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February 4, 2021

Junction Bowl Leagues Resume



Bill Haskell of the Right Lane team delivers in a game against Pin Me Please in week two of play for the Monday Night Strikes league at Junction Bowl in Gorham last week. (Tsukroff photo)

From Junction Bowl

GORHAM - League bowling resumed a couple of weeks ago at Junction Bowl on Railroad Avenue in Gorham.

Sebastian "Bass" Pettitt is in charge of the leagues at the lane, and said the Monday and Thursday leagues are back on the lanes, with social distancing.

Now, instead of two teams competing at the same time on two lanes, the leagues are broken up into two cohorts. Each team plays by itself on the two lanes, with the second team bowling later in the evening. Scores are then compared to determine the winner for the night.

Players are required to wear masks at all times during competition, Pettitt said.

Monday Night Strikes

The Monday Night Strikes bowling league results for week two of play.

Right Lane bested Pin Me Please in all 3 games to take the team series for the week, 2287 to 2093.

Right Lane

Brian Gonneville 225-177-220 - 622 Adam Homan 169-214-172 – 555 Colin McLean 179-173-179 - 531 Bill Haskell 194-201-184 - 579

Pin Me Please

Ashley Calvert 196-171-197 - 564 Rick Cormier 150-179-205 - 534 Heather Lavallee 145-152-133 – 430 Brendan Gow 171-188-206 - 565

The (League) Office won all 3 games and the team series for the week against Split Happens, 2289-2015.

The (League) Office

Sebastian Pettitt 231-179-180 – 590 Aidan Underwood 198-150-214 -

Nick Calvert 212-186-187 - 585

Vacant - 184-184-184- 552

Split Happens

Heather Bryant 184-134-189 – 507 Kaitlyn Lemieux 164-155-166 - 485 Erica Jackson 178-198-160 – 536 Elisabeth Maxfield 150-155-182 -

487

Two Finger Death Punch took 2 games and the team series against Cobra Kai with 1 game, 2294-2178.

Two Finger Death Punch

Timothy Bola 185-221-166 – 572 Thomas Franchetti 197-171-184 -

552

605

Jon Talbot 199-178-188 – 565 Charlie Pasquerillo 179-233-193 -

Cobra Kai

Romeo Jalbert 166-180-185 - 531 Eric Bretton 166-209-168 – 543

See Junction Bowl, page 9

Cumberland **County Schools** return to green

From Maine DOE

AUGUSTA -- The Mills Administration last week released an update to its color-coded Health Advisory System that classifies counties' relative risk of COVID-19 transmission to assist schools as they continue with their plans to deliver instruction and support to students safely.

The Maine Department of Education announced that Cumberland County has returned to a "green" designation, meaning that extra-curricular activities may resume under proper social distancing

The Maine Department of Health and Human Services (DHHS) and Maine Center for Disease Control and Prevention (Maine CDC) continue to review evidence that indicates lower transmission of COVID-19 in schools compared to the general population. Over the last 30 days, the rate of new cases is 34 per 10,000 staff and students, compared to 116 per 10,000 people statewide. This rate of new cases in schools is less than 30% of the statewide rate for the general population.

DHHS and Maine CDC assessed COVID-19 data and trends for all counties and released the following designations:

REMAIN YELLOW: Androscoggin, Oxford, and York counties continue to exceed the statewide averages for both 14day new case rates per 10,000 people and positivity rates.

NOW YELLOW: Franklin County has seen a significant increase in both the 14-day new case rate per 10,000 people and the positivity rate, which is now the highest of all counties in the state.

NOW GREEN: Cumberland County's new case rate per 10,000 people has dropped by 25%, and the positivity rate is now below the statewide average.

All other counties remain in the green designation.

Under the "yellow" designation, which indicates an increased (moderate) level of community risk, schools may consider additional precautions, such as limiting numbers of people in school buildings at the same time, suspending extracurricular or co-curricular activities including competitions between schools, limiting interaction through cohorting, or

See Schools, page 11

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Newsmakers, Names & Faces

Fontaine Family partners with Safe Voices



Gifts for the Adopt-a-Family holiday event, donated by the Fontaine Family - The Real Estate Leader of Lewiston/Auburn. (Photo courtesy of Fontaine Family)

From Fontaine Family

LEWISTON/AU-BURN - Fontaine Family - The Real Estate Leader partnered once again with Safe Voices at the end of 2020 by donating food items and gifts to their holiday donation events.

Each year, Safe Voices holds a Feed-A-Family for Thanksgiving event and Adopt-A-Family for the holiday event. Our team was matched with families within Androscoggin, Oxford or Franklin coun-

ties experiencing domestic abuse and violence during the holidays.

Although 2020 was a bit different and Fontaine Family was unable to encourage the public and local businesses to get involved as well, the team



Members of Fontaine Family - The Real Estate Leader of Lewiston/Auburn load food for donation to the Safe Voices Feed-a-Family event last Thanksgiving. (Photo courtesy of Fontaine Family)

pulled together and generously donated the food items and gifts needed for each family.

The goal every year is to collect enough food items and gifts to adopt at least two families in need. Fontaine Family is proud to continue the tradition of supporting families in need during the holidays.

Everything done at Fontaine Family - The Real Estate Leader is a team efto the community. Fontaine Family believes in giving back, because the loyalty of the community has been absolutely amazing, for which Fontaine Family is forever grateful.

The mission of Safe Voices is to support and empower those affected by Domestic Violence and engage the community in creating social change. Safe Voices is a private non-profit organization and sole profort, including giving back vider of support services and shelter operator for victims of domestic violence in Androscoggin, Franklin, and Oxford counties.

Fontaine Family -The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family Business of the Year, 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 ½ of 1% of outperforming Realtors 99.9% of the nation's Realtors.

The Fontaine Family Team serves 8 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.

Lunar New Year Celebration 2021

From CAFAM

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partnership with the University of Southern Maine Confucius Institute, will celebrate the 'Year of the

of Maine (CAFAM), in Ox' with a virtual event beginning on February 11.

> This annual Chinese New Year celebration is the largest and longest-sustaining Chinese cultural event in Maine, attracting hundreds of visitors each year to enjoy a day of live performances, speakers, crafts, displays and delicious food.

However, due to the pandemic, this year's event has been moved online to adhere to state restrictions.

This event will in-

clude festive music and lion dance performances, DIY at-home activities, informative speakers, calligraphy, links to celebrations around the world, a holiday marketplace and a live interactive cooking

CAFAM will be announcing a full program schedule, craft instructions and pre-registration for the live cooking class.

All the 2021 events, presentations and activities will be available on the CAFAM website at cafammaine.org. The virtual event is Feb. 11 and 12, with a live cooking demonstration from 4-5 p.m. on Feb. 13. Visitors can follow the events on the website.

CAFAM is a small, all volunteer, organization of about 100 individuals and families.

The group conducts three annual events - the lunar new year, a summer potluck picnic, and a moon festival celebration.

CAFAM also sponsors a Chinese language group that meets every two weeks, tai chi on Saturdays in July and August in Deering Oaks Park in Portland, and occasional events including speakers, calligraphy demonstrations, Chinese dance and Chinese puppetry.

The organization co-sponsors an archive related to the Chinese community in Maine with the Maine Historical Society. Items in that archive can be found with the search word "chinese" at mainememory,net.

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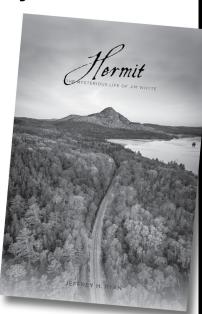
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Newsmakers, Names & Faces

Local students on Dean's lists

Bryant University students named to **Dean's List**

SMITHFIELD, RI -Bryant University is dedicated to the pursuit, recognition, and celebration of academic excellence. The University is pleased to recognize the students who have been named to the Deans' List for the fall 2020 semester.

Local students named to the Bryant U. dean's list include Christopher Tucker, class of 2022, and Brandon Desjardin, class of 2021, both of Gorham.

"The challenges of the last year have revealed the character and grit of our community of scholars," said Provost and Chief Academic Officer Glenn Sulmasy, JD, LL.M, "I am impressed and proud of their resilience, dedication, and innovative spirit."

For 158 years, Bryant University has been at the forefront of delivering an exceptional education that anticipates the future and prepares students to be innovative leaders of character in a changing world. Bryant delivers an innovative and uniquely integrated business and liberal arts education that inspires students to excel. With approximately 3,800 graduate and undergraduate students from 38 states and 49 countries, Bryant is recognized as a leader in international education and regularly receives top rankings from U.S. News and World Report. Bloomberg Businessweek, Forbes, and Barron's. Visit www.Bryant.edu.

Maine College of Health **Professions Dean's List** LEWISTON - Maine College of Health Professions' Vice President of Academic and Student Affairs, Dr. Alex Clifford recognized Abigail Perkins of Gorham for achieving Dean's List status for the fall 2020 semester.

Students must be matriculated in a degree program and achieve a semester GPA of 3.5 or greater in order to earn this designa-

President of MCHP, Dr. Monika Bissell, said, "Our students continue to impress and amaze us at every turn. In addition to the hard work that this honor recognizes, we also know that, behind many of these names, is a cadre of supportive family and friends who are cheering them on. They deserve our admiration, as well!"

SNHU Fall 2020 Dean's

List

MANCHESTER, NH - Southern New Hampshire University (SNHU) recently announced that Ethan DeBaker of Gorham was named to the fall 2020

Eligibility for the Dean's List requires that a student accumulate an academic grade point average (GPA) of 3.5-3.699 and earn 12 credits for the semester.

Dean's List.

SNHU is a private, nonprofit institution with an 88-year history of educating traditional-aged students and working adults. Now serving more than 170,000 learners worldwide, SNHU offers approximately 200 accredited undergraduate, graduate and certificate programs, available online and on its 300-acre campus in Manchester, NH. Learn more at www.snhu.edu.

Local Valentine's Day food specials

From Carters

GORHAM - Carters Green Market at 18 Elm Street in Gorham is offering specials for Valentine's

While the market plans on offering these items at the market prior to, and on, Valentine's Day, they are asking for preorders for cakes, bombs & chocolate-covered strawberries.

Place an order by phone at 207-222-0004, or come by to sign up at the market. Orders are due by February 9.

Specials for Valentine's Day include:

From Two Fat Cats Bakery:

Chocolate Cake with raspberry filling-6" \$32, 8"

Blackout cake (chocolate cake filled w/dark chocolate pudding) & Red Velvet w/cream cheese frosting 6" \$34, 8" \$42

3" Cakes of either type are available at \$14.95 each (serves 2)

Cheesecake with chocolate-covered strawberries 6" (6-8 slices) \$26, 8" 8-10 slices) \$31

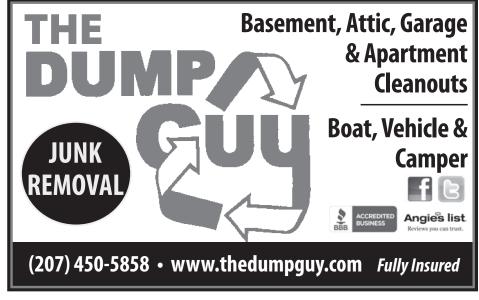
From Village Baking Company:

Individual Cheesecakes \$5.25..vanilla bean, cherry and strawberry (strawberry might be limited).

Carter's Green Market house goods:

Three Daughter's Hot Chocolate Bombs (variety)

Large Chocolate-covered strawberries: \$5.50 & \$8.50





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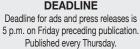
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DEP delays enforcement of bag, container ban

From Maine DEP

AUGUSTA – the Maine Department of Environmental Protection (DEP) is delaying its enforcement of the laws that ban the use of plastic carry-out bags and polystyrene foam containers products until July 1.

A statewide ban on single-use plastic carry-out bags had been scheduled to go into effect Jan. 15 and the polystyrene foam disposable food service container ban had been scheduled to go into effect Jan. 1.

The Department is taking this approach in response to several practical and logistical effects of the COVID-19 Pandemic. The COVID-19 worldwide pandemic has disrupted traditional food marketing and packaging supplies. Demand for groceries, "curbside pickup," and takeout food has increased, while the demand for paper bags and thicker reusable plas-

tic bags has also increased resulting in substantially less supply of both 4 mil reusable plastic bags and paper bags – the substitutes allowed for single-use plastic carry-out bags under the bag law. Additionally, due to concerns over possible virus transmission, many retailers have asked customers not to bring reusable bags from home, moving consumers back to store-supplied single-use

The pandemic is also causing a similar disruption with alternatives to polystyrene foam disposable food service containers that fall under the ban. In addition to a disruption in available packaging supplies, COVID-19 safety protocols have led to greater caution with handling of food and beverages and increased demand for disposable food service ware. Schools, homeless shelters, and other groups are providing more

food in disposable packaging than before the pandemic

The delay in enforcement of these bans is not intended to downplay the importance of eliminating single-use plastic carry-out bags and polystyrene foam disposable food service containers from the waste stream, but rather to address current concerns related to impacts of the pandemic. The Department strongly encourages those that use

single-use plastic carry-out bags and polystyrene foam disposable food service containers to use this additional time to focus on procuring alternatives to these products and on depleting current stocks of these products before the July 1 enforcement date. The Department previously delayed the statewide prohibition on single-use plastic carry-out bags from its effective date of Apr. 22, 2020.

Health Options ready for insurance enrollment

From Health Options

LEWISTON -Community Health Options, based in Lewiston, announced last week that is ready to respond to President Biden's executive order to reopen the Affordable Care Act's marketplaces

President Biden is calling for open enrollment in the federal insurance program from Feb. 15 through May 15.

"This reopening is a significant move that will triple the access time for people to sign up for health insurance in 2021, which is more vital than ever, given the country's historically high unemployment rate and the amount of healthcare needs brought on by COVID-19," said Kevin Lewis, president and CEO of Health Options.

Health Options was incorporated in 2011 as a response to an Affordable Care Act (ACA) loan program that encouraged nonprofit insurance cooperatives to form and provide competition to legacy insurance companies. This move increased choice for consumers, especially in underserved communities in rural areas like Maine, and was integral to increasing access to affordable, high-quality health insurance benefits. Health Options has participated in the Marketplace from its inception and has been the only carrier in the state to participate every year.

According to Kaiser Family Foundation, Maine has 63,500 uninsured people who are Marketplace eligible, and 45 percent (29,000) are eligible to receive partial subsidies,

bringing health insurance within reach for many who do not have it. The report can be found at http://bitly. ws/bygX

"Health Options wants to reach these Maine people who are uninsured or underinsured, including the many who are eligible for subsidies and tax credits that will make high quality health insurance attainable," Lewis said. "The national and local health insurance landscape can be daunting, but our Member-centric focus, dedication to improved health outcomes, and longevity in the Marketplace combine to provide Maine consumers much needed surety and guidance. Health Options is, after all, the Maine-based nonprofit insurer driven by the simple belief that all Mainers must have access to affordable, high-quality health coverage."

For more information, visit healthoptions. org or call (855) 624-6463.

Community Health Options is the only Mainebased, nonprofit, member-led health plan and self-funded plan administrator providing comprehensive health insurance benefits for individuals, families, and businesses. Health Options partners with more than 1,300 businesses and 48,000 healthcare providers in Maine. The organization recently launched PioneerASO, found at https://pioneeraso. org/, an administration offering for companies looking to self-fund employee healthcare coverage.

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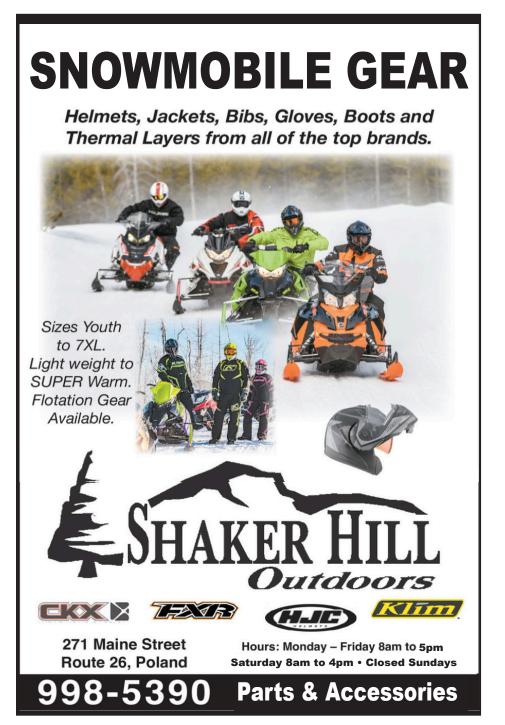


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Maine Catholic Schools Week in unusual year

Service projects and unique events highlighted at schools

From Portland Diocese

PORTLAND - Activities organized to celebrate the fun, faith, and family that define Maine's Catholic schools highlight the Catholic Schools Week were scheduled across the state from Jan. 31 to Feb. 6, according to the Roman Catholic Diocese of Portland.

Teachers and administrators hope that it's the ways in which the students will give back that will provide the most indelible memories, according to the diocese.

"We will do the best we can in this most unusual year to make this a fun and meaningful week for everyone," said Kevin Cullen, principal of St. Michael School in Augusta.

"This is a time to celebrate who we are and what makes us different from public school, how we can celebrate our faith and serve others," said Nancy Naimey, principal of St. James School in Biddeford.

The Mid Coast Hunger Prevention Program, the Make-A-Wish Maine, Bangor Ecumenical Food Cupboard, Bangor Area Homeless Shelter, Catholic Charities Maine's Refugee and Immigration Services,

Camp Waban, St. Mary's d'Youville Pavilion, Meals on Wheels, and Woodlands Senior Living are just some of the community organizations that will be the recipients of service projects during the week.

The students will also take the time to write letters, make cards, and create other gifts of gratitude for residents at nursing homes, clergy, and veterans, as well as health care workers, first responders, and local businesses for their efforts during the pandemic

Students on both campuses of St. Dominic Academy in Lewiston/Auburn are completing a variety of service projects benefitting local organizations and groups to impart the importance of giving back to the community.

Among other projects, students will create Valentine's cards for residents at St. Mary's d'Youville Pavilion in Lewiston, one of New England's largest nursing homes; participate in a "hop-a-thon" for Meals on Wheels, which fights to eliminate senior hunger and isolation issues in the community; and write letters to residents at Woodlands Senior Living, a Maine-based, family-owned senior care organization

The fifth-grade class, always known for its generosity and creativity in organizing benevolent service projects, will be collecting items for the Androscoggin Home Healthcare and Hospice like towel sets, lotion, toiletries, stationery sets, and blank cards. The items will be picked up by a doctor from the organization during Catholic Schools Week. Androscoggin Home Healthcare and Hospice is an organization about living, dedicated to enhancing quality of life

by providing innovative and compassionate medical care for all.

Hand-painted mugs, made by the students in recent months, will be delivered to local public servants and first responders in a show of gratitude for their tireless efforts during the pandemic response.

Plenty of special activities were planned for the week including a winter carnival, "minute to win it" games, theme dress days, trivia competition, and a school-wide Mass that will be live-streamed

throughout both campuses.

St. James School in Biddeford kicked off its Catholic Schools Week celebration with a Mass and take-home turkey supper on Saturday. The Mass was celebrated at 4 p.m. at Most Holy Trinity Church in Saco and live-streamed on the Good Shepherd Parish website. Students served as readers and in other capacities during the celebration. Following Mass, the dinner was served curbside outside of the hall at St. Joseph Church in Biddeford from.

On Monday, students wrote about what St. James School means to them with submissions appearing in the parish bulletins. Students also participated in a "crazy/mismatched dress down day." Thursday is also "Dress Like a Mainer" Day at the school. This Friday, students will participate in a rock/paper/ scissors contest that will also be live-streamed to students participating from home. Students will also bring in soup and monetary donations for local organi-

See Events, page 12





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

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Sebago Brewing Super Bowl snacks

From Sebago Brewing Co.

GORHAM - You say pigskin, Sebago Brewing Co. says bacon-wrapped scallops, BLATT sandwiches, and a Three Little Pigs wood-fired pizza!

There are three ways to get Super Bowl snacks:

1) Order Family Style To Go Meals at http://bitly. ws/by33 for elevated comfort food that feeds 4-6. Please order 24-48 hours in advance. (The Tasting Room does not offer Family Style Meals.)

2) Get takeout from brewpubs At 201

Southborough Dr, Scarborough; 211 Fore St, Portland; or the Tasting Room at 616 Main St. in Gorham.

3) Have food delivered through Door Dash, Uber Eats, and GrubHub.

And, of course, stock up on cans of a favorite Sebago beers, found at http:// bitly.ws/by37. Sebago Brewing Co. is filling kegs and growlers, too.

SUPER BOWL SUN-DAY HOURS: Portland and Scarborough brewpubs and the Tasting Room, will close at 6 p.m.on Sunday. Kennebunk and Gorham brewpubs are closed on Sundays.

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





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Early closing times end for businesses

From Bangor C of C

AUGUSTA - Governor Janet Mills announced last week that she will end the 9 p.m. early closing time for businesses, effective this past Monday.

The decision was the result of Maine's improving public health metrics, including a decrease in Maine's positivity rate and new COVID-19 cases per million.

Those businesses that had been subject to the requirement may now

resume evening operating hours while continuing to follow other public health and safety requirements outlined in the COVID-19 Prevention Checklists.

"We are beginning to round the corner on the post-holiday surge of COVID-19. With these improved public health metrics, and with the holidays behind us, it is appropriate to remove the early closing time requirement," said Governor Janet Mills. "At the same time, this pandemic is far from over. As

we continue to get shots into as many peoples' arms as quickly and efficiently as possible, it is crucial that Maine people continue to wear masks, watch their distance, and avoid gatherings whenever possible. Doing these basic things will help us put a lid on this virus and get back to normal faster. That will be great for Maine people and great for Maine businesses."

The early business closure addressed a higher risk of COVID-19 trans-

mission during later hours when people are more likely to lower their guard and not adhere to critical public health and safety measures. The early closure measure - similar to that in other states - allowed businesses to stay open with daytime operations and continue curbside pick-up and delivery service after 9 p.m. The requirement began on November 20, 2020 and was extended on December 30, 2020.

Last Thursday, Maine reported a seven-day PCR

positivity rate of 3.64 percent, a decrease from 5.89 percent on December 31, 2020. Further, Maine's 7-day new case rate has declined by 35 percent in the last two weeks.

Checklists forIndoor Amusement;Outdoor Amusement;Movie Theaters;Performing Art Venues;CasinosandSeated Food and Drink Servicehave been updated to reflect this change. All COVID-19 Prevention checklists can be viewed on the Department of Economic and

Community Development's website.

To help businesses impacted by the pandemic, the Mills Administration created the Maine **Economic Recovery Grant** Program and the Tourism, Hospitality, and Retail Recovery Program, awarding \$235 million to 5,294 businesses and nonprofits across the state. In total, the Mills Administration has provided more than \$250 million to support Maine businesses throughout the pandemic.

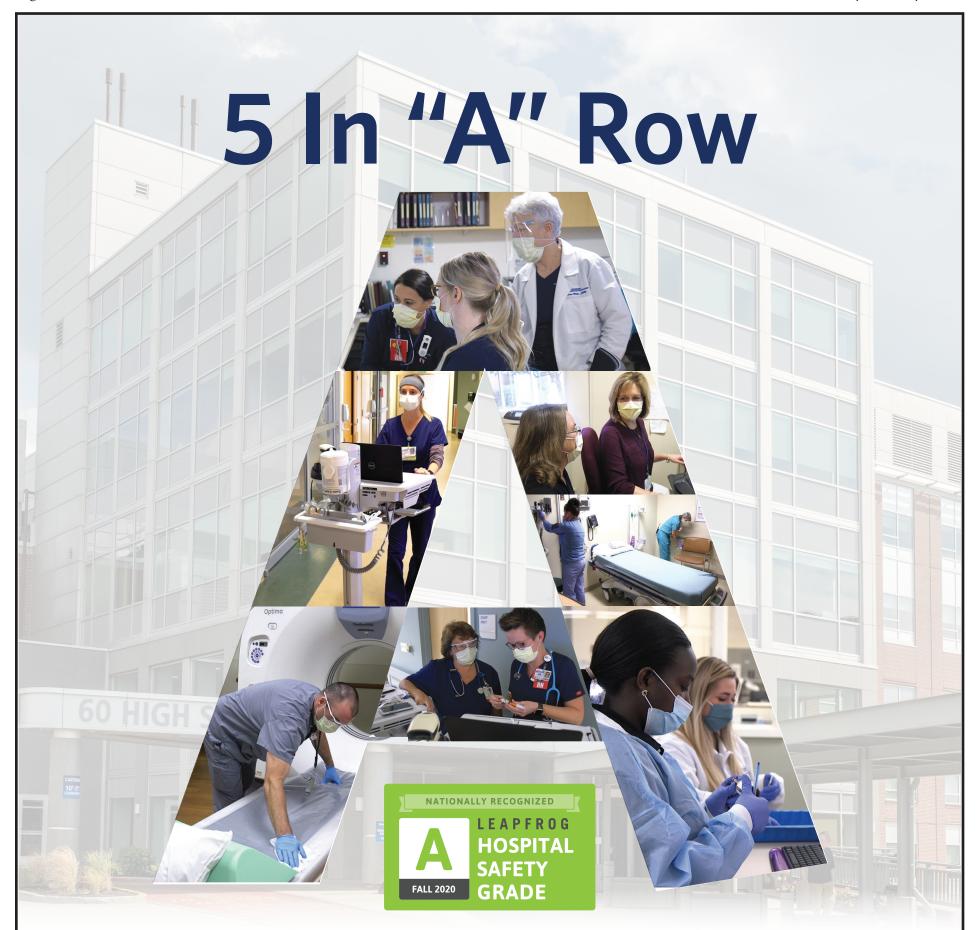




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We Did It Again...Together

At Central Maine Medical Center, patient safety is a top priority, and we are proud to be nationally recognized in the most recent Hospital Safety Grades released by The Leapfrog Group. This distinction validates our team members' ongoing commitment to providing high-quality care and driving the best outcomes for our patients.



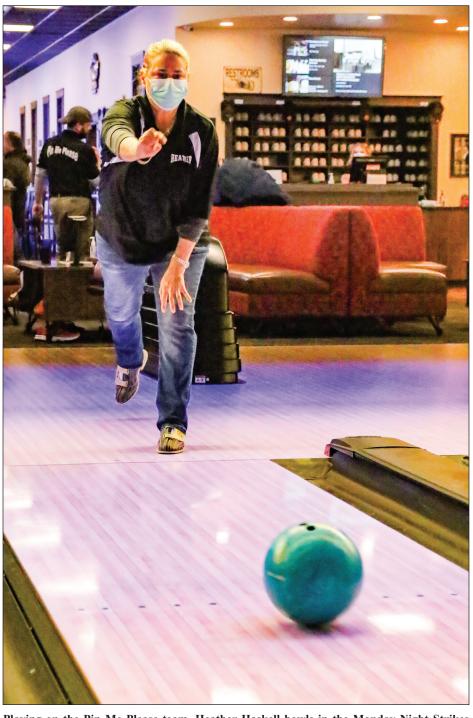




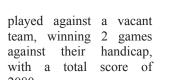


The Leapfrog Hospital Safety Grade is an elite designation from The Leapfrog Group, a national, independent watchdog that sets the highest standards for patient safety in the United States.





Playing on the Pin Me Please team, Heather Haskell bowls in the Monday Night Strikes league at Junction Bowl in Gorham in week two of league play last week. The Right Lane team bested Pin Me Please in all three games, 2287-2093. (Tsukroff Photo)



The Gutter Rats
Ben Smith 148-186-

185 – 519 Amy Pompeo 156-180-159 – 495

Shawna LaPierre 143-196-174 – 513 Gary LaPierre 204-

181-168-553



Adam Homan bowling for the Right Lane team in the Monday Night Strikes league at Junction Bowl on Railroad Avenue in Gorham during week two of league bowling last week. League bowling had been shut down for much of the pandemic. (Tsukroff photo)



Junction Bowl

201-160-523

228-204-581

The

Continued from page 1

Kenneth Reno - 162-

Jordan Bretton – 149-

Gutter Rats

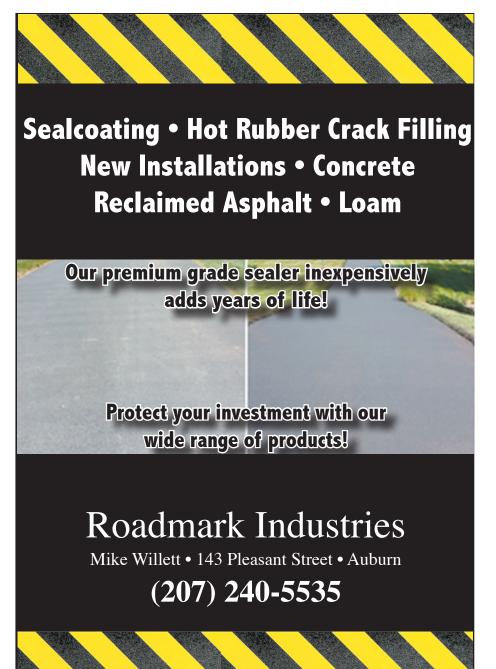


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Online Education classes for February

From Seniors Plus

LEWISTON - SeniorsPlus has announced its Online Education Center classes for February 2021.

Due to the pandemic and current CDC guidelines, all classes are held virtually at this time.

Classes and workshops are free, unless noted. Participants may register by emailing edcenter@ seniorsplus.org or calling 795-4010 or 1-800-427-1241. For more information, visit seniorsplus.org/ education-center.

CLASSES Banking in 2021 **Date:** Tuesday, Feb-

ruary 2 10:00-Time: 11:00AM

Instructor: Kendra Wheeler, Branch Manager at Bangor Savings Bank

Location: Zoom

Banking used to be simple. You would walk into a bank, withdraw or deposit money, and be on your way. But with changing times, comes new ways to do your banking. For better or worse, banking has evolved and we want to make sure you know all of your options. Join Kendra as she reviews the following and more!

- 1. What to look for in a bank in 2021
- 2. How can you protect yourself and loved ones while banking online.
- 3. Did you accidently share your banking accounts numbers? What now?

Introduce Your Pet(s) - A Social Hour!

Wednesday, Date: February 10

Time: 3:30-4:30PM **Instructor:** SeniorsPlus Staff

Location: Zoom

Does physical distancing have you feeling down? Let's try to connect

for some fun - we want 12:00PM to meet your pet and hear from you! Join us with your pet(s), photos of your pet(s) past, or just yourself. We can't wait to meet your furry-friends!

What is Relay Conference Captioning?

Date: Thursday, Feb-

Start time: 1:00-2:00PM Debra

Presenter: Bare-Rogers, Disability Rights Maine

Location: Zoom

Video conference calls are becoming commonplace for many employees and employers. For some individuals, understanding what is being said on these calls can be difficult. Relay Conference Captioning (also known as RCC) is for individuals who are Deaf, hard of hearing or have speech difficulty hearing loss who want to actively participate in multi-party teleconference calls, and videoconferences, such as Zoom.

Want to see what RCC looks like? Go to http://bitly.ws/bykq

Debra Bare-Rogers, TRS Advocate at Disability Rights Maine will be presenting. Debra will share how she uses Relay Conference Captioning and her experience as a woman with adult on-set hearing loss. Additional hearing loss resources, such as the Maine Relay and the Telecommunications Equipment Program (TEP) will be shared at this informative online presen-

Join us to learn about these no-cost relay services available to Maine resi-

Writing Your Life

Date: Thursdays, February 11, 18, 25, March 4, 11, & 18 (6-weeks)

Time: 10:00-

Instructor: Connie Jones, Surprised by Aging Location: Zoom

We've all got stories! Wouldn't it be great if we wrote them down - for ourselves and our families and friends? This informal class will get you on the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all! Class limited to 8 people.

Zoom 101: Using Video Technology to Stay Connected

Date: Friday, February 12 OR 26

Time: 1:00-2:00PM Instructor: SeniorsPlus Staff

Location: Zoom

Join us for this 1-hour class to become more familiar on how to use Zoom to participate in SeniorsPlus' online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You do not need a video camera for your computer, although it is helpful. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

Zooming Together While Physically Apart Date: Wednesday,

February 17 Time: 10:00-

11:00AM Location: Zoom

SeniorsPlus has partnered with River Valley Healthy Communities Coalition and Healthy Oxford Hills to host Zooming Together While Physically Apart! We invite you to join us for our monthly Zoom call where we will spotlight a specific topic before opening up the conversation to the group

together. In February we will be spotlighting the importance of being able to recognize fraud, scams, and what to do about it.

- this is a time to learn, so-

cialize, laugh, and have fun

To help with food insecurity during this time, River Valley Healthy Communities Coalition will also be giving away one Hannaford gift card to an attendee.

Crafting Corinne

Date: At your convenience

Time: At your convenience

Material Pick-Up: Week of February 24 (subject to change based on current CDC guidelines)

Instructor: Corinne Saindon

Location: Pre-recorded video/instructions

Cost: \$5.00 for 2 project kit

Kids and grandchildren are so darn fun and cute. We will create a couple of interactive cards for them. All supplies provided except adhesive. Class limited to 10 people.

Medicare Made **Simple**

Date & time: At your convenience

Instructor: SeniorsPlus Staff

Online Location: video

Reach out to receive this pre-recorded Zoom class to learn how to navigate Medicare with this introductory course. Learn

about your insurance options with Medicare, when to enroll or change plans, and how state law may affect your choices. This presentation is perfect for people who are new to Medicare or anyone who currently has Medicare and would like to learn more.

Cyber-Senior Mentors - A Tech Resource

Date & time: At your convenience - varies

Instructor:

ber-Senior Phone Location:

and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or 1-1 technology support, please reach out to us for their information. They have trained volunteers standing by to answer your tech questions and also to help you sign up for online training sessions.

Caregiver Support Groups

Dates & Times:

Monday, February 8 from 5:30-7:30PM

Thursday, February 25 from 8:00-10:00AM

Location: Zoom or Telephonic

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

Caregiver Support Newsletter

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter in September? The goal of the newsletter is to share caregiver specific resources and opportunities to those in need.

If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out. We're happy to add you to our mailing list

OTHER GROUPS Coffee & Comfort Date: Monday, Febru-

Time: 3:00-4:30PM **Instructor:** Beacon Hospice Staff

Location: Zoom or Telephone

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

Grieving Between the Lines

Thursdays, Dates: February 11 through March

Time: 10:00-11:30AM Facilitator: Androscoggin Home Healthcare + Hospice Staff

Location: Zoom or Telephone

We are excited to partner with experts at Androscoggin Home Healthcare + Hospice to host a new and exciting group! This book club will focus around bereavement and grief support. The book to read for February is tuesdays with Morrie by Mitch Albom. The group will meet weekly for 4 weeks to gain support through discussion of the book. The group will be able to host a maximum of 15 people.

If you or someone you know could benefit from this, please reach out. Pre-registration is required and those who register will receive the link to join after registering. To register, please contact Amy Dulac, Bereavement Coordinator at amy.dulac@androscoggin. org or 795-9468.

Knitting Virtual Group

Dates: Every other Wednesday - February 10 and 24

Time: 5:00-6:00PM Group Lead: SeniorsPlus Staff

Location: Zoom

Join our knitting group to work on your own project, learn from others, and socialize!

HEALTHY LIVING FOR ME

We have scheduled our 2021 HL4ME virtual workshops! Workshops currently include Tai Chi for Health & Balance, Better Health NOW, Better Health Now with Diabetes toolkit, Better Health Now with Pain toolkit, and our Living Well workshops through Zoom! Below is a short list of upcoming workshops and their schedules. If you are interested in registering for one and don't see a day and time that work for you - reach out! We have other workshops scheduled throughout 2021 and would be happy to get you into a workshop that works best for you and your schedule.

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

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Loaves & Fishes ministry acts in 'Significant Ways'



From Portland Diocese

SABATTUS - A ministry with a sole mission of aiding people in crisis in the Sabattus area, Loaves & Fishes, operated by the Dominican Sisters (O.P.), has faced challenge after challenge during the pandemic.

Located at the Sisters' convent on Lisbon Road in Sabattus, Loaves & Fishes has been providing food and clothing to those in need since 1997. The food pantry serves residents of the community who are in need, regardless of religious affiliation.

When the COVID-19 crisis began, the number of local people in need rose and continued to grow when another area food pantry was forced to close.

"Our food pantry clients have become more numerous because of unemployment and because of that closure. More people needed help with housing, rent, utilities, and medical expenses. Mortgages have become a little too high for them right now, risking loss of houses and cars. These people have to make choices between buying food and paying utilities and other bills. We needed to step up and help," said Sr. Jacqueline Provencher, O.P. "We have been able to help many by giving them food for their families and paying some of their bills."

The first step in confronting the increase in need was to ensure that Loaves & Fishes as well as the sisters' thrift shop, Hidden Treasures, would still be able to continue offering support.

"The first area affected was our resources," said Sr. Jacqueline. "Without those resources, we would have very little to offer to people in need. We depend on donors who contribute financially. During the pandemic, because of unemployment and uncertainty about the future, some of our donors had to significantly cut back on their donations. We also rely on the Loaves & Fishes Bingo for our financial base and we have not been able to have Bingo since March."

But finding ways to survive and thrive in the face of extraordinary circumstances is nothing new for the Dominican Sisters, who arrived in Sabattus to serve the local community in the late 1920s, farming, raising cows and chickens, and even picking string beans and strawberries. It was in the mid-1990s that the Dominican Sisters, led by Sr. Lucille Fournier, O.P., devoted themselves to providing food and clothing to those in need through the Loaves & Fishes ministry.

"Our vision and that of Loaves & Fishes' founder, Sister Lucille, is to proclaim the Word of God and to act in significant ways," said Sr. Jacqueline. "This is the reason we support and continue Sister Lucille's dream of helping the needy through Loaves & Fishes.

Sr. Lucille died in 2014, but her spirit and enthusiasm can be felt and seen in the ways in which the sisters have approached the present uncertainties. People are in need, and Loaves & Fishes must be there to help, a mission that has pulled at the heart strings of community members as well.

"During the Thanksgiving and Christmas seasons, Loaves & Fishes received numerous donations from local residents. In particular, the Thanksgiving Food Drive at Prince of



Peace Parish and the donations from Prince of Peace parishioners provided enough resources for us to be able to distribute turkeys and festive food baskets to over 100 families in our area," said Sr. Jacqueline. "The Knights of Columbus and their Coats for Kids program allowed us to give warm jackets, hats, and scarves to numerous families. At Christmas, again thanks to local donors, we were able to maintain our Giving Tree program, providing gifts for children and their families. Some of our donors have turned over their stimulus checks to Loaves & Fishes in an effort to give back to those who have less."

That support, as well as the extraordinary dedication of the volunteers who serve in the ministry, have been invaluable, particularly when the crisis hit home

"Some of our volunteers contracted COVID-19

and had to be hospitalized. Right now, one volunteer is in the ICU, on a ventilator, and in an induced coma," said Sr. Jacqueline. "We ask for prayers for him, his family, and so many others who are in the same situation. Our volunteers are precious."

And the crucial support and love that the community can count on at Loaves & Fishes has felt as precious, valued, or more gratefully received than today.

"We are surviving because of the generosity of many and because of our volunteers who have never given up," said Sr. Jacqueline.

If you can help Loaves & Fishes, financial donations, non-perishable food items, and clothing and furniture for Hidden Treasures will help the program continue offering assistance to area residents in crisis.

For more information on how to can help, visit the

Dominican Sisters' website at www.sabattusdominicans.org or email loavesandfishessabattus@yahoo. com.

Donations in the form of a check can be made out to "Loaves & Fishes" and mailed to: Loaves & Fishes, 61 Lisbon Road, Sabattus, ME 04280.

Items for purchase at Hidden Treasures can be viewed and scheduled for pickup on the thrift shop's Facebook page (www.facebook.com/Loaves-FishesHiddenTreasures), and updates on the food pantry are provided frequently at the Loaves & Fishes Facebook page at http://bitly.ws/bykY

Anyone with an emergency need who lives in the Sabattus area and has exhausted all other means of help, may call Loaves & Fishes at (207) 375-8399 on Mondays through Fridays from 9 a.m. to noon or email loavesandfishessabattus@yahoo.com.

Schools

Continued from page 1

other measures based on the unique needs of each school community.

These designations are made out of an abundance of caution and for the consideration of school administrative units in their decisions to deliver instruction.

It is essential that school districts across the State of Maine continue to implement plans that adhere to the six requirements for returning to in-person instruction, regardless of their county's designation.

The Health Advisory System reflects ongoing analysis of evolving data, and serves as one piece of information that school and district leaders can use to make decisions about how to deliver education during the school year. The Health Advisory System can be found on the Maine DOE website in Part I of the Framework for Reopening Schools and Returning to In-Person Classroom Instruction at http://bitly.ws/bymQ

The next update will be provided on Feb. 12.

Updating this advisory on a two-week basis aligns with the incubation period for COVID-19 and allows for greater stability in the trend data for small counties.

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



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207.784.6295 buck@pro-pc.us Page 12 Thursday, February 4, 2021

More Than \$14.6 Million to Combat Homelessness

From U.S. Sen. Collins

Washington, D.C. – U.S. Senator Susan Collins (R-ME), the Ranking Member of the Housing Appropriations Subcommittee, announced that ten organizations and state agencies in Maine have been awarded a total of \$14,625,379 to support housing assistance to homeless individuals and families

The assistance is also for those fleeing domestic violence, sexual assault, and stalking. This funding was provided through the U.S. Department of Housing and Urban Development's (HUD) Continuum of Care Program.

"These funds will provide a critical supply of affordable housing and an array of vital services to homeless individuals and families, as well as victims of domestic violence," said Senator Collins. "As the Ranking Member of the Housing Appropriations Subcommittee, I have cham-

pioned funding for this important grant program, and I will continue to work to prevent and end homelessness. This funding will help ten organizations and state agencies provide shelter and warmth to those who need it most."

New Beginnings Inc. in Lewiston received \$164,339;

The City of Bangor received \$1,035,914;

Community Housing of Maine, Inc. in Portland received \$28,413;

Kennebec Behavioral Health in Waterville received \$47,251;

Maine State Housing Authority in Augusta received 1,241,225;

OHI in Bangor received \$40,566;

Preble Street in Portland received \$1,094,015;

Tedford Housing in Brunswick received \$16,283;

Through These Doors in Portland received \$297,486; and

The State of Maine re-

ceived \$10,659,887.

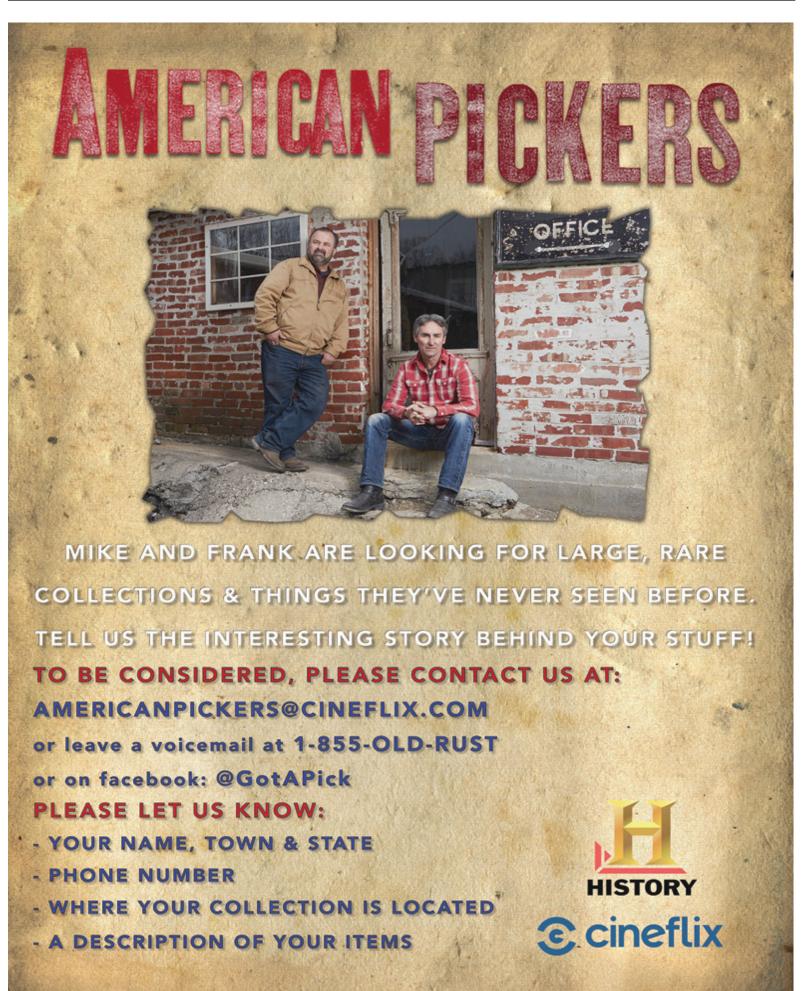
As the Ranking Member of the Housing Appropriations Subcommittee, Senator Collins worked to secure \$3 billion in the fiscal year (FY) 2021 Transportation, Housing and Urban Development Appropriations Bill to help communities design and implement local solutions to end homelessness. This legislation was signed into law last month.

The CoC Program is designed to promote a community-wide commitment to

the goal of ending homelessness; to provide funding for efforts by nonprofit providers, States, and local governments to quickly re-house homeless individuals, families, persons fleeing domestic violence, and youth while minimizing the trauma and dislocation caused by homelessness; to promote access to and effective utilization of mainstream programs by homeless individuals and families; and to optimize self-sufficiency among those experiencing homelessness.

Follow us on Facebook!

Don't miss our weekly giveaways!



Events

Continued from page 5

zations on Friday as part of its own "Souper Bowl."

At St. Thomas School in Sanford, each day of Catholic Schools Week features an element of spirit, a fun activity, a prize or treat, a service project, and more.

On Friday, Catholic Schools Week will wrap up at St. Thomas with the students wearing the attire of their favorite sports teams; participating in athletic competitions; and making Valentine's Day cards for local nursing homes.

Catholic Schools Week at Holy Cross School carried on its tradition of forming teams featuring representation from different grades that worked and spent time together during the week. The teams were named last Friday before the week officially kicked off with a special Mass at St. Maximilian Kolbe Church in Scarborough on Saturday. A selected group of families represented the entire school at the socially distanced, crowd-limited Mass, which was live-streamed.

On Friday, the school will honor faculty, staff, and volunteers and compete in school-wide trivia competitions

The fun began at St. Brigid School in Portland last Friday with a door decorating competition.

Each grade is also collecting goods and assembling kits for maineneeds. org. The organization strives to help individuals and families in Maine meet their basic, material needs by providing donated clothing, hygiene products, household items, and other necessities. The organization focuses its work on those starting life over from scratch: domestic abuse survivors, asylum seekers and those facing financial hardships. Maineneeds.org partners with schools, caseworkers, nurses and nonprofits to provide these material resources.

The students will also make cards and write letters for veterans, priests and women religious, and local, state, and national politicians.

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EVERY TUESDAY 10:30-11:15 a.m.

LEWISTON - Lewiston Public Library - Virtual Preschool Babytime & Storytime, Children 0-5 are welcome to join the fun on Zoom as Ms. Jackie uses interactive songs and stories to introduce children to the world of books, learning, and the library. Call 207-513-3133 for details and registration.

1ST AND 3RD **TUESDAYS** 11:30 a.m.

LEWISTON - Lewiston Public Library - Virtual Book Chat. Join LPL staff via Facebook Live for a weekly conversation about what we're reading. Make suggestions, share your thoughts, find resources, and get personalized recommendations from our librarians!

MONDAYS IN FEBRUARY

LEWISTON - Green Dot Bystander Intervention techniques! For every member of a community to use, both proactively to change our culture for the better and reactively to minimize harm. None of us can do everything, but each of us can do our part to make Lewiston-Auburn a safer and more welcoming community.

Hosted by Lewiston Public Library, Green Dot Lewiston-Auburn is offering 2-hour bystander intervention training using Zoom. These are interactive, last about two hours, and are limited to 15 adult participants per session. Registration is required at https://www. greendotla.org/schedule.

Choose from one of the following sessions:

Monday, Feb. 8, at 2

Monday, Feb. 15, at 10 a.m.

Calendar

Send your submissions to the Editor. More online.

Monday, Feb. 22, at

THURSDAY Feb. 4

4 p.m.

AUBURN - Cable TV Advisory Board meet-

4-5 p.m.

AUBURN - The Auburn Public Library will host a book discussion -"The Hidden Life of Ice: Dispatches from a Disappearing World" by Marco Tedesco with Alberto Flores d'Arcais; translated by Denise Muir; foreword by Elizabeth Kolbert. For more information on this or other upcoming, virtual programs at the Auburn Public Library, visit auburnpubliclibrary.org, call the Reference Desk at 207-333-6640, or email dwallace@auburnpubliclibrary.

MONDAY

Feb. 8 5:30 p.m.

LEWISTON - Planning Board meeting via Zoom.

5:30-6:30 p.m.

LEWISTON - Finance Committee meeting at City Hall Administrator's Conference Room.

TUESDAY Feb. 9

6 p.m.

AUBURN – Planning Board Meeting.

6 p.m.

LEWISTON - City Council workshop via Zoom at http://www.lewistonmaine.gov/2021cc

7 p.m.

GORHAM - Conservation Commission meeting via Zoom.

WEDNESDAY Feb. 10

4:30 p.m.

AUBURN - Lewiston-Auburn Transit Committee (LATC) meeting.

6:30 p.m.

AUBURN - Parks & Recreation Advisory Board meeting.

7 p.m.

GORHAM - School Committee meeting via Zoom.

> **MONDAY** Feb. 15

Presidents' Day

TUESDAY Feb. 16

7:30 a.m.

AUBURN - Auburn Public Library Board of Trustees meeting.

8 a.m.

GORHAM - Ordinance Committee meeting via Zoom.

4 p.m.

AUBURN - Auburn Sewer District Trustees meeting.

6 p.m.

AUBURN - Conservation Commission meet-

6 p.m.

LEWISTON - City Council meeting.

6:30 p.m.

GORHAM - Tentative recurring Town Council workshop via Zoom.

WEDNESDAY Feb. 17

8 a.m.

GORHAM - Gorham Development Economic Corporation meeting via

4 p.m.

AUBURN – Auburn

Water District Trustees meeting.

THURSDAY Feb. 18

8 a.m.

AUBURN - 9-1-1 Committee meeting.

Noon-1 p.m.

LEWISTON - Lewiston Public Library - Great Falls Forum. This is a free, monthly series featuring statewide and regional leaders in public policy, business, academia and the arts streaming virtually via Zoom and streamed to the Lewiston Public Library Facebook page. This month's forum features Youth Studies scholar Dr. Andrea Breau, on the topic, "It's a lot of pressure for us to understand this stuff: Lessons About Race and Place from Lewiston's Teenagers."

6:30 p.m.

GORHAM - Board of Appeals meeting via

MONDAY Feb. 22

5:30 p.m.

LEWISTON - Planning Board meeting via

5:30-6:30 p.m.

LEWISTON - Finance Committee meeting at City Hall Administrator's Conference Room.

TUESDAY Feb. 23

5:30 p.m.

AUBURN - Agriculture Committee meeting.

WEDNESDAY Feb. 24

7:30 a.m.

AUBURN - Auburn Housing Authority Board of Commissioners meet-

Noon

LEWISTON - Lewiston Public Library - Read

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Your Mind: Exploring Mental Health in Teen Books.

This is a monthly,

virtual series focusing on teen mental health & wellness with YA authors and community health experts. In February, the library is hosting authors Adib Khorram, Mark Oshiro & Julian Winters to discuss how the

intersection of masculinity, queerness, and racial and cultural identity impact teen mental health. Contact hchance@lewistonmaine. gov or call 207-513-3135 to register.

6 p.m. AUBURN - Complete Streets Committee meeting.

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

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Classified Ads

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

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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 To 40 Words!

\$ 10 PER WEEK
EACH ADDITIONAL WORD 25

Send CHECK OR CREDIT CARD INFO WITH COMPLETED FORM TO:
Send payment with completed form to our
bookkeeping office: 9 N River Road #232

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:

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Basement Remodel



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

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

