



TWIN CITY TIMES

© Twin City TIMES, Inc. 2020

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

FREE • Vol. XXII, No. 39

Your Hometown Newspaper Since 1999

Thursday, January 7, 2021 • FREE

Ebike brings back the joy of riding



Nathan "Nate" LeClair of Auburn on a recent ride down Main Street in Lewiston on his ebike. The bicycle has both pedal-assist and a throttle, and LeClair often uses it to commute to his job as a shift manager the McDonald's restaurant in Gray. This model bike, the Sinch from Aventon, has a range of about 40 miles when using the throttle mode. (Tsukroff photo)

By Nathan Tsukroff

Riding a bicycle isn't just for kids. But it can lose its appeal, especially when you have to work out of town.

Just ask Nathan "Nate" LeClair of Auburn.

Some of his first memories as a child are learning to ride a bike at 3 or 4 years old. "There's pictures of me on the tricycle at the house," LeClair said. And a year two later, he had moved up to a bike. "As soon as I got that sense of balance, without

training wheels, I just really never stopped riding."

"I've always loved the speed. I love the adrenaline rush of going fast!" he said.

After high school, he stopped riding for a couple of years. And then he discovered electric bikes, referred to as ebikes.

Now he enjoys commuting by ebike as often as he can from his home in Auburn to the McDonald's Restaurant in Gray, where he works as a shift manager. His current bike is a Sinch foldable ebike, made by Aventon. It has 4-inch wide tires

for safe riding on all road conditions, and can be folded to carry in his car when needed.

The Sinch bike can be ridden like a regular bike, with the rider doing all the work. Or it can be used in an assist mode, where the electric motor gives some extra help while pedaling. There is also a fully-electric mode, with a throttle that can push the rider to 20 mph on level ground without pedaling. The Sinch has a range of about 40 miles in throttle mode.

LeClair said he had been riding his dad's road bikes, including a Schwinn, that had been "in the storage shed maybe 20 or 30 years." After tuning the bikes, he rode around town, and discovered what is called Goff Hill – a steep downhill on Court Street that bottoms out at the intersection with Minot Avenue (Route 4).

"After a while, once a day I would go down there as fast as I could," he said. "I've easily clocked over 40 miles an hour going down Goff Hill."

He graduated high school and stopped riding for a while. He said he missed riding. "It never went away as an interest. It was kind of always on the back burner."

One day he stopped in at a local bike shop, Rainbow Bicycle on Lisbon Street in Lewiston, and discovered electric bikes. "I had never tried one, and I thought, you know, I haven't been riding for a little while . . . it wouldn't hurt to test one out and see how it is," LeClair said.

He was allowed to borrow an ebike and took it to Simard-Payne Memorial Park off Beech Street in Lewiston. That bike had four levels of pedal-assist, but no throttle, LeClair said. With pedal-assist, "It gives you an extra push (when pedaling). You feel the motor kick in. It helps you out a little bit. You still have to put work into it – exercise."

"It was like love at first test-drive," he said, and he bought the ebike immediately.

Simard_Payne Park has biking and walking trails, and is used as the main launching point for hot air balloons at the annual Balloon Fest in August

As much as he enjoyed riding that

See *Ebike*, page 8

First baby of 2021 At Central Maine Medical Center



Carter Edward-Lee Miles of Winthrop was born at 12:49 p.m. on Friday, becoming the first baby born at Central Maine Medical Center in 2021. (Photo courtesy of CMMC)

From CMMC

LEWISTON - Jan. 1, 2021 – Carter Edward-Lee Miles of Winthrop is the first baby born at Central Maine Medical Center in 2021.

Carter is the son of Megan Stimson and Dylan Miles. He was born at 12:49 p.m. Friday, weighing 7 pounds, 13 ounces and measuring 20.5 inches. He is the couple's first child.

"He is absolutely adorable," said Heather Wilcox, of Winthrop, Carter's maternal grandmother. "He's perfect. He's just a sweet as can be."

Carter's paternal grandmother couldn't agree more.

"I swear I haven't ever seen a more beautiful baby," Nicolette Geary Bond, of, Laconia N.H., exclaimed over the phone after seeing photos of her grandson.

Central Maine Medical Center located in Lewiston, is a Level II Trauma Center serving Androscoggin County and the surrounding region. CMMC's "Centers of Excellence" include the Central Maine Heart and Vascular Institute, the Central

See *Baby*, page 11

\$185 CONNOISSEUR OUNCES EVERYDAY

AMAZING DAILY SPECIALS EVERYDAY

Incredible Edibles AND SO MUCH MORE!

The Healing Community **MEDCo**

741 MAIN ST - 40 LISBON ST
CRAFT CANNABIS | ARTISANAL EXTRACTS | INCREDIBLE EDIBLES
thcMEDCo.com | 1-866-42-MEDCo | Open Everyday 9am - 9pm

Roman Electric, Heating & Cooling

We do it all under one roof!

Serving Central and Southern Maine

Residential • Commercial • Remodeling

No job too small • Free estimates
Fast response • Fully licensed and insured

Michael Roman • (207) 558-8380
RomanElectricHC@gmail.com

Newsmakers, Names & Faces

Vigil raises awareness of homeless

From New Beginnings

LEWISTON - The Lewiston/Auburn Alliance for Services to the Homeless (LAASH), L-A Multi-faith Group, and New Beginnings conducted their annual candlelight vigil to remember homeless people last week on the longest night of the year.

The vigil took place on Monday, Dec. 21, on Main Street in Lewiston, near the Longley Bridge that connects Lewiston to Auburn.

It was part of a national movement of cities marking National Homeless Persons' Memorial Day on or near the winter solstice, the first day of winter.

Supporters met

at 4:30 p.m. below the HOPEFUL sign along Main Street. They carried flashlights, candles and signs to raise awareness of homelessness to passersby during the Monday evening commute.

Activists said that three homeless people died in the Lewiston/Auburn area this past year.

Each year since 1990, the National Coalition for the Homeless has co-sponsored National Homeless Persons' Memorial Day to bring attention to the tragedy of homelessness. In an effort to maximize the impact of the day, organizers have encouraged statewide and local groups such as LAASH to conduct events of their own.



New Beginnings board member Mike Giasson and his wife, Toby Haber-Giasson, of Auburn, talk about issues with homelessness in the Lewiston-Auburn area with Rev. Sara Bartlett, also of Auburn, at the L-A Homeless Vigil last week that took place on Main Street in Lewiston near the Longley Bridge. (Tsukroff photo)



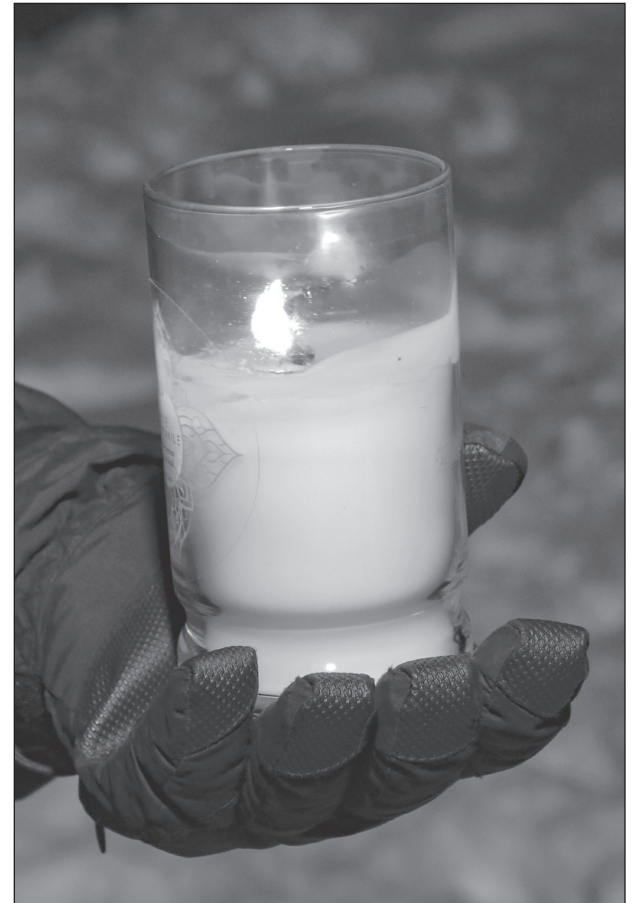
Matt Beliveau of Mechanic Falls holds a sign at the Lewiston-Auburn Homeless Vigil last week near the Hopeful sign on Main Street in Lewiston. (Tsukroff photo)



Denise Vaillancourt of Lewiston (left), Lisa Dumont of Auburn, and Jonathan Robinson of Turner stand silently near the Hopeful sign on Main Street in Lewiston with signs reminding passing motorists about the homeless, as part of the L-A Homeless Vigil last week on Monday, Dec. 21, the longest night of the year. (Tsukroff photo)



Rachel Spencer-Reed, Director of Development and Community Services at New Beginnings in Lewiston, holds a sign at the L-A Homeless Vigil near the Hopeful sign on Main Street in Lewiston last week. The vigil takes place annually on the longest night of the year, the winter solstice, to bring attention to issues with homelessness in the area. (Tsukroff photo)



A candle held by one of the people at the Lewiston-Auburn Homeless Vigil last week to bring attention to the problem of homelessness in the area. (Tsukroff photo)

Renovation Consultant
 Wallpapers • Wallcovering • Painter

Active General Contractor
 Interior Decorating,
 Equipment & Supplies
 Fully insured • Auburn, ME

Stepladder Enterprize • (207) 786-9849

Paul Edward Baribault
OUR BRILLIANT ETERNITY

Is the worry about what comes after this life weighing you down? Whatever your faith, or if it is absent, you're a child of God – and ultimately

Heaven is your home.

A new work by Lewiston playwright and Children's book author, **Paul Baribault**

"At its center, this book is about the soul's climb toward Enlightenment, and how the Earth is a Schoolroom, not a courtroom, in our journey."

Available on Amazon and @ www.Ourbrillianteternity.com

*"The prose is inspired – and inspiring – glowing with inner radiance and kindness."
 "I felt such a sense of hope when I finished this book."* From Amazon reviews.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE

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

Trusted Choice

Nicole Lajoie
 Licensed Agent

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

Free tax preparation in Lewiston

From City of Lewiston

LEWISTON: The Lewiston-Auburn CASH Coalition, with a mission of “creating assets, savings, and hope,” will continue with free tax preparation in 2021, using remote access.

The way that IRS tax law volunteers provide the service will be vastly different from previous years.

Site Coordinator Anthony “Tony” Tenneson will be at the helm guiding IRS tax law certified volunteers as they prepare taxes virtually using new online “Get Your Refund” software and through a drop-off method known as Scan and Go.

Due to COVID19 public health pre-cautions, face-to-face tax preparation will not take place.

Tenneson brings a

wealth of financial insight and experience to the Coalition, having served as Associate Academic Dean & Professor with Kaplan University. He taught accounting, taxation and finance courses to Associate and Bachelor degree students, retiring in 2017.

Tenneson also had his own accounting firm for several years, AAT Accounting Services, LLC, preparing tax returns and doing accounting work for over 300 clients, both individuals and small businesses. He was the Chief Financial Officer for Merrill Companies of Portland, Maine, from 1972 to 2004.

Tenneson said, “This year, more than ever, we need to serve our community due to the pandemic and the financial hardships it has caused. Many in our community have been fi-

nancially burdened by the pandemic. Jobs have been lost, rents cannot be paid, medical bills have grown, and even putting food on the table is a hardship for many. It is very important that LA CASH serve as many as possible in our community this tax season. There are many credits available to eligible taxpayers, in particular the Earned Income Tax Credit (EITC), that can put much-needed dollars in their pockets. That is why I volunteer. It is so rewarding to see how grateful residents are and to know that our volunteers are making a difference in their lives.”

LA CASH is one of 10 coalitions statewide. It was established by the City of Lewiston as a multi-partner coalition in 2003 and provides free tax prep and asset building

outreach to low-to-moderate income individuals and families.

More information about the 2021 tax season preparation will be provided later this month.

“We are very fortunate to have Tony with us. He truly enjoys tax preparation and is immensely skilled in that regard. His calm, personable demeanor will also be a plus as he engages with our volunteer preparers in this time of change and innovation,” said Community Relations Coordinator/LA CASH Chair Dottie Perham-Whittier.

LA CASH is funded through a portion of a statewide Volunteer Income Tax Assistance (VITA) grant, funds from the Gorman Foundation, and donations to the program.



Anthony “Tony” Tenneson, a retired accountant and retired professor of accounting at Kaplan University, will head the tax preparation program for the Lewiston-Auburn CASH Coalition this tax season. (Photo courtesy of City of Lewiston)

THE DUMP GUY Basement, Attic, Garage & Apartment Cleanouts

JUNK REMOVAL Boat, Vehicle & Camper

BBB ACCREDITED BUSINESS Angie's list

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

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

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


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


Lillian Baker
 Office Manager
 Lillian@TwinCityTimes.com


Nathan Tsukroff
 Managing Editor
 Editor@TwinCityTimes.com


Lacey Rollins
 Outside Rep
 Info@TwinCityTimes.com

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

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

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

Out and About

Laying wreaths at Togus National Cemetery



Cindy Boyd, Patricia Vampatella, Joanne Sabourin and Kaye Bouchard wait at the Entrance Gate at Togus National Cemetery for the Hammond Lumber Company truck to arrive loaded with hundreds of boxes of Remembrance Wreaths for the Veterans' gravesites. (Visitor photo)

By Rachel Morin

Our seventh year for our annual trek to Togus National Cemetery for Wreaths Across America Day was on Saturday, Dec. 19.

It was a day we observed with many changes due to the Year 2020 with the COVID-19 Virus.

We felt it acutely as our number had dwindled to three due to traveling problems and other virus considerations. We were just as strong and motivated as ever to arrive at Togus to participate in the Sacred Tradition of laying Remembrance Wreaths on the graves of our Veterans.

Patricia Vampatella and Cindy Boyd, Co-Chair of WWA with Joanne Sabourin, members of USM's Lewiston-Auburn Senior College, drove in separate cars, no carpooling, and

met early at the cemetery with Kaye Bouchard, Coordinator for Wreath Laying at Togus. These women have been doing it for years and have the system memorized.

Kaye informed us there would be no noon-time Ceremony at the Togus flagpole in coordination with the noon Ceremony held at Arlington National Cemetery and Veteran cemeteries across the nation and overseas.

Due to Covid restrictions against mass gatherings, there would be no Representatives of Military Branches including Army, Navy, Marines, Air Force, Coast Guard, Merchant Marines, POWs and MIAs at the flagpole.

These Representatives would have laid Remembrance Wreaths around the flagpole. No speeches, no prayers, no

singing and no Passing of the Colors. Although in our hearts, we had silent thoughts and prayers for our Veterans.

At 11 am the Hammond Lumber Company Truck was at the main gate of the cemetery to open the back doors as directed by Coordinator Kaye Bouchard to unload the hundreds of boxes of Remembrance Wreaths. This task was done swiftly as always. The Hammond Lumber Company has been a mainstay at Wreaths Across America at Togus forever.

We were heartened to see, as always, a large number of volunteers taking the boxes and stepping aside, to open the boxes and start distributing bunches of wreaths to outstretched waiting arms of volunteers. They set out quickly to their appointed cemetery locations. We noticed everyone wearing masks and were pleased.

Patricia, as always, makes a point to place wreaths on the tombstones of the two Medal of Honor Veterans at Togus - John Preston and David J. Scannell. Because of the heavy snow, she enlisted the help of a Police Officer who was patrolling the cemetery grounds.

The Officer was able to locate John Preston and cleared away the snow for us so we could read his history. Preston was born in Ireland in 1841, enlisted in Boston in the Navy, and served in the Union Navy during the American Civil

War at the Battle of Mobile Bay. Preston died May 26, 1885.

Unable to find Scannell's grave site, we knew that David J. Scannell was born Mar. 30, 1875 and died May 7, 1923. He was a Pvt in the U.S. Marine Corp and saw action in the Boxer Rebellion in China.

Patricia, ever the teacher, saw a young family at the Preston grave site, and gave an impromptu telling of the story of the two Medals of Honor Recipients, John Preston and David Scannell. The young boys were interested and had questions for the teacher which she was happy to answer.

It was getting late and time to leave. Our customary stopping for lunch along the way home was another custom not observed.

It was a different year as we all have experienced this past year with the virus engulfing our every turn. But we carry on, because we must. And each day, we remind ourselves "This too shall pass."

What is steadfast in the hearts of all the volunteers: "It is an honor and a privilege to participate

See *Togus*, next page



The Hammond Crew made short work of unloading the boxes of wreaths and are now down to the last box. (Joanne Sabourin photo)

Get younger looking skin today



The newest technology in skin rejuvenation

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

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

Healthy Beauty
Wellness Spa

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

SNOWMOBILE GEAR

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



Sizes Youth to 7XL.
Light weight to SUPER Warm.
Flotation Gear Available.

SHAKER HILL
Outdoors



271 Maine Street
Route 26, Poland

Hours: Monday – Friday 8am to 5pm
Saturday 8am to 4pm • Closed Sundays

998-5390 Parts & Accessories

Togus

Continued from previous page

each year in the Laying of the Remembrance Wreaths at the gravesites of our Veterans.” We look forward to standing at each gravesite, looking at the name, and saying quietly, “I remember you,” and speaking their full name aloud.

Togus National Cemetery is located in Kennebec County, in the town of Chelsea, ME, on the grounds of the Department of Veterans Affairs Medical and Regional Office Center.



A Remembrance Wreath was placed on Medal of Honor John Preston’s tombstone by Cindy Boyd, Patricia Vampatella and Joanne Sabourin. (Kaye Bouchard photo)



A heartwarming scene as Remembrance Wreaths cover the Veterans’ tombstones at Togus National Cemetery. (Joanne Sabourin photo)



Patricia Vampatella tells a young family the story of John Preston receiving his Medal of Honor for his service in the Union Navy in the Civil War during the Battle of Mobile Bay. She also told the story of the other Medal of Honor Recipient, David J. Scannel, a Pvt in the U.S. Marine Corp at the Boxer Rebellion in China. (Joanne Sabourin photo)



A Togus police officer clears the snow covering Medal of Honor John Preston’s gravesite. Born in Ireland in 1841, Preston joined the Navy in Boston and served as a Union Navy Sailor in the American Civil War and received his Medal of Honor for his action in the Battle of Mobile Bay. (Joanne Sabourin photo)

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

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.




ANDROSCOGGIN
 Home Healthcare
 + Hospice

#AndroSTRONG

Help us keep Maine people healthy and safe.

This is a time like no other in our lives as we navigate the most disruptive challenge to our health and welfare. To support expert patient care from our frontline clinical staff, we’ve established the AndroSTRONG Emergency Response Fund.

Donations will help to provide the equipment, supplies and specialized training necessary for our staff to continue to address the home health care and hospice needs of the communities we serve.

Give today: androscoggin.org/androstrong or contact the Development Office at 207-795-9404

Arts & Entertainment

Dogs must be licensed before Jan. 31

From City of Lewiston

LEWISTON - All dogs six months and older must have a license. If you become the owner of a dog six months or older, the dog must be licensed by January of each year.

Dogs must be licensed by Jan. 31 to avoid a \$25 state late fine.

In order to obtain a license for a dog, the owner must present a current State of Maine Rabies Certificate obtained from a veterinarian. This certificate will verify that the dog has received its rabies shot within the past two years.

Dog licensing ensures rabies vaccination, which protects the health of your pet.

Citizens should also know that by licensing their dog they are directly fighting animal cruelty and abuse. Most people do not realize that up to 90% of their dog license fees go

directly to the Maine Animal Welfare Program. Dog license fees account for 95% of the State Animal Welfare Program's entire funding and without these fees, the state would be unable to protect the animals of this state.

Although cats do not require a license, they must be vaccinated against rabies.

To receive a license for your dog, please come into the City Clerk's Department office at City Hall during our business hours, which are 8:30 a.m.-4 p.m. Monday through Friday.

You may also re-license your dog through the mail at City Clerk's Office, 27 Pine St., Lewiston, ME 04240

You must send a copy of a current, State of Maine rabies certificate along with a check payable to the "City of Lewiston" for the appropriate fee, and we will process the license and return the material to you.

Another option to obtain your dog license is to visit the state website at <http://bitly.ws/aN6R>

All dog licenses expire December 31, of each year. Renewal of licenses for the following year can be done at the City Clerk's Department beginning in November of each calendar year. Also, bring with you proof if a veterinarian has issued a written certificate stating the dog is incapable of producing young by spaying or neutering. If you have already shown proof to the department, then additional proof is not necessary.

Dog licensing fees are \$6 per year for spayed / neutered dogs and \$11 per year for dogs not spayed / neutered.

Per state law, any dog license that is re-licensed after January 31 will be subject to a \$25 late fee

Contact the City Clerk's Office at 207-513-3124 with any questions.

Slow flow yoga

From Auburn Library

AUBURN - The Auburn Public Library started hosting Slow Flow Yoga via Zoom this week.

Led by instructor Tisha Bremner of Inner Light Yoga in Lewiston, classes will take place 4:40-5:30 p.m. on Tuesdays, Jan. 5, 12, 19, and 26 and Feb. 5 and 9.

Students are invited to take some time to slow down and dive deeper into the poses, while gaining strength, flexibility, and core balance.

Use the power of breathing and intention to slowly move through the practice with intention and introspection in this vinyasa style class.

This is a moderately challenging class where pose variations will be offered to help everyone find their unique level of success. Have a yoga mat, a yoga block or two, and wear comfortable clothes

that will allow you to move well. Take some time for yourself to move and breathe with grace, poise, and ease.

To learn more about our instructor, Tisha Bremner, visit her website: www.InnerLightYogaOf-Maine.com

This class will take place virtually via Zoom. To register or if you have any questions, contact the Reference Desk at 207-333-6640, ext. 4, and be sure to give your email address when registering. You may register for as many classes as you'd like. You will be sent a link to the class prior to the first class for which you are registered.

These classes are part of our "New Year, New You!" series which will also feature "Meditating on the Wisdom of Nature" with instructor Martin Gagnon of Mellow Mainer Meditation on Jan. 13, and "Ten Nutrition Tips,"



Tisha Bremner of Inner Light Yoga in Lewiston will lead a series of virtual yoga classes in January and February. (Photo courtesy of Auburn Library)

with Missy North Drain of Healthy Androscoggin on Jan. 20 and 27 (this is a two-part class). These programs will also be virtual via Zoom.

For more information on these or other upcoming, virtual programs, visit our website at auburnpubliclibrary.org, call the Reference Desk at 207-333-6640 x-4, or email Donna at dwallace@auburnpubliclibrary.org.

GRIDIRON

Restaurant

LEWISTON, MAINE

SATURDAY'S \$7.99 SPECIAL

2 Red Hot Dogs & Baked Beans with coleslaw and cornbread



1567 Lisbon Street Lewiston, ME 207-777-6353 -- 207-777-6354
INDOOR SEATING - TAKE OUT Open Daily 11am - 9pm

Dine in, Dine out or Take out



Chick-a-Dee of Lewiston

Where Good Times Happen

Seafood ♦ Steak ♦ Sandwiches ♦ Spirits

1472 Lisbon St. Lewiston, ME

Chickadeelewiston.com

376-3870

Open 11am to 8pm Every day!

Patients protected from surprise medical bills

From U.S. Sen. Collins

WASHINGTON, D.C. — U.S. Senator Susan Collins (R-Maine) announced last week that bipartisan legislation to protect patients from surprise medical bills was signed into law as part of the recent government funding package.

Americans increasingly pay more out-of-pocket for their health care, so it is crucial that they have access to the information they need to make informed decisions. The health and economic crisis we are currently experiencing due to COVID-19 has underscored the need for Congress to come together to increase the affordability and accessibility of medical care.

“Far too many Americans are struggling with

the skyrocketing cost of health care, which places severe strain on family budgets and threatens access to the care and medications they need. The last thing patients should have to worry about while they are sick or recovering is receiving an unexpected bill because they were unaware they were receiving out-of-network care,” said Senator Collins. “Increasing the affordability and accessibility of health care is one of my highest priorities, and this new law ending the unfair practice of surprise medical billing will help provide significant relief.”

The proposal to end surprise medical billing will also allow approximately \$18 billion in savings to be used to fully fund Community Health Centers, Teaching Health

Centers Graduate Medical Education, and Special Diabetes Programs for three years. As the lead sponsor of the Training the Next Generation of Primary Care Doctors Act, Senator Collins has long worked to bolster and expand this successful training program. As the founder and co-chair of the Senate Diabetes Caucus, she has championed the Special Diabetes Program, which has been instrumental in promoting advances in diabetes care such as the artificial pancreas system.

The bipartisan, bicameral agreement protects patients and establishes a fair payment dispute resolution process.

The agreement holds patients harmless from surprise medical bills, including from air ambulance providers, by ensuring they

are only responsible for their in-network cost-sharing amounts, including deductibles, in both emergency situations and certain non-emergency situations where patients do not have the ability to choose an in-network provider.

It prohibits certain out-of-network providers from balance-billing patients unless the provider gives the patient notice of their network status and an estimate of charges 72 hours prior to receiving out-of-network services and the patient provides consent to receive out-of-network care.

And It creates a framework that takes patients out of the middle, and allows health care providers and insurers to resolve payment disputes without involving the patient.

Under the agreement, insurers will make a payment to the provider that is determined either through negotiation between the parties or an independent dispute resolution (IDR) process. There is no minimum payment threshold to enter IDR, and claims may be batched together to ease administrative burdens.

If the parties choose to utilize the IDR process, both parties would each submit an offer to the independent arbiter. When choosing between the two offers the arbiter is required to consider the median in-network rate, information related to the training and experience of the provider, the market share of the parties, previous contracting history between the parties, complexity of the services provided, and any other information sub-

mitted by the parties.

Following an IDR process, the party that initiated the dispute may not take the same party to arbitration for the same item or service for 90-days following a determination by the arbitrator. However, all claims that occur during the 90-day period are eligible for IDR after the 90-days.

The agreement also provides additional consumer protections when insurance companies change networks, including a transition of care for people with complex care needs and appeal rights for consumers.

It empowers consumers by providing a true and honest cost estimate that describes which providers will deliver their treatment, the cost of services, and provider network status.

Yvette’s Cocina celebrates first anniversary

From L-A Metro Chamber

LEWISTON- On a bright, sunny Wednesday morning last week, Mayor of Lewiston Mark Cayer, LA Metro Chamber of Commerce President + CEO Shanna Cox, and members of the chamber celebrated the one year anniversary of Yvette’s Cocina with a ribbon cutting.

“I’m pleased to take part in yet another ribbon cutting ceremony for a local small business. Small businesses are and will be the backbone of our local economy.” Mayor Mark Cayer said. “In fact, if we

add up all of our small businesses in Lewiston, combined they are the largest employer in our community. This largest employer is made up of our local restaurants, accountant firms, law firms, book stores, and the many service providers, just to name a few.”

Yvette’s Cocina, an eatery named after owner Maria Carrion’s mother, opened in October 2019 serving up a Spanish-American blend of the dishes she grew up on.

Carrion had always dreamed of turning her passion for her mother’s

cooking into a business, she said. With flavors from her family recipes, Yvette’s Cocina has broadened the food culture here in LA with dishes like pollo guisado (chicken stew), steak and potatoes with yellow rice and gandules (pigeon peas), and pernil (slow cooked pork).

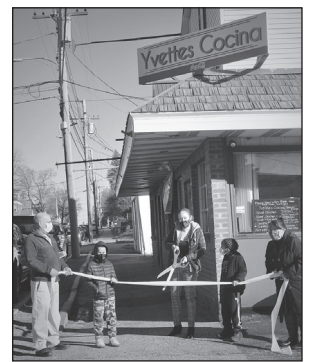
“Maria, your mom’s legacy continues through her recipes that you prepare and serve, and she would no doubt be very proud of you.” said Mayor Mark Cayer. “With individuals like Maria, brave enough to start their own business, our local econ-

omy is beginning to capture the interest of large developers and investors, in state and out of state. It’s important to remember that the livelihood of many of our friends, family members, and neighbors rely on the many small businesses in our community. When you support small businesses, you are supporting your friends, family members and neighbors.”

With the help of her family and friends, Maria has persevered and made it through not only her first year in business, but one

of the most challenging years for any business.

“We have seen long established small businesses struggle during this pandemic, and some have even closed their doors permanently. Yvette’s deserves to be celebrated, having spent most of their first year in the restaurant business in an unprecedented pandemic,” said LA Metro Chamber of Commerce President + CEO Shanna Cox. “Their survival is a testament to Maria’s good food, strong will, and business acumen.”



Maria Carrion cuts a ribbon to celebrate the one-year anniversary of Yvette’s Cocina, her restaurant in Lewiston named after her mother. (Photo courtesy of L-A Metro Chamber)





Great daily deals

Veterans get 10% Off everyday

15% OFF first time patients

Loyalty program

Like us on facebook • Find us on weedmaps!


<https://weedmaps.com/dispensaries/crystal-spring-healing-alternatives>

675 Main Street, Lewiston

207-241-2590 • 207-241-7188

Mon-Sat 9:30am to 9pm • Sun 10am to 6pm

We Deliver.



Uber
Eats

GRUBHUB

Postmates

DOORDASH

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

Ebike
Continued from page 1

bike, it topped out at 20 mph, and he “soon discovered a bike that went 28 miles and hour.”

LeClair was soon riding the Aventon Pace 500, which had both pedal-assist and a throttle. It ran at 20 mph on full throttle, or could help the rider to 28 mph with pedal-assist.

He suffered a series of flat tires with the Pace 500, and shifted to his current bike, the model Sinch from Aventon. That solved his flat-tire problem, and the wider tires gave him

stability when riding on different road conditions. Both ebikes have a suspension front fork, which acts like the shock absorbers in a car.

LeClair sees this



Nate LeClair of Auburn rides through Simard-Payne Memorial Park in Lewiston on his ebike on a recent winter afternoon. He commutes by bike to his workplace in Gray as often as possible. (Tsukroff photo)



Nate LeClair’s Aventon Sinch ebike is folded for transport in his car. The bike is battery-powered with a range of 40 miles in throttle mode, and folds for storage or transport. (Tsukroff photo)

third ebike as a good compromise for general riding. The tires are like those of a mountain bike, and it’s foldable for easy transport in his car, he said.

He recently purchased a Juiced Bikes Scorpion model, which is a moped-style ebike. “That’s my fastest bike. I can get like 31 miles per hour on flat land,” he said.

LeClair rides his bikes to his work in Gray as often as he can. In city traffic, he easily keeps pace with the passing cars, and front and rear lights on his bike ensure drivers seem

him in the roadway.

Although working full time, LeClair is studying for a degree in political science, taking courses parttime at Central Maine Community College in Auburn.

He said his interest in politics was triggered by a joke played on him by one of his uncles when he was growing up. At four or five years old, his uncle teased him by offering him a \$100 bill if he could name the person on the bill. “I told him it was Ben Franklin,” to the shocked surprise of his uncle.

**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

**Central Maine
COMMUNITY COLLEGE**

This spring, earn a high-quality, affordable college degree with engaging online instruction, and hands-on training in science and technical labs.

WWW.CMCC.EDU/APPLY

Join us for the spring semester starting January 11, 2021!

ENROLL@CMCC.EDU • (207) 755-5277

CMCC FOLLOWS COMPREHENSIVE COVID-19 SAFETY GUIDELINES TO REDUCE RISK TO OUR CAMPUS AND GREATER COMMUNITY.
Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information visit www.cmcc.edu.

Libby joins CCFC as president



Nate Libby of Lewiston, a member of the Maine Senate, took over as president of the Community Concepts Finance Corporation on Monday. (Photo courtesy of Nate Libby)

From CCFC

LEWISTON - Community Concepts Finance Corporation (CCFC) welcomed a new president earlier this week - Nate Libby, who has been working with Community Concepts as a consultant on two wellness shelter projects since April.

CCFC is a wholly owned subsidiary of Community Concepts and provides home and business loans along with financial coaching and homebuy-

er education to help people and businesses realize their financial goals.

“Community Concepts Finance Corporation believes all individuals, families and communities can be financially secure and the programs and services we offer directly address what I view as our state’s biggest challenge: growing our economy and household incomes,” said Libby. “I look forward to leading an outstanding team in support of our mission.”

Libby, a Lewiston resident, has served in the Maine Senate since December 2014 and is serving his final two-year term in the state’s part-time citizen Legislature. He has worked for eight years as a consultant to nonprofit and local government clients and has a Master of Business Administration from the University of Southern Maine. He also has a bachelor’s degree in history and economics from Bates College.

“Nate has been our project manager for both of the wellness shelters, helping us get the initial shelter open in just two weeks,” noted Shawn Yardley, Chief Executive Officer of Community Concepts. “His commitment to our community aligns with our overall mission to strengthen individuals, families and communities in western Maine by providing diverse programs, engaging in strategic partnerships and through advocacy to address the barriers to promote economic opportunities for all.”

Libby will be assuming the role previously held by Glen Holmes, CCFC’s President since 2017, who is leaving for a position with the City of Auburn.

Davis named COO at SeniorsPlus

From SeniorsPlus

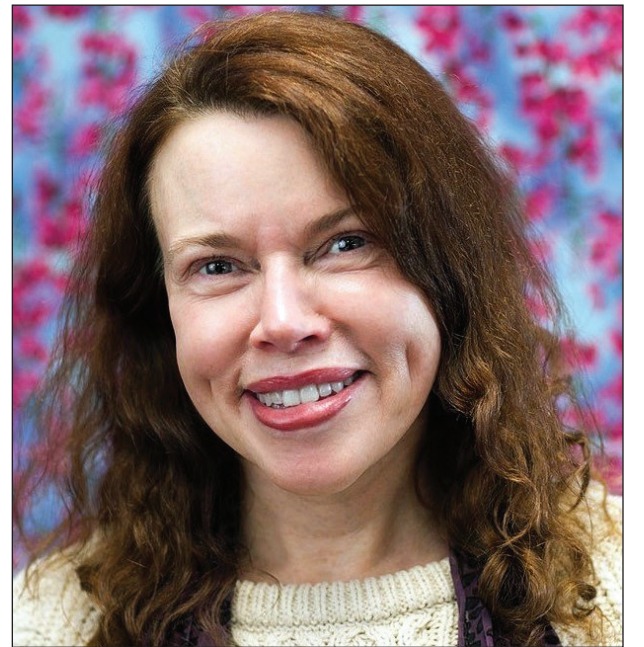
LEWISTON – SeniorsPlus has hired Heather Davis as the organization’s new Chief Operating Officer (COO) and promoted Tracy Smith to Long Term Services and Supports (LTSS) Director.

SeniorsPlus is headquartered in Lewiston and is the Western Maine designated Area Agency on Aging.

Originally from Maine, Davis returned to the area last fall and has been working as an independent contractor with the Maine Centers for Disease Control and Prevention in Augusta as a member of their COVID-19 Contact Tracing Leadership Team. She holds a master’s degree in Public Health from Boston University and has extensive nonprofit experience in Maine and Alaska.

She was the Executive Director of the Alaskan AIDS Assistance Association in Anchorage, Alaska, from 2012 to 2019 and before that was the Executive Director of the Healthy Community Coalition of Greater Franklin County in Farmington, Maine.

In her new role as LTSS Director, Smith will be responsible for oversight of SeniorsPlus: Care Coordination, Member Services,



Heather Davis has been hired as Chief Operating Officer at SeniorsPlus in Lewiston, the Western Maine designated Area Agency on Aging. (Photo courtesy of SeniorsPlus)

Policy & Contract Management, and Atypical Services. She most recently worked as the Policy and Contracts Manager for SeniorsPlus. She has been with SeniorsPlus for 20 years, starting with the agency as an intern.

Established in 1972 and headquartered in Lewiston, SeniorsPlus is the Western Maine designated Area Agency on Aging covering Franklin, Oxford and Androscoggin counties. The overall program goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at

home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices.

SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves more than 19,000 individuals and fields 120,000 phone inquiries.



Optometric Associates is proud to announce the addition of Dr. Abigail Heroth, O.D. to our optometric staff. Dr. Heroth is a graduate of the Pennsylvania College of Optometry, where she graduated with honors. She then completed a postdoctoral residency at the Togus VA Medical Centers located in Augusta and Bangor, Maine, where she focused on the study of ocular disease and primary eyecare.

Dr. Heroth is originally from Johnstown, New York. She attended Assumption College in Worcester, Massachusetts where she graduated Summa Cum Laude, earning her Bachelor of Arts degree in Biotechnology and Molecular Biology in 2015.

Dr. Heroth is happy to provide primary eye care to patients of all ages, as well as comprehensive, state of the art ocular disease treatment and management. Call our office to schedule your appointment today.

168 East Avenue
Lewiston, Maine 04240
(207) 784-3564
www.OptometricAssociates.com

Dr. Abigail Heroth, O.D. joins Optometric Associates



Dr. Abigail Heroth, O.D.

Auburn reveals a 'Growth Team'

City Reimagines Economic & Community Development



Eric Cousens will be the new Director of Planning and Permitting for the new Growth Team for Auburn. (Photo courtesy of City of Auburn)



Jay Brenchick will take on the role of Director of Economic Development for Auburn's new Growth Team. (Photo courtesy of City of Auburn)



Glen Holmes joins Auburn's new Growth Team as the Director of Business and Community Development. (Photo courtesy of City of Auburn)

From City of Auburn

AUBURN –The City of Auburn is delighted to announce a reimagined approach to planning, permitting, economic and community development.

According to City Manager Phil Crowell, a restructure of the city's former Economic and Community Development Department (ECD) has established what the city is calling Auburn's "growth team," a term that helped drive the city's recent strategic planning process.

The team will be comprised of three very talented directors.

On Dec. 1, longtime employee Eric Cousens,

who has most recently served as Auburn's Deputy Director of ECD, took on a new role as Director of Planning and Permitting. Eric was born in Belfast, Maine, and he "has loved this State and everything outdoors from the beginning." After graduating from the University of Maine in 2000, Eric worked for the City of Lewiston as a Land Use Inspector and Assistant Planner until joining the City of Auburn in 2006. He has served Auburn in various Planning and Economic Development functions for the past 14+ years and looks forward to continuing that momentum as Director of Planning and

Permitting.

Glen Holmes has been named as Director of Business and Community Development and will come aboard on Dec. 14. Holmes comes to the City of Auburn from Community Concepts Finance Corporation, where he served as President. Holmes first joined CCFC in 2012 as Director of the Western Maine Economic Development Council. Holmes grew up in Mexico, Maine and entered the US Air Force after high school, attending the Community College of the Air Force. He has a wealth of management and executive level experience, ranging from Regional Sales Man-

ager for LifeTouch Corp., General Manager of Environmental Abatement Corporation, and Director of Media for MediaPower in Portland. Holmes also served as Town Manager in Buckfield for 7 years.

On Dec. 7, Jay Brenchick will join the team as Director of Economic Development. Brenchick began his economic development career when he served as the first director for the newly formed New Hampshire Film and Television Office. He segued into traditional economic development, serving as senior business development manager for the Manatee Economic Development Council in

Bradenton, Florida. He further developed his career in Virginia, where he held several positions, with the latest being president and CEO of Franklin Southampton Economic Development, Incorporated. He brings over \$300M of business attraction, retention, and redevelopment experience to the City of Auburn. Raised in Fryeburg, Maine, Brenchick is delighted to be back in his home state. In his free time, Brenchick enjoys spending time with his wife and three kids.

"I am very excited to introduce this new team," said Crowell. "Auburn has a legacy and commitment to taking steps forward, with 'no backward

steps.' The city has been experiencing considerable growth, and we have put together a development team that will be able to not only help implement our vision for continued progress, but will also help put our strategic plan recommendations into motion. This team will embody our new marketing initiative, "Auburn: Where your next opportunity is closer than you think."

According to Crowell, Cousens will be paid approximately \$94,000 per year; Holmes, \$93,000; and Brenchick, \$90,000.

Auburn's new growth team can be reached by visiting www.goauburn.me.

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

Snowmobile Helmets
 FXR - HJC - CKX - GMAX - SCORPION

U-Clear Helmet Communicators

Sizes Youth to 5XL

998-5390 STAY SAFE AND ENJOY YOUR RIDE!
SHAKER HILL "Well worth the short drive from Lewiston"
 Open Every Day! **Outdoors** 271 Maine Street, Route 26, Poland
www.shakerhilloutdoors.com

Maine's Modular Home Specialist

We Do It All Co.

Electrical • Heating • A/C • Structural Restoration • Gutters
 Siding • Additions • Roofing • Remodeling • Baths • Kitchens
 Siding • Gutters • Windows & Doors • Flooring • Painting

Fast response • Fully licensed and insured

Michael Roman (207) 558-8378
WeDoltAllCorp@gmail.com

Guest Column

Legislative session will be different

By Sen. Ned Claxton

AUBURN - Although it will be different, our legislative session will go on.

With the beginning of the new year comes a new legislative session in Augusta. Despite the many changes that have come in our lives this past year, the Legislature will still be doing its work and largely following the same structure.

One piece of this session that will be the same in 2021 is that a majority of our time will be spent in our legislative committees, which are composed of 13 legislators: 3 senators and 10 representatives. Although some might think most of our debates happen on the floor of the Senate or House, the committees are where the real discussions are had. Every bill that is introduced in the Legislature is referred to the appropriate committee, gets a public hearing, is discussed and even improved in a work session, and is then voted on before

moving to the entire Legislature for votes.

At the beginning of each new session, the Senate President and Speaker of the House decide which committees each member will be assigned to. These are based on legislator's prior experience, professional careers and interests. I'm proud to share that I have been appointed as the Senate Chair of the Health and Human Services Committee (HHS) and will continue to serve as a member of the State and Local Government Committee (SLG).

As a retired physician, I am humbled and excited to bring my experience caring for folks in the community with me as I chair the HHS Committee. This committee has jurisdiction in various areas, including oversight of the Department of Health and Human Services, the largest of Maine's state agencies; MaineCare (Medicaid); children's welfare and mental health services; public health issues and

more.

The COVID-19 pandemic has clearly created new issues for Mainers, but it has also exposed the need to address old ones as well. We need to make sure everyone, whether they're in a rural or urban community, can access quality health care, use telehealth services, get support for our seniors and avoid the greed in the health care industry.

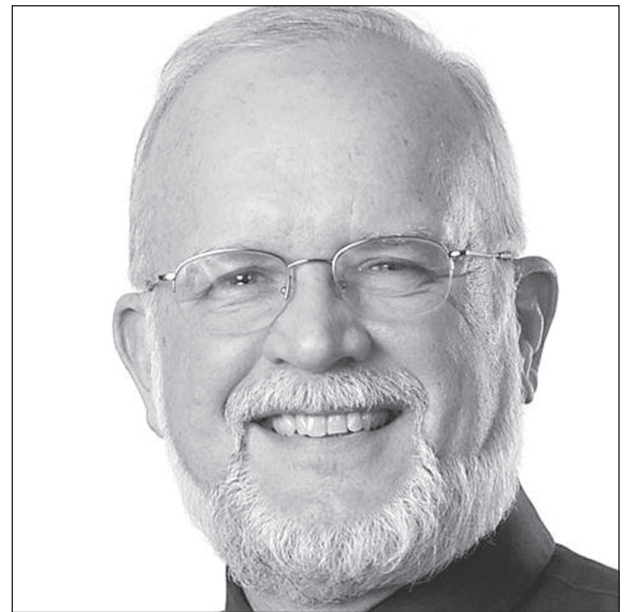
In the SLG committee, I will continue being a constructive voice on issues related to local governments, state properties and archives. I look forward to bringing my experience as chair of the Committee last session with me into the new year.

While the structure of our legislative session and committees may not be that different, the way we do our work will change in order to prevent spread of COVID-19. Committee meetings will be a mostly virtual affair, held over video conference with only a few lawmakers in the

room together at a time.

Changes have been made to ensure that members of the public can still participate in the legislative process. Where normally someone would have to travel to Augusta to testify in person, folks will now be able to do so from home. There will be an option to testify live on-camera (Zoom), or to call into the meeting with a 1-800 number. I know there has been concern about how pandemic restrictions might limit the public's access, but I will always work to ensure everyone can participate and see our work. I'm confident that these changes will ensure that this happens, and they may also increase participation.

There's no doubt that this session is going to be different for everyone involved, and it's going to be a lot of work. We're facing a tight state budget, a global pandemic and an economic crisis. This is a lot, but our only option is to keep working and go



Sen. Ned Claxton (D-Androscoggin), Maine District 20, Auburn, Mechanic Falls, Minot, New Gloucester, and Poland (Photo courtesy of Sen. Claxton)

forward.

I promise to work with anyone and everyone - Republican, Democrat or Independent - who wants to help us get through this pandemic and set us up for success in the future.

As always, if you have a question, concern or just want to make your voice heard, don't hesitate

to reach out. You can send me an email at Ned.Claxton@legislature.maine.gov or call my office at 287-1515.

Sen. Ned Claxton (D-Androscoggin) represents Maine Senate District 20, which includes Auburn, Mechanic Falls, Minot, New Gloucester, and Poland.

Snowshoes for Auburn residents

From Auburn Rec.

AUBURN - Snowshoeing is a wonderful way to enjoy the great outdoors! The team at Auburn

Recreation wants to help residents get outside to enjoy winter in Auburn, so they now have snowshoes available for Auburn residents to borrow for free!

Reserve by calling: 207.333.6611 or email AuburnRec@auburnmaine.gov.

Kid & adult sizes are available.

Auburn residents only.

Rental is free, however if equipment is not returned or is damaged upon return, fees will apply.

Baby

Continued from page 1

Maine Comprehensive Cancer Center, the Neonatal Intermediate Care Unit, and a Trauma Services Program. CMMC is also the southern Maine base for LifeFlight of Maine,

the state's only medical helicopter service. Supported by the latest technologies, CMMC's skilled professionals provide care with compassion, kindness, and understanding.

Learn more at: www.cmmc.org.

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

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



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

allworx

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



Buck Buchanan
A+, MCP Certified Technician

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us

Crichton named ‘Manager of the Year’



Retired Auburn City Manager Peter Crichton speaks with members of the MTCMA board after being chosen as the 2020 “Linc Stackpole Manager of the Year”. (Photo courtesy of City of Auburn)

From City of Auburn

AUBURN – Retired Auburn City Manager Peter Crichton was recently announced as the recipient of the 2020 “Linc Stackpole Manager of the Year” Award, an honor bestowed annually by the Maine

Town, City and County Management Association (MTCMA).

The award, which celebrates a public administrator who has contributed to the public management field in an outstanding fashion, is the most prestigious award bestowed by the

MTCMA. Crichton, who was at the council meeting to present an award to a former intern, was not aware of the impending presentation and was surprised and humbled by the honor.

Andrew L. Hart, Knox County Administrator and President of MTCMA was presented Crichton with the award, and said, “Peter is a humble public servant who does not seek recognition for his service, but we cannot think of a municipal leader who is more deserving of the Linc Stackpole Manager of the Year Award.”

Hart was joined by members of the MTCMA Board of Directors: Rhonda Irish, Town Manager, Town of Wilton; Ryan Pelletier, County Administrator, Aroostook County; and Scott Morelli, City Manag-

er, South Portland.

“Peter’s reputation for integrity and thoughtful leadership is impeccable and widely known,” said Phil Crowell, Auburn’s current City Manager. “His diplomatic approach to management has earned the respect of his peers, employees, and citizens alike. He is an insightful, intuitive leader who values civility and respect as the cornerstones of municipal governance, and his ability to see all sides of an issue only adds to his credibility.”

Crichton’s “integrity and passion for the Manager role has provided him with a level of respect from his peers and colleagues that is undeniable,” said Christine Landes, City Manger of Gardiner.

Falmouth Town Manager Nathan Poore said,

“Peter has been an extraordinary advocate for ensuring there will be a training ground for young and emerging leaders in the municipal management profession. Peter may not be looking for accolades or awards for his service, but he certainly deserves recognition for leaving a legacy that will serve Maine people well into the future.”

Raegan Young, a recent intern in the Auburn City Manager’s Office was also celebrated and recognized by the MTCMA. Young, who graduated last Spring from the Muskie School of Public Service, was presented with the 2020 “Dr. Edward F. Dow Award for Future Leaders in Public Administration.”

“We have had many interns over the years who have performed their duties

and projects very well,” said Crichton. “But none who have contributed so much during their internship as Raegan Young. Reagan is a remarkable person who is wise beyond her years. The projects and deliverables that she has provided will have long term benefits to the city, from her careful attention to and authorship of the Ad-hoc Recycling Committee Report, to her work on a formal internship program for high school and college/graduate school students.”

Young’s internship with Auburn spanned February to July of this year. She currently serves as Community Planner and Outreach Specialist for the Southern Maine Planning and Development Commission.

Crichton has been actively involved in local government at the municipal and/or county level for more than 30 years. He began his career in municipal government with the Town of Mars Hill as the community’s first Economic Community Development Director. For ten years, Peter served as Superintendent of Public Works and Assistant City Administrator for the City of Lewiston. Before joining the team in Auburn as City Manager in 2017, Peter served as County Manager for Cumberland County for 18 years. Crichton retired from his position as Auburn City Manager on June 30, 2020.

In his time with the City of Auburn, he took on numerous initiatives, like the creation of a Strategic Plan for the city. Peter was able to bring together more than fifty community members committed to serving over a six-month period to develop a strategic roadmap for Auburn’s future success. He started with getting buy-in from elected officials and staff, then began recruitment of local leaders and residents. This initiative has emerged as one of the best, most impactful community partnerships in Auburn’s 150-year history.

Lincoln C. Stackpole was the Town Manager of Machias from August of 1970 until he died at the age of 55 on Sept. 5, 1977. He was a corporate member of the International City Management Association; President of the Washington County Economic Development Corp. Board of Directors; a member of the Maine Town and City Management Association, and the Washington County Municipal Officials Association. He was also on the Advisory Committee of the Maine Municipal Association.

MIKE AND FRANK ARE LOOKING FOR LARGE, RARE COLLECTIONS & THINGS THEY’VE NEVER SEEN BEFORE. TELL US THE INTERESTING STORY BEHIND YOUR STUFF!

TO BE CONSIDERED, PLEASE CONTACT US AT:
AMERICANPICKERS@CINEFLIX.COM
 or leave a voicemail at **1-855-OLD-RUST**
 or on facebook: **@GotAPick**

PLEASE LET US KNOW:

- YOUR NAME, TOWN & STATE
- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777
AustinPA.com

Your Financial Team

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
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones
Chimneys • Chimney Cleaning
Repointing & Repairs
Restoration
Stainless Steel Liners

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



evergreen
custom printing inc
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
Velvet Drive

OMC **Perkins**

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

SELF STORAGE

AUBURN SELF STORAGE, LLC



23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychirome.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
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!

UPS **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

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

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS

Custom Building & Remodeling

Call 207-500-8100
For **FREE Estimates**

Call Tyler
500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography

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

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006

MAINE HOSTING
SOLUTIONS

CONTACT US TODAY FOR POSSIBLE OPENINGS FOR YOUR AD IN OUR BUSINESS DIRECTORY!

Calendar

Send your submissions to the Editor. More online.

<p>MONDAY Jan. 11 5:30 p.m. LEWISTON – Planning Board meeting via Zoom.</p> <p>7-9 p.m. GORHAM – Conservation Commission meeting.</p> <p>7 p.m. GORHAM – Planning Board meeting via Zoom.</p>	<p>WEDNESDAY Jan. 20 8 a.m. GORHAM - Gorham Economic Development Corporation meeting via Zoom.</p> <p>THURSDAY Jan. 21 6:30 p.m. GORHAM – Board of Appeals meeting. Zoom webinar: https://us02web.zoom.us/j/83618869640</p>	<p>WEDNESDAY Jan. 27 7 p.m. GORHAM - Comprehensive Plan Amendment Committee meeting via Zoom.</p> <p>MONDAY Feb. 1 7 p.m. GORHAM - Planning Board meeting via Zoom.</p>
<p>MONDAY Jan. 18 GORHAM - Town offices and Baxter Memorial Library will be closed in observance of Martin Luther King Jr. Day.</p>	<p>Monday Jan. 25 5:30 p.m. LEWISTON – Planning Board meeting via Zoom.</p> <p>5:30 p.m. GORHAM – Finance Committee meeting. Zoom webinar: https://us02web.zoom.us/j/89288915185</p>	<p>TUESDAY Feb. 2 6:30 p.m. GORHAM - Regular Town Council meeting via Zoom</p>
<p>TUESDAY Jan. 19 8 a.m. GORHAM – Ordinance Committee meeting via Zoom.</p> <p>7 p.m. LEWISTON – City Council meeting, via Zoom from City Council chambers.</p>	<p>TUESDAY Jan. 26 5:30 p.m. AUBURN – Agriculture Committee meeting at Auburn Senior Community Center in Pettengill Park.</p>	

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

NEW YEAR, NEW YOU!

Meditating on the Wisdom Of Nature

From Auburn Library

AUBURN - The Auburn Public Library will host Meditating on the Wisdom of Nature, led by certified Meditation and Mindfulness instructor Martin Gagnon.

The event will be virtual via Zoom from 4:30-5:30 p.m. on Wednesday, Jan. 13.

With a nature-based meditation practice, we can train our minds to become less reactive and more at peace. Nature has much to teach us about daily living when we are quiet enough to hear. From the plant and animal life to the natural landscape, nature-based meditation offers many lessons that

can enhance our emotional and physical wellbeing.

The session will begin with a brief lecture on meditation and why it works to reduce stress and increase calmness. No meditation experience is necessary.

For more information about services Gagnon provides, visit his website at www.mellowmainermeditation.com.

To register, or if you have any questions, contact the Auburn Public Library Reference Desk at 207-333-6640, ext. 4. When registering, be sure to give your email address; those who register will be sent a Zoom link on the day of the event to join the program.

This session is part of our "New Year, New You!" series which also features "Slow Flow Yoga" with Tisha Bremner of Inner Light Yoga -- Tuesdays through Feb. 9; and "Ten Tips Workshop: Eating Better on a Budget" with Missy North Drain of Healthy Androscoggin on Jan. 20 and 27 (this is a two-part class). These programs are also virtual via Zoom.

For more information on these or other upcoming, virtual programs, visit our auburnpubliclibrary.org, email dwallace@auburnpubliclibrary.org, or contact the Auburn Public Library Reference Desk at 207-333-6640, ext. 4.

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

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

Letter to the Editor

Wish Vs Goal for 2021

And January Starts . . .

This month not only starts with fierce weather but with a fire inside me.

They say the statistics of people making resolutions for the new year only last for a month or two, then people give up!

So I've never been one to say resolutions but I've always been "goal oriented".

Yes there are always important goals on the top of the list that are consistent every year - health, exercise, better ways to handle stress.

Goals are different for everyone.

I think it's a very personal mission and I also think it changes as we go through different phases and ages in life.

So no matter where

you are in life or no matter what your age is, think about what you want in life and where you want to go with it!

Prioritize what is most important to you.

Take good care of yourself and Start today.

Make your "Wish" a Goal!

Cynthia Chadwick-Granger Saco, ME

First Chipotle opens in Auburn

From Chipotle

AUBURN - Chipotle Mexican Grill opened its first Auburn restaurant last week, which includes the first Chipotle in Maine, a drive-thru pickup lane that allows customers to pick up digital orders without leaving their cars.

Located at 410 Center Street, Auburn, the restaurant is open every day from 10:45 a.m.-10 p.m.

Auburn-area guests can support The Farmlink

Project - a nonprofit that connects farms with food banks to feed those in need while supporting essential jobs - by rounding up their bill to the next highest dollar through the Round Up for Real Change feature in the Chipotle app or on the website.

Chipotle restaurants provide an average of 25 jobs per location, offering residents the opportunity to receive competitive benefits, including a crew bonus that gives restaurant employees the opportunity

to earn an extra month's worth of pay each year. Chipotle also offers a debt-free degree program for eligible employees to pursue a free college degree, tuition reimbursement, as well as English as a second language and access to mental healthcare for employees and their families.

Those interested in joining Chipotle on its mission to cultivate a better world can find more information at chipotle.com/careers.

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

Dad's Place

Catering Division

Weddings • Reunions • Corporate Events & More

No job too big or too small!

Call Today for a Free Quote:

207-345-9009

Professional service at an affordable price!



DadsPlaceCatering.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

Furnishings
White Iron Trundle day bed 75.00.
Full grown Ficus and Narfork Pine Trees. 50.00 Each. Must be picked up. Contact 207-461-1384 by text if more info is needed.

Cutting Boards
I have many different sizes of wooden cutting boards made from maple, oak, walnut, cherry, poplar and ash in different designs. Priced from \$10 to \$25. Would make very nice gifts. Call me at 207-577-2724.

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 cheeseales 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.

Classifieds \$10

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.

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

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 - 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.

Classified Ads

\$ 10 PER WEEK
EACH ADDITIONAL WORD 25¢

UP TO 40 WORDS!

SEND CHECK OR CREDIT CARD INFO WITH COMPLETED FORM TO:
Send payment with completed form to our
bookkeeping office: 9 N. River Road #232
Auburn, ME 04210 or email it to us!

Card # 3 digits #
on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO:

NUMBER OF WEEKS TO RUN: _____

Basement Remodel



Transform your basement to create expanded livable space to enhance your home.

No Money Down • Financing Available

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

AMERICAN BUILDERS 
Custom Building & Remodeling

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