the answers correct (note from Liz, "Not really"), while I lag behind.

7. Time for ZOOM classes with USM Lewiston Auburn Senior College.

I love our ZOOM classes, learning new material, and especially, at our computer at home. It's a great opportunity to see our friends in person and hear their voices. It is a special two-hour time to be with the instructor and friends I have been cut off from for so long. The Fall Semester will also be via ZOOM.

7. Time for art projects with my grandchild Emma.

Tante, Liz and Emma conduct countless tutorials — at first via ZOOM and now in person. Emma does great work and has a unique, whimsical style. She has a large portfolio of drawings and paintings and has designed a Greeting Card catalog. It is a favorite time for us.

9. Time to turn to Satellite TV!

We have been avid watchers of the local, national, and world news broadcasts. Unhealthily so. We can't help ourselves. But when it gets to be too much, we have been tuning in to see what's going on with our friends in Mayberry. Visiting with Sheriff Taylor, Deputy Fife, Aunt Bea, and Opie is soothing.

We are also partial to Dorothy, Blanche, Rose and Sofia. It is amazing how well this show has held up — except for the clothes. Fashions sure have

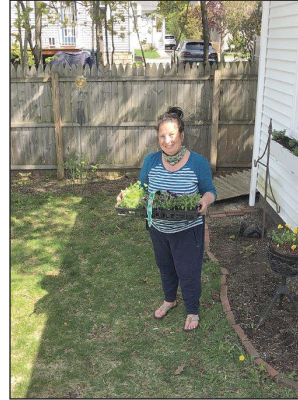
changed.

10. Time to Wake Up and Smell the Coffee — and we end on Liz's favorite.

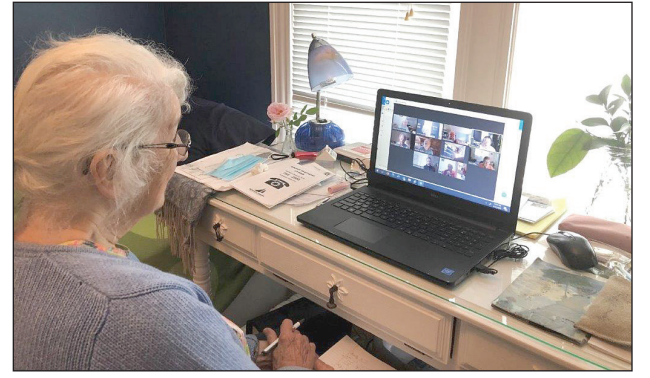
Each morning I wake up to the smell of coffee brewing. Mom has set out breakfast and has already packed my lunch. What luxury! Yes, I am lucky.



Liz and Emma review Emma's whimsical artwork for her Greeting Cards catalog.



Liz starts the spring planting in her back yard gardens.



Rachel enjoys her ZOOM class at home and gets to see and talk with classmates she hasn't seen for a long time.



The Morin-Campbell Family celebrating Cathy's Birthday. Front, Gerry, Liz; Middle row, Emma, Rachel, Cathy, Debbie; Back row, Sam, Matt, Adam.



Toilet paper was low on grocery shelves, so Liz created a toilet paper tree for favors at a Soup Swap party. Everyone went home with a coveted selection.



Adam, Cathy and Matt reviewed the toilet paper tree and thought it a novel approach.



Rachel checks out the progress the flowers have made in the front garden.



207-883-TACO
www.elrayotaqueria.com

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

FOLLOW US ON
FACEBOOK AND INSTAGRAM
FOR UPDATES & SPECIALS

ANTOJITOS (APPETIZERS)

<p>GOLDEN JET PINEAPPLE - 3.95 on a stick dusted with chile powder, salt & lime</p> <p>FUNDIDO - 8.95 warm cheese dip with cilantro, rajas & your choice of mushrooms or housemade chorizo Served with corn chips</p> <p>MEXICO CITY STYLE CORN ON THE COB - 4.95 basted with chipotle mayo & dusted with cotija cheese</p> <p>FRIED PLANTAINS - 6.95 with chipotle mayo</p> <p>PAPAS FRITAS - 4.95 fried Maine potatoes drizzled with garlic aioli†</p>	<p>LOADED TOT NACHOS - 8.95 fried tater tots topped with crema, melted monterey jack cheese, pickled jalapeños, pico de gallo & scallions</p> <p>FRIED BRUSSEL SPROUTS - 8.95 tossed in a chili-lime vinaigrette with toasted sesame seeds, red onion escabeche & jalapeños</p> <p>YUCCA FRIES - 7.95 golden fried yucca fries served with a chimichurri aioli† and citrus habanero bbq dipping sauces</p> <p>CHICKEN TAQUITOS - 8.95 three corn tortillas filled with rajas, jack cheese & chicken, rolled and fried. Topped with lettuce, crema, cotija, pico de gallo & avocado purée</p>	<p>CORN CHIPS - 1.50 w/ salsa - 3.95 w/ guacamole - 5.95 w/ salsa & guacamole - 8.95</p> <p>CHEESE NACHOS - 5.95 w/ organic black beans - 6.95 w/ choice of chorizo, shredded pork, grilled chicken, steak OR ground beef - 9.95</p> <div style="border: 1px solid black; padding: 2px; font-size: 0.8em;"> Make your nachos GRANDE by adding guacamole, shredded lettuce, housemade crema, radishes, pickled jalapeños, cilantro & taquerera salsa add 5.95 </div>
---	--	---

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


<p>CHEESE - 6.95</p> <p>CHEESE & BEAN - 7.95</p> <p>GRILLED STEAK - 11.95</p>	<p>SEASONED GROUND BEEF - 9.95</p> <p>BRAISED MUSHROOMS - 9.95</p> <p>SHREDDED PORK - 9.95</p>	<p>CHAR GRILLED CHICKEN - 9.95</p> <p>HOUSEMADE CHORIZO - 9.95</p> <p>BBQ PULLED PORK - 10.95</p>
--	---	--


Add rajas 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.






GRUBHUB™



DOORDASH



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.

Seniors Not Acting Their Age Riding the narrow gauge



A cyclist crosses a new bridge to the Narrow Gauge Pathway

By Ron Chase
One of the most unique bike trails in Maine is the historic Narrow Gauge Pathway in Carrabassett Valley.

The trail follows the former Kingfield and Dead River Railroad bed used to convey logs to a sawmill situated in Bigelow at the northern terminus

of the railway in the early 20th century. Two-foot narrow gauge tracks were chosen instead of the standard size because they were easier to build

and less expensive. An added benefit, the smaller locomotives were able to operate more efficiently in the rugged mountainous terrain. Passengers and freight were also transported on the once bustling train system. Disuse resulted in discontinuance of the

railroad in 1927. The Town of Carrabassett Valley constructed the pathway in 2001. Traveling next to the boulder-strewn Carrabassett River located in a deep valley between Sugarloaf Mountain and the Bigelow Mountain Range, serene and scenic

describe the bucolic 5.2 mile crushed-stone and dirt surface trail. Wider hybrid or mountain bike tires are required on the rough surface. Motorized vehicles including ATVs and snowmobiles are prohibited. The trail is groomed for
See Seniors, page 16



A cyclist begins the Narrow Gauge Pathway



A cyclist rides along boulder-strewn Carrabassett River on the Narrow Gauge Pathway

You dream it. We build it.



No Money Down • Financing Available

AMERICAN BUILDERS
Custom Building & Remodeling

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

(207) 500-8100 • www.AmericanBuildersMaine.com

UMaine Extension hosts free livestock nutrition webinar series

University of Maine Cooperative Extension will host a free, five-part livestock nutrition webinar series beginning at 6 through 8 p.m. on Thursday, Aug 6. The series continues Thursdays through Sept 3.

Topics include basic nutrition needs of beef

cattle, small ruminants, pigs and poultry, as well as processing expectations. Colt Knight, UMaine Extension assistant professor and state livestock specialist, leads the series. Windham Butcher Shop is the co-sponsor.

The series is free; registration is required.

Register on the program webpage <https://extension.umaine.edu/cumberland/agriculture/livestock-nutrition-webinar-series-august-2020/>. For more information or to request a reasonable accommodation, contact (207)781-6099, or by email at rebecca.gray@maine.edu.

Stephen Miller Joins Fontaine Family Team



Fontaine Family; The Real Estate Leader is pleased to announce the addition of Stephen Miller to the team at

their Auburn location.

Stephen grew up in Orrington, ME and graduated from Brewer High School. Stephen's background includes former owner of Governor's Restaurant in Lewiston, along with fifteen years of experience in the real estate industry. Stephen currently resides in Lewiston and has a musically inclined Son that is continuing his education at University of Maine. In his free time, Stephen enjoys going for a ride on his motorcycle, hunting, and theater. He is also a member of the Mountaintains to Shore Board of

Realtors.

Stephen comes to Fontaine with his real estate associate broker license and looks forward to assisting both buyers and sellers. He will be working out of the Auburn location and can be reached at (207) 212-8634 or at smillerrealtor@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 See Miller, page 13

Camden National Bank now accepting nominations

LEADERS & LUMINARIES 2020

Recognizing outstanding leadership in the nonprofit community.

Camden National Bank announced that it is now accepting nominations for the 2020 Leaders & Luminaries Awards, a program which started in 2011 to celebrate the importance and impact of effective nonprofit board service. Between now and September 14, the bank is seeking nominations for passionate board directors who have been invaluable to the short- and long-term sustainability of their organizations. The bank will select and present four individuals with awards and \$20,000 in total grants to their respective organizations.

"The pandemic has presented unprecedented challenges for nonprofits of all shapes and sizes, requiring board directors to

step up with leadership, innovation, and support," said Greg Dufour, President & CEO of Camden National Bank. "Through Leaders & Luminaries this year, we look forward to celebrating individuals who have gone above and beyond to help their organizations strategically navigate the crisis without losing sight of longer-term mission and goals."

Since 2011, Camden National Bank has given more than \$150,000 to Maine nonprofits on behalf of forty-three outstanding board leaders in local communities. The 2019 awardees served on the boards of Boots2Roots, Island Community Center, Literacy Volunteers of Greater Augusta, Mid-

coast Recreation Center, Startup Maine, and Four Directions Development Corporation.

Nominations for the 2020 awards are due September 14. A selection committee, including three independent community members and two executives of Camden National Bank, will review all nominations, and the awardees will be celebrated later in the fall.

The Leaders & Luminaries Awards are made possible by Camden National Bank, through The Bank of Maine Foundation. For more details, eligibility requirements, and the nomination form, please visit: <https://www.camdennational.com/leadersandluminaries>.

MaineCF's Maine Theater Fund seeks grant applications

Ellsworth and Portland - The Maine Com-

munity Foundation's Maine Theater Fund is

accepting grant applications from local, regional and statewide nonprofit theaters or theater groups in Maine.

Funds will be awarded for programmatic, capacity-building, operating and capital support. Awards typically are between \$2,500 and \$5,000, although larger awards may be considered.

The deadline for grant applications is September 15, 2020. An online application, guidelines and a list of recent grants are available at See Fund, page 13

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.



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

allworx

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!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us

Buck Buchanan
 A+, MCP Certified Technician

Behavioral Health Professional certification at CMCC

Through grant funding provided by Maine Quality Centers, the Center for Workforce & Professional Development at Central Maine Community College (CMCC) will offer multiple cohorts of a one hundred percent online Behavioral Health Professional (BHP) certification course starting on August 3 and August 31, 2020. Training includes access to the BHP training modules hosted through Woodfords Family Services; the Red Cross First Aid/CPR/AED certification training for infants, children, and adults; and the American Heart Association's HeartSaver Bloodborne Pathogens certification training.

BHP training and certification is required for direct-care providers working in Children's Behavioral Health Services, either in the school or home/community setting; in programs receiving MaineCare reimbursement for section 28 RCS, 28 RCS Specialized; and 65 HCT or Day Treatment Services. BHPs work in community-based, in-home, and center-based programs for children with developmental disabilities and behavioral health needs. They assist children in developing and maintaining daily living skills

necessary to remain healthy, safe, and live a full and productive life.

Participants must be at least eighteen years of age, have a high school diploma or GED, and be a Maine resident. There is no cost to take the course and it includes vouchers and instructional materials for all of the components to the training program. At the time of registration, participants also have the ability to select which type of cohort they want to participate in: open enrollment cohort (can apply for a position with any

agency across the state) or a cohort working directly with Black Bear Support Services (BBSS) (ability to earn while you learn as an employee of BBSS).

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

Microsoft Office Specialist, Child Development Associate classes

Through grant funding provided by Maine Quality Centers, the Center for Workforce & Professional Development at Central Maine Community College (CMCC) will broaden their list of one hundred percent online no-cost training programs to include a Microsoft Office Specialist (MOS) 2019 certification course and a Child Development Associate training course.

Microsoft Office is the most widely used business productivity suite. Knowing how to use its products, includ-

ing Word, Excel, and PowerPoint, is valuable in any professional setting. Earning the Microsoft Office Specialist (MOS) certification demonstrates knowledge of the Office and proves that the student is ready to make an immediate impact in the organization. This course prepares students for the Microsoft Office Specialist (MOS) 2019 certification exams for Word, Excel, PowerPoint, Access, and Outlook. Expertise in these programs will be gained through hands-on exercises, in-

depth course material, and supplemental video demonstrations.

This online course in childcare and education is a stepping stone towards earning the national Child Development Associate (CDA) certification to achieve a career goal in being a teacher or child care professional. This convenient CDA class allows students to work at their own pace in a flexible, self-directed online learning environment—and go on to a fulfilling career shaping the minds

See Classes, page 16

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

Twenty Minute Presentations by 3 Speakers, with Q&A & Discussion



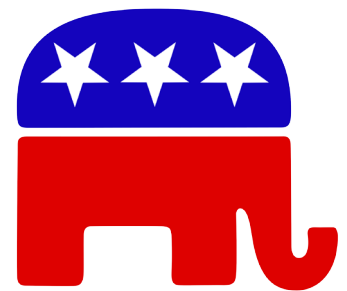
KEYNOTE SPEAKER
Larry Lockman
 4 Term Maine State Representative (R)
 District # 137
 Co-Founder



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
- Harrison
- 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

Dog

Continued from page 1

medication, but the vet told Whittier that the medication cannot be used long-term, as they could negatively impact her vital organs.

A yard sale with proceeds to benefit Diamond's surgery is being held August 8 and 9 at 114 Howe Street in Auburn from 9 a.m. to 5 p.m. each day. A Go Fund Me page has also been set up at gf.me/u/yifzwd

Whittier notes, "We are praying for a miracle, and I am so grateful for anyone who can help me save Diamond. If my tears could save her, she would be in good shape by now. Besides her hind legs, she's in wonderful shape, and I need her so much as a support for what I endure with my heart. I cannot imagine my life without her."

Governor

Continued from page 2

one; supporting low barrier access to Suboxone (Buprenorphine) in all 33 emergency departments in the state; providing medication assisted treatment in all Department of Corrections prison facilities and in all county jails, and recruiting, training and coordinating 250 recovery coaches to provide emergency support to those in crisis.

We stipulated that these actions would all be carried out in a manner designed to decrease the stigma attached to substance use disorder, reminding people that this illness is a chronic disease and should be treated as such.

Since that time, the state has purchased 35,000 doses of Naloxone. Medication assisted treatment is now available in two-thirds of our hospital emergency departments all across the state. And treatment is available in all Department of Corrections facilities and in the majority of our county jails. More than 300 recovery coaches are now trained and ready for the call in the middle of the night.

Despite the physical challenges posed by the pandemic, we have expanded our safe syringe exchanges from seven to fourteen sites, with more to be added by the end of this calendar year.

And with our initiatives that began back in 2015, continued by Attorney General Frey, and supplemented by our recent purchases, Naloxone has resulted in nearly 1500 successful reversals. We are saving lives.

But a recent increase in fatal overdoses is concrete evidence that we

have to do more. Last year, Maine reported 380 fatal overdoses, many of them resulting from fentanyl, these tragic deaths sparing no county, no region of Maine.

Nationally, nearly 71,000 Americans died from drug overdoses last year, five percent more than in 2018, and more than the previous record set in 2017, with Maine being among 35 states that saw an increase, some dramatically so. South Dakota, for instance, experienced a record 54% spike in overdose deaths. The national 2019 overdose death numbers are higher than the totals ever recorded for car accidents, guns or AIDS, and it looks like this year will be even worse. In Maine, in the first quarter of 2020, fatalities due to drugs were 23% higher than the fourth quarter of 2019: 127 deaths, compared to 103, comparable to increases seen across the country.

Addiction researcher Brendan Saloner notes the American overdose crisis “has been shape-shifting,” with users migrating to heroin and now to fentanyl, the rising deaths in so many states creating a “map of despair.” The coronavirus pandemic, he notes, is likely creating more demand among users, and people “are feeling a lot more despair, anxiety and rootlessness,” which leads to “more problematic drug use and more risk of overdose.”

While we can learn from the experiences of other states, we need to develop Maine-based solutions to this insidious disease. In addition to our current harm reduction strategies of widely distributing Narcan and conducting outreach to persons using drugs through syringe exchanges, we

are also considering other actions:

We will seek passage of LD 2153 which will establish an overdose fatality expert review panel, with the goal of reviewing confidential and publicly available information on select cases to develop recommendations for policy changes.

We will continue public information campaigns to discourage people using drugs from using alone and to let them know about the availability of treatment in their area with a treatment locator application or telephone number.

We will inform law enforcement agencies and users of drugs about the Good Samaritan Law enacted last year which I was proud to sign into law.

We will work to change current law which prevent EMS personnel from distributing Naloxone. (They can administer but not distribute it). Given that a major predictor of a fatal overdose is the fact that an individual has survived a previous overdose, there is likely no better time to furnish a Narcan kit than after an overdose reversal by an EMS responder.

We will establish a rapid response team to respond to spikes in given localities identified by OD Map. “OD Map” is a federally funded initiative that allows more than 50 law enforcement agencies to enter real time data at the time of an overdose. This information is then widely shared in the community in a manner so as to protect the privacy rights of the individual.

We will continue to get at the root causes of the problem and focus a great deal more on prevention, preventing young people from start-

ing down the road that leads so frequently to substance use disorders.

We will thoroughly review the recommendations of our Prevention Task Force to determine which approaches promise the most benefit. I want to acknowledge the efforts of Commissioner Makin and her staff at the Department of Education who are developing a Maine-based curriculum around social and emotional learning that will be available to all Maine schools this fall at no cost.

And we will continue to support Maine people in recovery. We are fully aware that we need more recovery housing, recovery friendly jobs, recovery centers and recovery coaches. We will continue to fund substance use disorder treatment of all kinds — residential, outpatient, intensive outpatient, and detox.

I am proud of what we have accomplished in only eighteen months. But I will not rest until we deliver on the promise to attack this deadly and destructive disease until we have rooted it out.

I want to acknowledge and thank the dozen courageous voices of recovery who are participating today. By sharing their profound personal stories, they are sending a powerful message to those who are still struggling, a message that says recovery is not only possible, but probable.

And I want to thank former Surgeon General Murthy for sharing his time and talents with us today. You know, just a few years ago, Dr. Murthy authored the first Surgeon General’s Report on Alcohol, Drugs and Health, issuing a call to action to the nation and recognizing addiction as a chronic illness and not a moral

failing. Focusing on the epidemic of loneliness, Dr. Murthy has made an important contribution to the public discourse surrounding substance use disorder. I look forward to reading his book.

While it is important to do everything we can to protect ourselves and our families and neighbors from the spread of the deadly Coronavirus, we must also not let up on our efforts to address the epidemic of substance use disorder and the pandemic of isolation which quickly turns to disconnection, loneliness and drug use in circumstances that make overdose reversal difficult.

Addiction is a disease of isolation, so when we ask people to be physically distant, to stay home, and to stay apart and wear face coverings, we are also removing supports for people in recovery, persons who need all the community support and connection we can provide.

I am proud of the many treatment providers and supports. Groups which have quickly pivoted to online meetings and treatment. But we must do more to make sure people needing assistance remain connected to support structures, connected to community in every way possible.

We’re not merely providing services; we are providing care. And it is care and compassion that is at the heart of who we are as a state, as a nation.

Something this pandemic has revealed to us is that a culture of hyper-individualism which our society has come to idealize cannot support us as a community with a common humanity.

“Don’t let your neighbor drift along in lanes of loneliness,” one

Rabbi is quoted as saying in David Brooks’ book “The Second Mountain.” Knock on your neighbor’s door. Open their fortress of solitude. Invite them back into society. Let’s not be strangers living in emotionally gated communities.

In this time of national crisis, of economic distress, of social upheaval and political uncertainty, we are all fallible, we all need each other. We are only strong as we stay connected with one another. Our state, our nation, cannot afford to lose a single member in our community of souls. To all of you out there, all in need, we are listening to you. We love you. We need you.

And for all of us, we must become givers, and helpers, never giving up. And we must have hope — that quality which Emily Dickinson described as, “the thing with feathers that perches on the soul, that sings the tune without the words, and never stops at all.”

Super Man found sanctuary in his icy Fortress of Solitude; he built himself a place of retreat, research, meditation and strength. The fortresses of today, for normal people, are no longer sanctuaries, if once they ever were; they are places of dangerous isolation, barriers that disconnect people from others. We are not super humans. We are normal people with flaws and failings, we are fallible and we need other people.

Let us unlock those doors of isolation.

I want to thank all of those participating today who are part of our robust recovery community. With these powerful voices, we will unlock the frozen doors of solitude, of loneliness, of the disease that has stolen the lives of thousands of people of all ages, of all backgrounds, of all regions.

To Ryan, Chantel, Marshall, Ashely, Regina, Molly, Veronica, Kayty, Ray, Chastity, Justin and Will, and thousands of others in your shoes, you who have the courage to recover, to persevere and to speak up, I say, Welcome Home.

Please know that, in my Administration, you will always find an open door, an open mind, and an open heart.

Thank you all. Don’t be a stranger. And please, stay safe.

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

Calendar

Send your submissions to the Editor. More online.

Monday, August 3

Gardening Webinar offered by UMaine Extension at 12 to 1 p.m. Registration found on the event page is required, donations are optional. For more information or to request a reasonable accommodation, contact Pamela Hargest, (207) 781-6099; pamela.hargest@maine.edu.

Wednesday, August 5

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

Saturday, August 9

Chocolate Church Arts Center outdoor summer concert series with Heather Pierson. Tickets prices vary for CCAC ROCS performances, and must be purchased in advance at www.chocolate-churcharts.org, or by calling (207) 442-8455. All audience members are required to bring masks or other appropriate face coverings, which must be worn when checking in and purchasing concessions or merchandise. More

information is available at the Chocolate Church Arts Center website or by calling the box office.

Wed, August 12

“Maine at 200: How Should Life Be?” discussion project. All discussions will take place on Zoom. Participation is free of charge, but advance registration is required as space is limited. For more information on the Lewiston Public Library Summer Discussion Project and to register, contact the Library at lpreference@lewistonmaine.gov or (207) 513-3135.

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

Thursday, August 20

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session

course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Friday, August 21

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Saturday, August 22

Chocolate Church Arts Center outdoor summer concert series with Lauren Crosby. Tickets prices vary for CCAC ROCS performances, and must be purchased in advance at www.chocolate-churcharts.org, or by calling (207) 442-8455. All audience members are required to bring

masks or other appropriate face coverings, which must be worn when checking in and purchasing concessions or merchandise. More information is available at the Chocolate Church Arts Center website or by calling the box office.

Wed, August 26

“Maine at 200: How Should Life Be?” discussion project. All discussions will take place on Zoom. Participation is free of charge, but advance registration is required as space is limited. For more information on the Lewiston Public Library Summer Discussion Project and to register, contact the Library at lpreference@lewistonmaine.gov or (207) 513-3135.

Thursday, August 27

The ATRC Policy Committee meeting for the month of July has been cancelled. This will take place at 10 a.m. via zoom.

Friday, Sept. 25

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4

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**

p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Thurs, October 29

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Friday, October 30

Restorative practices certificate program offered by UMaine

Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Thurs, November 19

Restorative practices certificate program offered by UMaine Hutchinson Center and Restorative Justice Center. Six-session course from 9 a.m. to 4 p.m. For information or to request a reasonable accommodation, contact Michelle Patten, um.fhc.pd@maine.edu; (207) 338-8002.

Outbreak

Continued from page 5

are closed. Numbers of people that are confined to their homes find themselves eating out of boredom. This is one of the reasons why it makes more sense to work from home. Have a makeshift office that is as far away from the kitchen area as possible.

Partner Up with Friends:

Social distancing doesn't mean that you have to end friendships. There are smartphones for FaceTime. There are calorie counting apps where friends can partner up. Having this motivation from a friend can help you stay in shape. It can be difficult when you are doing it alone but conversing with someone and sharing your daily activities can be a motivator. This can strengthen your friendships and help you stay in shape at the same time. Practicing social distancing does not have to be a boring process. The coronavirus is something that is halting your regular daily routine, but you have many ways to stay in shape if you take time to come up with a plan.

Miller

Continued from page 10

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 1% of Realtors outperforming 99.9% 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.

Fund

Continued from page 10

www.mainecef.org. Recent grantees include Dramatic Repertory Company, to produce the world premiere of Lynne Conner's play

The Mother; Mad Horse Theatre Company, to offer 2019 theater season exploring the theme of “what lies beneath the veneer” and the vulnerability of exposing one's true self; and Rangeley Friends of the Performing Arts, to continue and improve community theater in the western mountains of Maine.

An anonymous couple, who recognized the connection between vibrant communities and support for the arts, established the Maine Theater Fund in 2005.

If you would like more information about the fund, please contact MaineCF Senior Program Officer Leslie Goode at (207) 412-2002 or by e-mail at lgoode@mainecf.org.

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

Follow us on facebook!

Don't miss our weekly giveaways!

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

Healthy Beauty
Wellness Spa

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

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



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



PortraitEfx of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

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

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons Auto Care Center, Inc.

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

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY

Jason Hodsdon Masonry

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

We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com




PRINTING



evergreen custom printing
SINCE 1984

Locally Owned

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

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

CD'S

Discover The Truth About CDs!

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

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

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES Marine Service

Power by **MERCURY MerCruiser** **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.familychiro.me.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



GOIN' POSTAL
Your Friendly Neighborhood Shipping Center

- 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 Tyler 500-8100
Finish Carpenter

Call 207-500-8100
For FREE Estimates

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines PHOTOGRAPHY

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

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.

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 WILLIAMS-BURG & 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.

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

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: _____



Seniors

Continued from page 9

cross-country skiing in the winter.

After a fifteen-year hiatus from the trail, my wife Nancy and I met with our longtime friend Dave Lanman at the Airport Trailhead on a hot steamy summer day. Located adjacent to a small airport about a mile north of the Carrabassett Valley Town Office, spacious parking and a restroom are available.

We began the ride on a rough .25-mile multi-use connector trail that soon traverses the Carrabassett River on a relatively new well-designed bridge to a kiosk that announces the beginning of the Narrow Gauge Pathway. Immediately crossing a short footbridge over Houston Brook, the trail began climbing gradually west in a forested area. Shade from a canopy of overhanging trees during most of the ascent provided welcome relief from the sweltering heat. While never steep, the path rose steadily for much of the remaining ride to the northern end in Bigelow.

After leaving the Carrabassett River and



Cyclists arrive at the Stratton Brook Hut Trailhead on the Narrow Gauge Pathway

persevering uphill for a short mile past a Maine Huts Trail junction on the right, the path rejoined the mountain freshet overlooking the steepest part of the river. A precipitous attenuated Class IV/V section of whitewater, my paddling companions and I refer to it as Upper Carrabassett. Memories of previous descents were a significant distraction as we passed the most difficult rapids called Pinnacle Rock, Don's Hole, Terry's Perch, and Triple Drop.

River views coupled with the lush vegetation in this area provided an exceptional scenic contrast. Picnic tables were scattered strategi-

cally along the trail, most occupied by cyclists taking a break or enjoying a snack. Several overheated riders had negotiated down the abrupt embankment for cool relief in the still chilly river water.

Shortly after the sixth picnic table, the path left the river and crossed a long bridge over a wetlands area where moose can sometimes be seen feeding. About a half mile farther, an ancient cabin was passed on the left where the path briefly connects back with the river. A hunting and fishing camp built by railroad workers in 1900; the hut is privately owned and still in use. Located in

an area formerly called Crockertown, the erstwhile logging community was named for early lumberman Isaac Crock-

er. Proceeding to mile 4.2, a left turn leads to Campbell Field Trail-

head. Our trio persisted northwesterly to a junction on the right for Stratton Brook Hut. A sign indicates the hut is 2.2 miles beyond. The outskirts of the old village of Bigelow was reached soon after. Posted as private property, the former Bigelow Train Depot is situated at the far end near Route 27 and is now a private residence.

Angling left, we continued over a bridge and past a side trail to the Stratton Brook Trailhead on the right. Just beyond, the Narrow Gauge Pathway culminated at Route 27 where there is no parking. The .1-mile spur to Stratton Brook Trailhead was more difficult than the pathway. The approach to the parking area was steep

and rocky.

Returning to Campbell Field turnoff, a brief ride brought us to the trailhead where there is a picnic table, restroom, and ample parking. After a lunch break, we cycled back to the Airport Trailhead completing an exceptional 11.25 mile round-trip that included the short excursions to the Stratton Brook and Campbell Field Trailheads.

The return junket was almost all downhill, what a treat for three senior cyclists in paradise!

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

Classes

Continued from page 11

of the future. The Child Development Associate Training course was designed especially for working adults. Upon completion of the course, students will have earned the one hundred twenty hours of professional development required by

the Council of Professional Recognition for CDA certification.

Participants must be at least eighteen years of age, have a high school diploma or GED, and be a Maine resident. There is no cost to take the course and it includes vouchers and instructional materials for all of the components to the training program.

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

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.

690 MINOT AVENUE
AUBURN
(207) 783-1328

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