



# TWIN CITY TIMES

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## Steps For Survivors will take place in May

From Safe Voices

AUBURN - Safe Voices domestic violence resource center will conduct Steps For Survivors, a virtual community event, during the month of May.

The event challenges participants to collectively run or walk 4,400 miles, equal to the approximate number of square miles in the organization's tri-county footprint.

Registration is open through April 30 at [www.safevoices.org](http://www.safevoices.org).

Event coordinator Becca Tinkham said, "Our goal for this event is to spread awareness about domestic violence and sex trafficking, and to engage the community in supporting every person's right to feel safe and live free from violence."

Safe Voices serves more than 1,700 survivors of domestic violence and sex trafficking in Androscoggin, Franklin, and Oxford counties each year. The Steps for Survivors event is being conducted instead of the organization's annual 5K event, in response to ongoing concern regarding COVID-19.

Unlike a one-day road race, Steps for Survivors participants set a personal goal and log their miles from May 1 to May 31. Safe Voices is also inviting participants to raise funds by collecting donations inspired by their walk/run efforts. All money raised will support local services for victims of domestic abuse and violence and sex trafficking and sexual exploitation.

Those wishing to support the cause from the comfort of their living rooms can donate \$44 for the "Couch Potato" experience, which includes a surprise gift.

For the event's top fundraisers, Safe Voices has partnered with The Woods Maine, a Norway-based brand, to raffle a two-night stay in The Treehouse, a luxury treehouse cabin designed by Pete Nelson. Additional incentives from local businesses will be raffled to participants who reach other goals and milestones.

Steps for Survivors is presented by Platz Associates.

See Survivors, page 14

## First-timer crowned as Mrs. Maine America

By Nathan Tsukroff

DURHAM – A suggestion from a former Mrs. Maine America prompted Durham resident Alecia Jack to compete in her first-ever pageant, and she emerged the winner for 2021.

"I was approached by a former 20210 Mrs. Maine America (Christine Blake) and she asked if this was something I would be interested in," Jack said.

"I asked if this is just a beauty contest, or is there more to it?" and was told there was "totally more to it."

"There's a lot of interaction with other women. These other women are very accomplished women, they are 'power women' and there's a lot of networking between them and the business community. And so that's what intrigued me," Jack said.

Working as a Senior Claims Adjuster in the Property & Casualty Insurance world, Jack, 36 years old, has been married to her husband, Jason, for 13 years. They share two "fun-loving boys", Bryson, 10, and Dawson, 6.

The pageant is part of the Mrs. World organization and took place earlier this month at the Doubletree Hotel in South Portland. As this year's winner, Jack will go on to compete in the Mrs. America pageant in Las Vegas in November. The winner of that pageant will then compete for the international title of Mrs. World.

Traditionally a spring event, last year's Mrs. Maine America pageant had been postponed three times, taking place in September.

Getting to the pageant involved community service and meeting with the other contestants to learn more about the competition, Jack said.

The Mrs. Maine America judging was in three parts. Each contestant had a four-minute interview with each of the four judges, which counted as 50% of their final score. A swimsuit competition based on stage presence, style, confidence, and beauty was 25% of the score. The final 25% of the score was the evening gown competition, based on the competitor's poise, posture, grace, elegance, confidence, beauty, how well they carried



Alecia Jack of Durham was crowned Mrs. Maine America in a pageant at the Doubletree Hotel in South Portland in early April. She will compete in the national Mrs. America competition in Las Vegas in November, with the winner of that pageant going on to the Mrs. World competition. (Photo courtesy of Alecia Jack)

themselves, and how well the gown complimented them.

"The interview was being real and true to the judges, answering honestly, and presenting what you can offer to the community," Jack said.

"My goal is to represent the state, so at the national competition, I want to be able to express what our state represents," she said. "I want to be involved with the (local) community as much as I can."

Jack was going to help with community clean up this past weekend, but that event was cancelled due to the bad weather. Her next event will be with the Habitat for Humanity, she said.

Jack's platform for the competition was mental and physical health. She spoke about Breathe To Perform, a local orga-

nization that "focuses on really simple breathing techniques for an individual to do, whether it's in sport to help with endurance, or it comes down to daily anxiety – breathing techniques that can help manage that. And furthermore, like physical activity, like simple things that people can do in their everyday life, and simple nutrition that they can do to have a better lifestyle (and) live longer."

She said this platform is "a passion of mine. It always has been! I am somebody that I don't like to go to an extreme level for fitness or nutrition. I want something to be easy, something you don't have to think about too hard."

When her boys were babies, she would "find really simple things to incorporate veggies in colors on their plate, so it was something they were used to since they were little." She would make quesadillas with tufts of broccoli and peppers, and "they saw the colors, they loved the flavors," she said.

Jack said she is reaching out to local schools and organizations, starting with Physiology First, which bills itself as a nonprofit organization that shares leading-edge tools to mitigate stress and anxiety and peak cognitive performance with students, parents, and educational leaders. Located in Portland, Physiology First is a sister organization to Breathe to Perform. "I've partnered with them to get awareness out there," she said.

There were five women competing for the Mrs. Maine America title this year, and five competing for the Miss Maine for America strong title. The field was smaller this year, due to the COVID-19 pandemic.

Patricia Schimpf, competing as Miss Hancock County, took the title this year for the Miss Maine for America strong pageant, which crowned its first winner in 2019. Debra Pronovost, executive state director of the Maine pageants for Mrs. America and Miss for America strong, said that national director David Marmell wanted to highlight single women 18 and over and give them a system to celebrate their accomplishments and a platform to continue initiatives in their communities that are important to them.

See America, page 8

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# Newsmakers, Names & Faces

## RTT Celebrates Volunteers Contributions



Trish and David Vaughn, Barn Volunteers of the Year at Riding To The Top in Windham, have gotten their "exercise" several days a week throughout the year, helping to keep the barn and paddocks clean. (Photo courtesy of RTT)

### From RTT

WINDHAM - The pandemic and associated restrictions did not stop volunteers from contributing time and talent to Riding To The Top of Windham in 2020.

Despite being closed for nearly four months and needing to modify lessons once the farm was able to re-open, volunteers still collectively donated over 5,500 hours of service last year to the therapeutic riding center.

Volunteers at RTT worked in the barn, in lessons with clients, exercised horses, repaired and maintained the facilities and trails. Volunteers also served on the Board of Directors.

RTT is celebrating the significant impact their volunteers make on the organization during National Volunteer Appreciation week-April 18-24.

Executive Director Sarah Bronson said, "RTT is fortunate to have many committed and passionate volunteers. We truly would not be where we are today without the hearts and hands of so many individuals who are at the farm each and every day. In our eyes, all of our volunteers are our heroes, but each year we recognize volunteers in certain categories."

This year, RTT recognized Pat Niboli as Volunteer of the Year; Maddie Hurley as Youth Volunteer of the Year; Janis Childs as Administrative Volunteer of the Year; Sue Smith as Rookie of the Year; Trish and David Vaughn as Barn Volunteers of the Year; and Lisa Fink for the Volunteer Schooler Award.

RTT also recognized

Elizabeth Holmstrom of Mindful Employer, and The Platz Family for outstanding volunteer contributions.

Volunteer Coordinator, Nick Doria said, "We missed our volunteer picnic last year but hope to have an outdoor gathering later this summer." Meanwhile RTT plans to post thank you signs and distribute goodies to show their appreciation of its volunteers.

This year a number of RTT volunteers will receive Presidential Service Awards and will be recognized on the Maine "Roll of Honor."

President's Volunteer Service Award

Since 2003, the President's Volunteer Service Award has recognized the important role of volunteers in America's strength and national identity. This award honors individuals whose service positively impacts communities and inspires those around them to take action, too. The PVSA has continued under each administration, honoring the volunteers who are using their time and talents to solve some of the toughest challenges facing our nation.

Bronze Level Awardees, for Adult 100-249 hours/Young Adult 100-174 hours, are Clayton Peters, Diane Powers, Elizabeth Wood, Fran Maxwell, Maureen Mathieu, and Stacie Hamilton Waldron.

Silver Level Awardees, Adult 250 to 499 hours/Young Adult 175-249 hours, are David Vaughn, Trish Vaughn, Janis Childs, and Patty Shaw.

Gold Level Awardees, Adult 500 or more hours/Young Adult

250 or more hours, are Dan Morabito, Lina Jordan, and Pat Niboli.

Niboli was also given the Lifetime Award for 4,000 or more volunteer hours.

The Maine Governor's Awards for Service and Volunteerism Celebrates and recognizes the role of citizen volunteers in the success and vitality of Maine communities. At the same time, the awards seek to inspire others to be active in civic life and follow in the footsteps of those recognized.

Volunteers on the Maine Adult Roll of Honor include Dan Morabito, Pat Niboli, David Vaughn and Trish Vaughn. The Youth Roll of Honor includes Maddie Hurley and Lina Jordan.

Founded in 1993, Riding To The Top Therapeutic Riding Center's (RTT) mission is enhancing health and wellness through equine-assisted services. RTT is a PATH Intl. Premier Accredited Center (Professional Association of Therapeutic Horsemanship International).

RTT is the state's only year round PATH Intl. Premier Accredited Center solely dedicated to serving people with disabilities through equine-assisted services.

A community-based nonprofit, RTT receives no federal or state funding and provides scholarships to over 60% of its clients.

Currently, visitors at the farm are limited due to COVID-19 restrictions.

For more information about client services, volunteering, or making a gift, visit [www.riding-tothetop.org](http://www.riding-tothetop.org) or call 892-2813.

## Scholarships for Students Pursuing Business Degrees

### From Maine CF

ELLSWORTH & PORTLAND - Applications are currently being accepted for the Maine Community Foundation's Patriot Education Scholarship Fund.

This renewable scholarship supports graduates of a Maine high school who are enrolled part time (minimum of nine credit hours) or full time in pursuit of a business degree and who will be entering their freshman, sopho-

more, junior, or senior year at a Maine college or university. Preference is given to applicants who have a demonstrated interest in personal and commercial insurance professions.

The deadline is June 1. To apply online, go to [www.mainecef.org](http://www.mainecef.org).

The Maine Community Foundation has worked with donors and educators since 1983 to provide Maine students access to educational opportunities. The community foundation manages

more than 650 scholarship funds.

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

To learn more about the foundation, visit [www.mainecef.org](http://www.mainecef.org).

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# Newsmakers, Names & Faces

## New principal at St. Dominic



Alanna Stevenson recently took over as the principal of Saint Dominic Academy for both the Auburn and Lewiston campuses. (Photo courtesy of Portland Diocese)

principal of Saint Dominic Academy for both the Auburn and Lewiston campuses.

The announcement is part of a new leadership structure being adopted by the academy to ensure that the most efficient organizational model is in place and that all opportunities to build proactively for the academy's future will be fully explored. Timothy Gallic, who has overseen the academy since August of 2019, has left his position to pursue new opportunities.

Stevenson has been the principal of St. Dom's Lewiston campus for the last two years.

"I am excited to embrace this new opportunity at St. Dom's," said Stevenson. "During the pandemic, the wider community has been able to observe the

great commitment, dedication, and leadership of our teachers and staff who have worked tirelessly to offer in-person and distance learning this year. I am looking forward to continued success and am honored and humbled to be given this chance to bring the school to new heights of excellence rooted in tradition, faith, and service."

"Anyone who has watched Alanna in action knows she is the perfect choice at this time and for this role," said Marianne Pelletier, superintendent of Maine Catholic Schools. "She is experienced, creative, and enthusiastic, but, perhaps more importantly, she is compassionate and collaborative. I am confident that she will continue to serve our students, faculty, parents, and community in a

way that promotes and celebrates our most cherished values."

Stevenson joined the St. Dom's faculty in 2016 as an English teacher and added the title of dean of students in 2018, a role in which she developed and implemented curriculum and built positive relationships with students, parents, and staff. Prior to arriving at St. Dom's, she served as an English teacher at both Maranacook Middle School and Maranacook Community High School in Readfield and as adjunct instructor of writing at Central Maine Community College in Auburn. In addition to her experience in education, Stevenson served in the Maine governor's office as the director of boards and commissions (2003-2004) and as legislative assistant to then

Congressman John Baldacci (2002-2003).

Stevenson graduated magna cum laude from the University of Maine at Orono where she earned a degree in English and holds a master's degree in educational leadership at the University of Maine at Farmington.

"Over the course of the next year, Saint Dominic Academy will be celebrating its 80th anniversary. In that time, many operational changes have come to pass, but the academy's focus on integrity, community, and academic excellence has never wavered," said Bishop Robert Deeley of the Portland Diocese. "I know that the academy is well positioned to continue to produce faith-filled, lifelong learners that understand and appreciate the importance of good values and service."

**From Portland Diocese** an educator and a proven aptitude towards engaging students, Alanna Stevenson recently took over as the

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## Out and About

# The Schooner Morning Show



Mark Prevost and Judy Kuhn are relaxed and enjoying their conversation at one of the early broadcasting sessions of The Schooner Morning Show at Schooner Estates Senior Living Community in Auburn. (Rachel Morin photo)



The Schooner Morning Show Poster, designed and created by Lindsay Remington, Marketing Associate, is seen in posting areas across the campus of the Schooner Estates Senior Living Community in Auburn. (Rachel Morin photo)

By Rachel Morin

How was it at Schooner Estates Senior Living Community before we even knew what a Pandemic was, and how it would

change our living experiences?

Way back in 2020, there were multiple daily activities for residents to gather together, to get to know each other, and do

things together. Residents made friends quickly and easily as they had ample opportunities.

Holiday parties with special delicacies were served in The Village Green. Professional outside entertainment was brought in many times for residents to gather and enjoy, especially during holidays.

Mark Prevost, Director of Resident Services, was especially mindful of how friends and activities were important to the social life at a senior living facility. He knew the importance of keeping residents upbeat and socially active and not be lonely or isolated in their apartments.

He made a point of keeping them active and with making new friends.

Oh yes, Mark kept them busy, and they loved him for it.

There were weekly trips with the Schooner Shuttle bus with Mark at the wheel taking 15 residents to the coast to dine at popular restaurants there.

He would take them to musical concerts at the Franco American Center in Lewiston. It was always fun to visit the Festival Park in Auburn to hear Milt Simon and his Auburn Community Concert Band.

Mark hosted "In the News", a program he created, every Monday where folks would gather and exchange viewpoints on what was going on in the world. There was never a dull moment at these sessions.

But by the end of March, 2020, words of the Pandemic were all that were heard. COVID-19 hit hard and residents were subjected to a different lifestyle.

Mark had been thinking and planning for something different to entertain the residents and keep them safe with social distancing and wearing masks during this pandemic. And at the same time, helping them to get to know each other and do things together.

But how? Mass gatherings were not good, not safe. And keep folks six feet apart. He continued the popular News program, but a much bigger room was needed. Chairs placed far apart in a round circle

so people could see each other. It works, but now residents had to talk louder and pay closer attention.

After much thought and planning, Mark thought of hosting a Schooner Morning Show where he would meet with a resident and have a friendly interview, learning about his guest on the show. It would be televised and sent out via the Schooner Channel 1390 weekly to the residents who would come to know this person. They could start a conversation with residents they had "met" on the show. It provided a good ice breaker.

The Opening Show was in the Fall of 2020. It was an instant hit! Everyone was talking about it! Residents loved it and made a point to watch it every week. They enjoyed seeing their friends and learned so much more about them.

Judy Kuhn was one of the first residents to be on the Morning Show. She grew up in Lansing, Michigan and graduated from The Central Michigan University. Coming to Maine, she settled in Rumford and lived there for 40 years.

Judy was Chorus Director in Rumford and directed a musical every year of those 40 years for The RAAPA (The Rumford Association for the Advancement of Performing Arts.) She is now the Organist at the United Methodist Church in Auburn.

"Music is my passion and my life" Judy always says. She is seen now and then at the piano in the Camden Living Room.

Mark ran the Schooner Morning Show like a pro. He was a natural as the host of the show. He was always good at having people relax and open up to him. I think of him as the Voice of Schooner Estates. He cares deeply for the residents. He loves his job and it shows.

The Schooner Morning Show reinforced his idea of bringing the people closer together. The most happiness he gets from the show is the positive feedback when residents come to tell him how they love the show. The new residents coming in are especially appreciative as Mark interviews staff members as well.

Mark is known to slip in a few commercials during the Morning Show. He talks up the coming Schooner events and certain projects that are in the works. Residents are always kept up to date on things happening at Schooner.

Mark is helped with the show by the able assistance of Lindsay Remington, Marketing Associate, and Sue O'Brien, Administrative Assistant, who do the editing.

Past interviews can be found on the Schooner Estate YouTube channel at <http://bitly.ws/cNUP>.

## Totally Trades encourages girls

From Maine DOE

AUGUSTA – Totally Trades workshops, coordinated by New Ventures Maine, are designed to encourage girls to consider careers in

fields traditionally underrepresented by women.

Eight virtual workshop sessions will be offered to girls virtually this spring, with online sessions being provided on the mornings of April

27, April 29, May 4 and May 6.

The workshops will present nontraditional careers in trade and technical fields, highlighting eight high wage high demand career sec-

tors, including Automotive, Criminal Justice, Building & Design, Earn and Learn, Renewable Energy, Communications & Connectivity, Fire & Rescue, and Computer Technology.

"We want to provide girls in grades 8-12 with information and support in career sectors of interest to them. Maine's career and technical education schools and Community College system are doing amazing work introducing students to programs such as public safety, building trades, electrical construction, and heavy equipment operations as well as other trade and technical careers.

In addition, the University of Maine system is providing two and four year degree programs in environmental protection, renewable energy, engineering and other growing fields. These careers, for the most part, are considered high wage and high demand in Maine," said Suzanne Senechal-Jandreau, conference planner for New Ventures Maine – a statewide community outreach program of the University of Maine at Augusta.

Senechal-Jandreau adds, "Maine employers are

looking for skilled tradeswomen and we want young women to have access to information that can lead them to good paying and secure jobs in the future. It's a win-win for students and the Maine economy."

The workshops are free, and open to girls in grades 8 through 12 who are exploring or considering employment in the featured career sectors. Funding for the virtual Totally Trades Career Week is provided by the Maine Department of Education/CTE and the Maine Department of Transportation. Additional support and in-kind contributions are provided by businesses and community partners.

Individuals seeking more information on the virtual Totally Trades Career Week sessions, or interested in registering should contact Suzanne Senechal-Jandreau at 207-768-9635 or [senechal@maine.edu](mailto:senechal@maine.edu) or check out our website at [www.totallytrades-maine.org](http://www.totallytrades-maine.org).

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Guest Column

# Putting the ‘fun’ in ‘phonetics’

By Grammar Guy

I took my son Miles to get his hair cut this past weekend. Miles’ barber has recently moved into a new salon down the road. The new spot is inside a larger salon called Phenix Salon Suites, a national chain of salons. Although California-based Phenix Salon Suites has a growing nationwide presence, I can’t help but cringe at the business’ spelling: Phenix. It should be “Phoenix,” shouldn’t it?

Even though the “o” in the properly-spelled “Phoenix” is silent, it’s still a wonky word to spell.

Perhaps the owner of the salon chain attempted to spell “Phoenix” phonetically? If so, it should be “Feniks.” When someone spells a word phonetically, they spell the word exactly as it sounds. If we’re spelling things phonetically, we should spell the word “phonetic” like this: “fuhnetik.” I’ll admit, that spelling looks downright funky.

Of course, this led me to do a deep dive on phonetic spelling. Let me just tell you: I wasn’t disappointed. A who’s who of American history has petitioned for phonetic spelling, including

the father of the modern dictionary, Mr. Noah Webster. While Webster deserves credit for busting Americans out of many British word spellings (e.g., “mould” became “mold”), several of his spelling changes didn’t catch on. For instance, Webster changed the spelling of “soup” to “soop,” “tongue” to “tung,” and “is” to “iz.”

Word wiz Webster wasn’t the only proponent of phonetic spelling. In 1768, Founding Father Benjamin Franklin wrote a book called “A Scheme for a New Alphabet and a Reformed Mode of

Spelling.” In the book, Franklin not only argued for phonetic spellings of words, but he also unveiled a phonetic alphabet in which he axed the letters “j,” “q,” “w,” “x” and “y” while adding six new letters. Not surprisingly, instead of writing “alphabet,” Franklin wrote “alfabet.” It didn’t catch on.

In the early 1900s, steel magnate Andrew Carnegie funded a group called the Simplified Spelling Board. Among its members were Mark Twain, Melvil Dewey (of the Dewey Decimal System), publisher Henry Holt and several promi-

nent leaders. This group, which called for a radical simplification of spelling, caught the ear of president Teddy Roosevelt. Teddy became a fan of the plan.

The Simplified Spelling Board suggested a list of 300 words whose spellings could be streamlined in order for English to catch on as the world’s dominant language. While many of the simplified words had already been adopted as orthodox spelling, Roosevelt pushed for the official changing of all 300 words. Not only did Congress find this a ridiculous overreach of power, but

all of England had a good collective laugh over Teddy’s strong suggestion. Shortly after, Roosevelt waved the white flag on his attempt at spelling reform. Yet, from the ashes of Teddy’s phonetic spelling debacle, a Phenix of cosmetology rose triumphantly.

*Curtis Honeycutt is a syndicated humor columnist and treasurer of the National Society of Newspaper Columnists. He is the author of “Good Grammar is the Life of the Party: Tips for a Wildly Successful Life”. Find more at curtishoneycutt.com.*

## Middle schoolers win essay contest

From MMA

AUGUSTA – Middle school students from Kittery, Poland and Trenton were named winners in Maine Municipal Association’s 10th annual statewide essay contest, which carried the theme: “If I Led My Community...”

Part of MMA’s Citizen Education program, the contest asked students to demonstrate how they would improve their hometowns and cities if they held positions of local leadership. The essay contest marked its 10th year in 2021, with more than 1,500 entries submitted over that 10-year time period. Essays were judged based on knowledge of municipal government; writing quality and clarity; and originality.

The 2021 winners are Lucia Bolanos, of the Shapleigh School (a resident of Kittery); Ada

Stenhouse, of Bruce M. Whittier Middle School in Poland; and, Aerie Yin, of Trenton Elementary School. Each student will receive a certificate and a \$250 prize to be used for educational purposes.

The awards will be presented by municipal officials in their hometowns.

Winning entries also will be published in the May 2021 issue of Maine Town & City, MMA’s monthly magazine, which is mailed to 4,300 municipal officials statewide and posted at the MMA website (www.memun.org).

MMA’s Citizen Education program aims to educate citizens of all ages about the importance, accessibility and effectiveness of municipal government. The essay contest, and high school curriculum developed in cooperation with Jobs for Maine’s Graduates, have the dual purpose of educating

young people about local government and encouraging them to get involved as future elected or appointed officials, or as municipal employees.

Founded in 1936, MMA is a voluntary, non-partisan, member-service organization to which 484 municipalities in Maine belong. It has a core belief that local government is a fundamental component of a democratic system of government. MMA’s services include advocacy, education and information, professional legal and personnel advisory services and self-funded group insurance programs.

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

## Bates Dance Festival receives NEA grant

From Bates College

LEWISTON, ME -- The Bates Dance Festival has been awarded a \$40,000 National Endowment for the Arts grant to support artists who will be teaching and presenting at the annual dance festival on the Bates College campus in Lewiston.

The festival is one of 11 organizations in Maine to receive grants of varying amounts, announced jointly by Senators Susan Collins and Angus King.

“BDF is thrilled to receive NEA funding for our 2021 Festival,” said Bates Dance Festival Director Shoni Currier. “As the largest presenter of dance in Maine, BDF is reliant on support from government agencies and other foundations to present innovative local, national and international artists and faculty at our summer festival.”

In 2020, the

COVID-19 pandemic forced the festival to cancel its season for the first time since its inception in 1982. The program typically includes a three-week summer program of dance training for adults and since 1996, BDF has also hosted its Young Dancers Workshop for teens aged 14 to 18.

Plans for a 2021 Bates Dance Festival are well underway, and Currier said the NEA funding will be invaluable. “NEA support will enable us to pay fees to individual artists and companies,” she said.

The festival will have a smaller in-person footprint than usual, in order to comply with health and safety protocols, Currier said. The Professional Training Program, for ages 18 and up, is scheduled from July 10 to August 1, and during it, 40 dance students will live on the Bates campus. The three-week program will include daily technique work

and creative intensives. In addition, the Professional Training Program will hold a five-day online intensive for dancers July 19-23.

The Young Dancers Workshop will be a virtual one-week program, from July 12-17.

Currier said she expects to present some live performances between July 10-31. “They’ll all be outdoors,” she said. “And observing social distancing. But there will be an opportunity to share dance with our community this summer.”

“Of course we wish we could bring everyone on campus for our usual programming,” Currier said. “But given the constraints of the pandemic, we are so happy that we can take this step toward bringing the festival back.”

Visit [batesdancefestival.org](http://batesdancefestival.org) for more information.

Performances will be announced in May.

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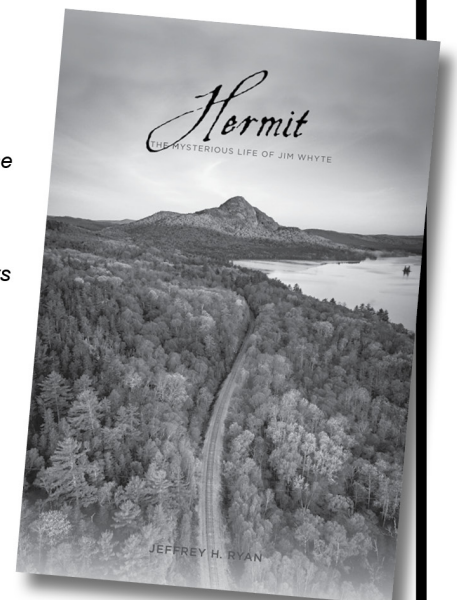
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— George Smith, *Bangor Daily News*

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# Arts & Entertainment

## Rotary club golf tournament June 18



Golfers at the Fox Ridge Golf Course, where the 27<sup>th</sup> Annual Golf Tournament will be hosted by the Auburn-Lewiston Rotary Breakfast Club on June 18. (Photo courtesy of A-L Rotary)

### From A-L Rotary

AUBURN – The Auburn-Lewiston Rotary Breakfast Club will host their 27th Annual Golf Tournament on Friday, June 18, at Fox Ridge Golf Course.

To learn more, find A-L Rotary on Facebook or go to the tournament website at <http://bitly.ws/>

### cNRc

This golf tournament is the A-L Rotary's largest fundraiser each year.

The Rotary's fundraising recipients include the High Street Food Pantry, the Family Thanksgiving and Christmas Projects at United Methodist Church in Auburn, and the Rotary Scholarships, where five local high

school graduates (Edward Little, Lewiston, Poland Regional, Leavitt, and St. Dominic Academy) each receive a \$500 scholarship.

Since 1991 the Auburn-Lewiston Rotary Breakfast Club has donated over \$570,000 to charities in need. Other annual donations are also made to several local charities,

which include but are not limited to: Boys & Girls Club, Advocates for Children, Salvation Army, Red Cross, SEARCH, and Big Brothers Big Sisters.

Businesses can become tournament sponsors or can field a team. Visit [www.auburn-lewistonrotary.org](http://www.auburn-lewistonrotary.org) to contact a fellow Rotarian to learn more.

## Absentee ballots are available

### From City of Lewiston

LEWISTON – The Lewiston School Budget Validation Referendum Election will take place on Tuesday, May 11.

Absentee ballots for this election are currently available from the City Clerk's Office for Lewiston voters. Registered voters needing an absentee ballot may order one by calling the City Clerk's Office, mailing in an application form downloaded from the City's website, or coming into the City Clerk's Office, located on the second floor of City Hall. Office hours are Monday - Friday, 8:30 a.m.-4 p.m..

By state law, completed absentee ballots cannot be submitted to the City Clerk's Office until after

the City Council adopts the school budget which is scheduled for May 4. Any absentee ballots submitted before this date must be rejected per state law. Voted absentee ballots can only be submitted to the City Clerk's Office between the timeframe of after the City Council adoption of the school budget and 8pm on election night, Tuesday, May 11.

The deadline to request an absentee ballot is 4pm, Thursday, May 6.

The City's website contains a sample ballot, directions to the polling place and other information that voters may find useful. Visit <http://bitly.ws/cNye>.

Voters are encouraged to contact the City Clerk's Office at 513-3124 with any questions they may have.

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Seniors Not Acting Their Age

# Rolling for Whitewater Safety



A canoeist finishes a roll at the end of a rapid. (Ron Chase photo)

By Ron Chase

A reliable roll is essential for difficult whitewater kayaking. Many solo canoeists survive the sport without a roll; however, acquiring one is a game changer. I started out canoeing so I learned the canoe roll first. Most people consider the canoe roll to be more difficult. That was my conclusion when I began kayaking since the kayak roll came easier. No longer a canoeist due to a knee replacement; the quality of my kayak roll has diminished in recent years as a result of old age and less practice.

The reliability of a paddler's roll tends to follow a fairly common pattern. Normally, inexperienced whitewater boaters learn to roll. Since their river skills are lacking, they frequently capsize which facilitates development of a dependable roll. As their paddling journey

progresses and capabilities improve, they rarely need to roll and its effectiveness gradually declines. An old man, I've devolved into the latter category.

In April two years ago, I missed a roll while descending a difficult pitch called Staircase on the Swift River in New Hampshire. I'd successfully run the same rapid for many years and was bewildered to find myself upside down in turbulent frigid water intermittently bumping my helmet on submerged rocks. That's when I had a startling revelation; I wasn't confident I could execute a roll. Confidence and muscle memory are two essential elements of a successful roll. A couple of pathetic failed attempts later, I bailed. In the ensuing effort to save my boat, I lost my paddle. About two months later, a U.S. Park Ranger found it on the shore five miles downriver. My experience typifies the

consequences of failing to roll in challenging whitewater.

The need for a high level of competence and faith in the roll increases with river difficulty. A few years ago, some friends and I were paddling the demanding Tourilli River in Quebec at high water. We stopped in a tiny eddy at the top of a long canyon with sheer cliffs on both sides. As far as we could see downriver, there was nothing but large exploding waves undoubtedly concealing unpleasant holes and unforgiving rocks. It was apparent to all of us that if anyone failed to roll, they would swim the entire canyon since no one could help them; possibly losing their boat and paddle, maybe worse. Probably the result of enhanced anxiety, a couple of us had to roll shortly after. Fortunately, everyone stayed in their boat during that thrilling endeavor.

While dejectedly dragging my kayak up a steep bank on the Swift River two Aprils ago, I resolved to start practicing my roll once waters warmed. What I found in the summer was my roll was only moderately dependable in balmy flat water. When my outdoor club, the Penobscot Paddle and Chowder Society, scheduled pool rolling sessions last March, I immediately signed up. Another

cost of the pandemic, they were cancelled.

Fast forward to this spring, my friend Ken Gordon was able to arrange two hours of rolling practice in the pool at the Lewiston YWCA in late March. This year, I was getting a head start with my roll. At age 73, I need all of the help I can get.

Twelve enthusiastic paddlers met at the pool. We consisted of a combination of kayakers and canoeists. Since everyone had previously learned to roll, the primary goal was to refine skills in anticipation of the upcoming spring paddling season.

Most of us partnered up in two-person teams. While one attempted to

roll, the other observed technique and provided the option for an assisted rescue if the roll failed.

Rolling sounds easy. After flipping shift your body tight to the boat, get the paddle above water, sweep the paddle perpendicular while simultaneously snapping your hips, and keep your head down. Actually, it's not easy.

Initially, varying levels of success were achieved. Two hours is a longtime to practice rolling. By the time we finished, everyone was consistently hitting their roll. I was happy with the quality of my rolls but disappointed with the pain experienced in my left hip. The insidious consequences of

old age seem inescapable.

The practice is over. Now it's time to test the results in real river situations where the ramifications of failure are more significant than a short swim in calm warm water. We'll see how this senior citizen does. Stay tuned.

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. His latest book, "The Fifty Finest Outdoor Adventures in Maine" is scheduled to be released by North Country Press later this year. Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or contact him at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).



A kayaker completes a roll below The Slide on Canada Falls in northern Maine. (Ron Chase photo)

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**America**

*Continued from page 1*

The Mrs. Maine America runner-up, Amanda Shepard of Boothbay Harbor, was given the title of Mrs. Maine American.

Jack's family will accompany her to the national competition in Las Vegas.

In a rare controversy at the beginning of April, the reigning Mrs. World, Caroline Jurie, who captured the title last year after winning as Mrs. Sri Lanka World, ripped the crown from the head of the newly-chosen 2021 Mrs. Sri Lanka World, Pushpika de Silva, in Colombo, Sri Lanka.

Jurie claimed that deSilva was divorced and therefore not qualified for the title, which is for married women. The Mrs. World organization confirmed deSilva is only separated from her husband, and is correctly the Sri Lanka winner.

Jurie was arrested by Sri Lankan police, and later gave up her world-title crown.

The Miss USA organization conducts annual pageants as part of the Miss Universe competition, which is separate from the Mrs. World pageants.



**Alecia Jack of Durham takes a few moments to relax before competing for the Mrs. Maine America title in early April. She took the title in the competition at the Doubletree Hotel in South Portland, and will go on to compete in the Mrs. America pageant in Las Vegas in November. (Photo courtesy of Alecia Jack)**

# Update from Sen. Nate Libby

**From Sen. Libby**

LEWISTON – Here is what you need to know about the Johnson & Johnson vaccine pause.

**WHAT HAPPENED?** As you may have heard, the U.S. CDC has told states to pause their use of the Johnson & Johnson vaccine. This pause comes after 6 people, all women, who received the vaccine experienced a rare form of blood clot. To be clear: This is an extremely rare side effect, with a chance of less than one in a million. No such cases have been found in Maine. We expect more information from federal agencies and Maine CDC in the coming days.

**WHY WAS THE PAUSE ORDERED?** The reason for this pause is to investigate these cases further, to determine any underlying risk-factors. It's also to make sure health care providers are aware of this potential side effect, because this particular type of blood clot must be treated in a specific way. Federal officials say this pause is likely to last

only a few days.

**WHAT DOES THIS MEAN FOR ME?** If you had an appointment scheduled for a Johnson and Johnson vaccine, the health care provider you're working with will contact you to reschedule. People who experience this rare side effect developed symptoms 6-13 days after getting their shot. Symptoms include shortness of breath, severe abdominal pain or headache — what people described as the worst headache of their life. A mild to moderate headache or slight fever a day or two after getting the shot is a common side effect of the vaccine. As always, if you have any concerns, it's best to contact your health care provider.

**Totally trades!**

Learning a trade is valuable in many ways — it builds confidence, self sufficiency and a path to financial stability. But women are currently underrepresented in many trades. To help girls learn more about the trades and to show them how everyone can participate, New

Ventures Maine will be running a series of virtual workshops between April 27 and May 6 for girls in grades 8 through high school. Topics include automotive, criminal justice, building and design, and renewable energy.

To learn more and register, visit <http://bitly.ws/cNvU>

**Lower taxes for veterans**

Local lawmakers representing the Lewiston-Auburn area, led by Rep. Heidi Brooks, have proposed a bill that would lower taxes on Maine veterans. LD 1193 would eliminate motor vehicle excise taxes for veterans with service-related injuries who are rated 100% disabled by the federal Veterans Administration. I am proud to cosponsor this good bill and thank Rep. Brooks for introducing it, as well as Sen. Ned Claxton, Rep. Kirsten Cloutier and Rep. Margaret Craven cosponsoring as well.

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

# Community Recycle Day Saturday

**COMMUNITY RECYCLE DAY**  
**SATURDAY, APRIL 24, 2021 9AM - 12PM**  
**40 STANLEY STREET - AUBURN BRANCH**  
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AT COMMUNITY CREDIT UNION BEHIND STRATHAM TIRE ON CENTER ST.

**EVENT PARTNERS INCLUDE:**

- Community Credit Union
- Without A Trace
- Stratham Tire
- SHAREcenter

**From CCU**

LEWISTON - Local organizations are joining forces to offer the community a convenient and FREE way to recycle items such as tires, documents to be shredded, and office/classroom supplies.

Personal or business documents will be shredded right on site.

Community Credit Union, Without A Trace Mobile Shredding, Stratham Tire and the SHAREcenter are partnering to provide this service to their community.

The local SHAREcenter will also be onsite gathering craft materials,

art supplies and more.

Some restrictions may apply.

There is no cost for this event and you do not need to be a member of Community Credit Union to participate. For more information, please visit Community Credit Union's Facebook page at <http://bitly.ws/cNuY> or email [marketing@community-creditunion.com](mailto:marketing@community-creditunion.com).

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

# SeniorsPlus presents 2021 Margaret Ross Award



**Photo: Sheila Sylvester (left) and Kathleen Delehanty are the recipients of the 2021 Margaret Ross Award for volunteerism at SeniorsPlus, Western Maine's designated Area Agency on Aging. (Photo courtesy of SeniorsPlus)**

**From SeniorsPlus**

LEWISTON - Sheila Sylvester of Lewiston and Kathleen Delehanty of Auburn were recently honored with the 2021 Margaret Ross Award for their nine years of volunteerism in the Education Center at SeniorsPlus.

The annual award recognizes that the two women have made significant contributions to the agency and the larger community.

SeniorsPlus is the designated Area Agency

on Aging serving Androscoggin, Franklin, and Oxford counties.

The two form a cohesive volunteer team. Sheila Sylvester tackles the paperwork, while Kathleen Delehanty completes data input. When the pandemic hit, the two became the first Friendly Caller Program volunteers, connecting with clients to help decrease social isolation.

"Kathleen and Sheila are two of our most loyal volunteers," said Betsy Sawyer-Manter, President

and CEO of SeniorsPlus. "We are so grateful for their many years of support and are happy to be able to recognize them."

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 200,000 phone inquiries.



# Amirault Scholarships for St. Dominic, Cheverus Students



Lauren Theriault, a senior at Saint Dominic Academy in Auburn, recently received a \$5,000 scholarship as one of two winners of the 2021 Lila Grace Sullivan Amirault Scholarships. (Photo by Lasting Image Photography)

## From Portland Diocese

PORTLAND - Two students who say they believe in the value of hard work and in the importance of sharing their gifts with others, have been named the winners of the 2021 Lila Grace Sullivan Amirault Scholarships.

Lauren Theriault, a senior at Saint Dominic Academy in Auburn, and Logan Granger, a senior at Cheverus High School in Portland, will each receive \$5,000 to put towards their college tuition.

"I was surprised, but I was so excited," said Theriault, who is from Minot.

"I know quite a few people put in for it, so I was pretty thrilled to get it," said Granger, a Scarborough resident.

The scholarship was established by Patrick Amirault through the Catholic Foundation of Maine in 2013. Amirault wanted to honor the memory of his wife, Lila, and also to show his gratitude for the care and education he received at a Catholic school in Malden, Mass., where he grew up as one of nine children in a poor family. Although Amirault has now also died, the scholarship continues to benefit Maine Catholic high school seniors like Theriault and Granger.

"It will go a long way in helping me pay for college," said Granger. "I am very proud and interested in my faith, which led me to this scholarship."

Although Granger hasn't made his college choice yet, he is leaning towards attending Sacred Heart University in Fairfield, Connecticut, saying he is eyeing a Catholic college because of the positive experience he had at Cheverus.

"I really enjoyed and was able to benefit greatly from attending a Catholic

high school, and I hope to get the same out of college," he said.

Granger said that attending Cheverus and the retreats the school offers have helped him to grow in his faith, something he said he wasn't thinking much about when he arrived there for his freshman year.

"As I went on my freshman retreat, it was not only a good time to meet my fellow classmates, but it also opened the door to what I really want to look for in God. And I just recently went on the Kairos retreat, which is the senior retreat, three days long, and it really just kind of transforms you," he said. "It really kind of helped put my love for God into practice through my everyday life."

That includes his service as a volunteer firefighter for the Scarborough Fire Department. While responding to fires and motor vehicle accidents can be difficult, Granger said he has seen the presence of God in those with whom he serves, as well as in the acts of strangers who have gone out of their way to help others.

"It's just stuff like that that really helps me see the love in the world," he said. "I have a really good group of people who I get to work with. I consider a lot of them to be mentors to me, and that's just another example of how you can really find true love and compassion in the people who serve the community."

He said it is his experiences as a volunteer firefighter, along with a Zoom call with a surgeon from Maine Medical Center in Portland, that led to his desire to become a cardiac surgeon. He plans to major in biology in college and then attend medical school.

"I really learned how much I love working with people and being there for

people when they're at their worst," he said.

Granger said he believes in the importance of working hard to achieve your goals.

"I have extreme pride in my work and strongly believe in values such as dignity, attitude, and trust. These are rooted in my faith and upbringing," he said.

A strong work ethic is something that Theriault also stresses.

"Work ethic not only applies to school or your job but to all aspects of life. It is important to have a strong work ethic in order to be both successful and happy. In relationships, you have to be willing to work hard and sacrifice. This also pertains to faith life. You have to put time and effort into your relationship with God and be willing to sacrifice personal needs and desires for him," she said.

Like Granger, Theriault said her freshman year of high school was a turning point in her faith life.

"I've always been pretty serious about my faith life, but then, freshman year, I decided that, yes, I want God to be a part of my life," she said. "I started to get into it more and started going to church more and outside activities, and that's when I decided that that's what I wanted."

It led her to become one of the assistant chaplains at Saint Dominic Academy, which has meant serving as an extraordinary minister of Holy Communion at Mass and helping to guide fellow students in the faith.

"It's been amazing. You grow so much personally, but also, you help others grow," she said.

Theriault plans to attend Texas Christian University in Fort Worth, where she was accepted into the dance program.

"I've been taking dance classes since I was three years old. I'm not really sure how I got into it. I just know I was dancing around the house all the time, so my parents were like, yeah, she needs to go into classes," she said. "I do all types of dancing, but my favorite is definitely ballet. I just really like the structure of it. It not only gives me something to do physically, but it's artistic, too."

Theriault hopes to someday become a member of a professional dance company, preferably a ballet company.

Both Theriault and Granger have been active in their schools and in service work. Theriault is a student ambassador, a class officer, and a member of the Student Senate, the National Honor Society, and the Key

Club. She is also a teaching assistant at the dance center she attends and has volunteered at community events such as the Great Falls Balloon Festival and Greek Festival in Lewiston, as well as for the Mid Coast Hunger Prevention Program in Brunswick.

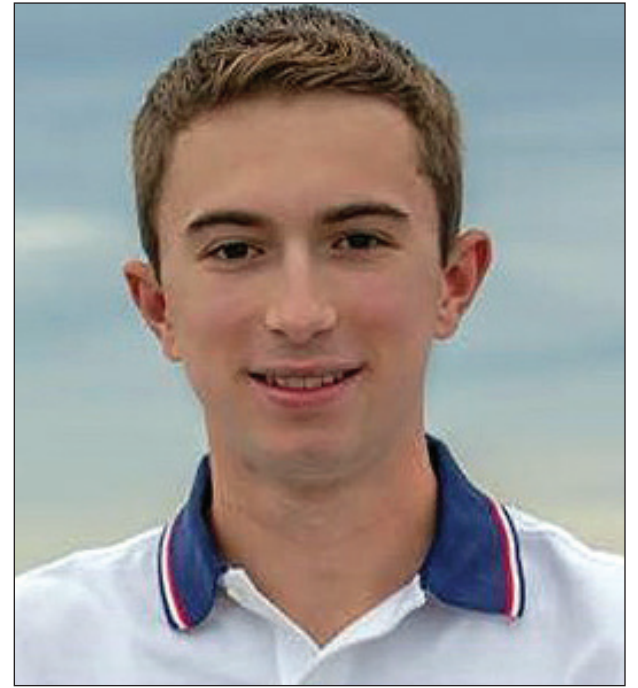
"It's rewarding to see how every little thing helps," she said.

In addition to volunteering with the Scarborough Fire Department, Granger is a member of the Spanish Club and Key Club at Cheverus, both of which engage in service work. The Key Club is known for organizing the school's Turkey Drive, which feeds hundreds of families each Thanksgiving, including during this past year, despite the challenges of the pandemic. Granger will also be volunteering at the Riding to the Top Therapeutic Riding Center in Windham in May.

"I definitely grew up in a family of service. My dad was a state trooper for 29 years, and I would say he, along with my mom, inspired me to really love people," Granger said.

Granger is also a member of Cheverus' baseball and golf teams.

Granger and Theriault said attending Cheverus and St. Dom's, respectively, has left them well prepared



Logan Granger, a senior at Cheverus High School in Portland, will receive \$5,000 as one of the winners of the 2021 Lila Grace Sullivan Amirault Scholarships. (Photo courtesy of Portland Diocese)

for the future.

"If I had to do it again, I couldn't ask for a better group of mentors, whether it be the teachers, the coaches, all the way up," said Granger.

"I've been going to St. Dom's since pre-K, so I've been here the whole time. It's been amazing," said Theriault. "I absolutely love it."

The Amirault Scholarship Endowment was established through the Catholic Foundation of Maine,

which provides opportunities for people to create or contribute to charitable funds that enhance the work of the Church in Maine.

If you would like to learn more about you can create a lasting legacy like the one left by Patrick Amirault, please contact Executive Director Elizabeth Badger at (207) 321-7820 or [elizabeth.badger@portlanddiocese.org](mailto:elizabeth.badger@portlanddiocese.org). For more information, you can also visit [www.catholicfoundationmaine.org](http://www.catholicfoundationmaine.org).

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# WAA partners with Gold Star Wives

From WWA

COLUMBIA FALLS, ME - National nonprofit Wreaths Across America announced last week it will be partnering with the Gold Star Wives of America, Inc.

The organizations signed a memorandum of understanding in an effort to build a stronger awareness for each group's common missions, while supporting educational events throughout the nation that will help teach lessons of character and patriotism to the next generation, according to WWA.

Founded in 2007, and headquartered in Columbia Falls, Maine, WAA is best known for its annual wreath-laying ceremony at Arlington National Cemetery, and now more than 2,500 additional locations nationwide, and the year-long efforts to support its mission to Remember the fallen, Honor those who serve and their families, and Teach the next generation the value of freedom.

GSW is a Congressionally Chartered nonprofit service organization established 1945. Its mission is to preserve and enhance

benefits to surviving United States Military spouses and children; to help its members and their children face the future with courage and determination; and to honor the memory of their military spouses who made the ultimate sacrifice.

The memorandum between the two groups outlines nine key agreements, such as establishment of a steering committee with a representative from each organization, and collaborative volunteer efforts to provide opportunities for joint event and community service activities that bring

awareness to both groups' missions.

"Since WAA was founded, Gold Star Wives have been involved in the mission and its members play an important part in the sharing the stories of character and service we hope to teach to the country," said Karen Worcester, executive director of WAA. "This official partnership is long overdue, and I'm eager to start our work together. Our combined efforts will no doubt help to shape and inform the next generation of patriots."

The current National

President of GSW, Nancy Menagh, has devoted her life to service, not only as a military spouse supporting her husband, Captain Philip S. Menagh, United States Marine Corps, but continuing on long after his passing and teaching her children the importance of sacrifice and character - both served in the United States Air Force. She said, "Our membership is made up of the men and women left behind. While our loved one made the supreme sacrifice, we are the ones left to live that sacrifice every day. We are an

organization that serves... our spouses served and we serve!"

This year, National Wreaths Across America Day will take place on Saturday, Dec. 18, at over 2,500 participating locations nationwide. "The experience of placing a wreath at the final resting place of one of our nation's veterans and understanding the healing that this simple gesture has for so many families and the opportunity it provides to share the stories of these heroes, makes this an important partnership," Menagh said.

# Competitive sports return to Community Colleges

From MCCS

AUGUSTA - A full range of competitive sports are back this fall for students at Central Maine Community College and Southern Maine Community College, both members of the Yankee Small College Conference.

"Competitive sports are an important part of the college experience for

many students, whether they're competing or watching the games," said David Daigler, president of the Maine Community College System. "As we expand our in-person instruction and campus access, I'm very happy to announce that many more sports opportunities will be available as well."

The pandemic limited sports opportunities last year, including all

competitions. CMCC and SMCC were able to continue some athletic training and programming within COVID-19 safety guidelines.

For the 2021-22 academic year, the two colleges will follow state and local health safety protocols, as well as Yankee Small College Conference guidelines. Each will also have college-specific guidelines to address the

use of their unique spaces and in support of safe and meaningful student athlete opportunities.

In 2021-22, CMCC plans to offer men's and women's soccer, basketball, cross country and track, men's baseball and ice hockey and women's softball and volleyball. SMCC plans to offer men's and women's soccer and basketball, men's baseball, women's soft-

ball and volleyball, and co-ed golf.

The Yankee Small College Conference sponsors 11 championship sports and has a membership of 10 institutions across Maine, New Hampshire, Massachusetts, Vermont, and New York.

CMCC, in Auburn, and SMCC, in South Portland and Brunswick, are also members of the

United States Collegiate Athletic Association, a national governing body of small college athletic programs across the country.

Maine's seven community colleges have the lowest tuition and fees in New England and serve more than 29,000 individuals a year through degree programs, customized training, and opportunities for lifelong learning.

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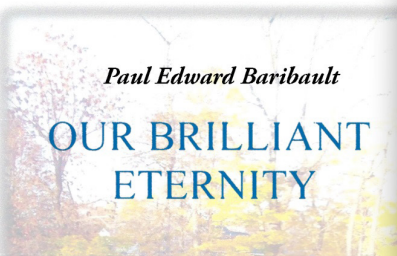



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*"The prose is inspired - and inspiring - glowing with inner radiance and kindness."*  
*"I felt such a sense of hope when I finished this book."* From Amazon reviews.

**IN RE: ROSEMARY BELLE ZEKOVITCH V. MICHAEL TIMOTHY ZEKOVITCH, JR. NO. 202021-3 IN THE CHANCERY COURT FOR KNOX COUNTY, TENNESSEE**

In this Cause appearing from the Complaint filed, which is sworn to, that the defendant MICHAEL TIMOTHY ZEKOVITCH, JR., is a non-resident of the State of Tennessee, or whose whereabouts cannot be ascertained upon diligent search and inquiry, so that the ordinary process of law cannot be served upon MICHAEL TIMOTHY ZEKOVITCH, JR., it is ordered that said defendant MICHAEL TIMOTHY ZEKOVITCH, JR., file an answer with the Clerk and Master of the Chancery Court in Knoxville, Tennessee, and with CAROLE COLE, an Attorney whose address is 135 Fox Road, Suite A, Knoxville, TN 37922, within thirty (30) days of the last date of publication. If the Defendant fails to file an answer within the time limit the Plaintiff shall be permitted to file a notice of Default Judgment and serve the Defendant by leaving a copy of said notice with the clerk of this court. This cause will be set for hearing Ex-Parte as to you before Chancellor Christopher D. Heagerty in the Knox County Chancery Court, Part III, 400 W. Main Street, Suite 125 Knoxville, Tennessee 37902. This notice will be published in The Twin City Times Newspaper for four (4) consecutive weeks. This the 8th day of April 2021.

Guest Column

# Stepping up to fix our broken health care system



Sen. Nate Libby (D-Lewiston), Maine District 21, the City of Lewiston. (Photo courtesy of Sen. Libby)

By Sen. Libby

On Tuesday, April 13, my colleagues in the Legislature introduced the Making Health Care Work for Maine package that can drastically improve our state's health care system, and I am excited to share the details with you.

The cost of prescription drugs and endless medical bills are often debilitating and hurt hardworking Maine families across our state. The COVID-19 pandemic has emphasized the need to overhaul our existing health care system. While a lot of these issues could be solved with fed-

eral action, Mainers and state lawmakers alike are not ones to wait around for problems to be solved by someone else. Today, Mainers are done waiting for health care relief and state lawmakers are ready to deliver.

If you feel like keeping up with medical bill practices, rising health costs, and ever changing prescription drug prices is challenging, you are not alone. In fact, 87 percent of Americans consider federal action to lower prescription drug prices as "extremely important." The cost of life-saving medicine in the U.S. is more than 250 percent higher here than it is in over 20 other countries. The bottom line is that our health care system as it currently stands is woefully inadequate, and the COVID-19 pandemic has reinforced the need for change.

Senate President Troy Jackson sponsored two bills into this package. The first, LD 120, "An Act To Lower Health Care Costs through the Establishment of the Office of Affordable Health Care" would establish an Office of Affordable Health Care, which would help

identify what factors cause drug price increases, and ultimately rein in prices. This was a problem even before the pandemic. One in seven Mainers reported skipping treatment or care because the costs were too high. Mary Callahan, owner of Kimball Street Studios in Lewiston, has Meniere's Disease and shared her personal story testifying in favor of LD 120: "While the doctors were narrowing down my initial diagnosis, they discovered a spot on my brain that required monitoring; I had to have an MRI every year for five years. Though I had health insurance at the time, my deductible was \$3,000 – slightly less than the cost of an MRI, at that time. It was all we could do to make rent and insurance payments, so those medical fees just continued to mount up. I am still making payments to a collection agency 10 years later."

The second bill introduced by President Jackson was LD 1117, "An Act To Prevent Excessive Prices for Prescription Drugs." The goal of this bill is to protect Mainers from price gouging on prescription

drugs. Too often prescription drugs see price hikes even after they have been on the market for years. This bill would stop that egregious practice.

Another colleague of mine, and retired physician, Sen. Ned Claxton introduced LD 675, "An Act To Protect Maine Consumers from Unsupported Price Increases on Prescription Medicines by Creating an Independent Review Process." It is all too common for drug manufacturers to increase prices with fraudulent or baseless reasoning. This bill would fine pharmaceutical companies that increase prices for no reason.

Senate Majority Leader Eloise Vitelli introduced LD 686, "An Act To Increase Prescription Drug Pricing Transparency." The Maine Health Data Organization collects data from drug companies about the cost of the medications they make. This bill would allow the organization to share the information they've collected with the public so we can better understand how drug companies are taking advantage of working people and pass

targeted legislation to rein in costs.

Last but certainly not least, LD 673, "An Act To Create the Insulin Safety Net Program" from Sen. Cathy Breen, is about saving lives today. It is a sad fact that we all likely know someone who has been hurt by the cost of insulin. Even worse, many of us may know someone who lost their life because they couldn't afford to pay for their insulin. In Maine, we are saying never again. This bill would provide a lifeline to Mainers with diabetes when they need an emergency supply of insulin.

All of these bills are good for the people of Maine and our health care system. I am proud of my colleagues for taking action to protect Mainers and their families, especially as we navigate a public health crisis. If you ever have any comments or questions, you can always reach out to me at [nathan.libby@legislature.maine.gov](mailto:nathan.libby@legislature.maine.gov) or by phone at (207) 287-1515.

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

## Androscoggin Receives Virtual Companionship Grant

From Androscoggin

LEWISTON – Androscoggin Home Healthcare + Hospice recently received a grant of \$6,874 from the Celia Lipton Harris and Victor W. Harris Foundation Home Community Fund, a donor advised fund through the Maine Community Foundation.

The grant funds will support the AndroPeerConnects program, a volunteer virtual com-

panionship program for homebound patients that will help prevent social isolation and loneliness.

Development Director, Kristin Melville said, "During these unprecedented times, the need for human connection is far greater than ever before. Support through trained and compassion volunteers can improve the quality of life and well-being of patients experiencing serious and chronic illnesses. We are

honored to receive financial support to help us launch this important effort."

Androscoggin Home Healthcare and Hospice (Androscoggin) is the largest, non-profit independent home health and hospice organization in the state. They focus on health – not illness – by making each individual's quality of life the best it can be. To learn more about Androscoggin, visit [www.androscoggin.org](http://www.androscoggin.org)

## Meals on wheels in overdrive



Coping with a shortage of staff and volunteers, Meals on Wheels at SeniorsPlus is in overdrive to meet the increased need for meals for homebound adults. Barbara Price, Nutrition Services Director (left), Heather Davis, Chief Operating Officer, and Betsy Sawyer-Manter, Chief Executive Officer, recently helped to pack meals to ensure clients got their deliveries on time. (Photo by Wendy McCann, SeniorsPlus)

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# Committee approves bill to help schools purchase local food

## From Maine Senate

AUGUSTA - Last Friday, the Maine Legislature's Education and Cultural Affairs Committee voted in favor of a bill from Sen. Eloise Vitelli, D-Arrowsic, to help public schools purchase more fresh, healthy food from local farms and producers.

LD 636, "An Act To Encourage the Purchase of Local Foods for Public Schools," received a vote of 9-1.

"Many schools in Maine are already taking advantage of the Local Produce Fund to help them purchase fresh, locally produced food. By expanding the venues that schools can use to buy this food, and expanding the kind of locally produced food

they can buy, we'll help get healthy, fresh food to more students in our state and help more farmers connect with buyers for their produce," said Sen. Vitelli. "I'm grateful to the committee for its strong supporting of this bill."

LD 636 would address barriers that exist within the existing Local Produce Fund by expanding the program to allow schools to purchase more local foods via other sources, instead of only directly from farms. It would increase the cap on reimbursement from DOE to encourage more local purchasing using existing funds. It would also expand the program beyond produce to support the purchase of other local foods including meat, fish, tofu, eggs, and value-added

dairy products like yogurt.

"School districts face many challenges in sourcing local food directly from farmers, and reported that they would be more likely to purchase locally if they could also do so from their contracted food service distributor," said Anna Korsen with Full Plates Full Potential in testimony supporting the bill. "School nutrition programs also reported that expanding the products that can be purchased and reimbursed through the fund beyond only produce to include value-added dairy and protein would make it more likely that they would use the fund, since many schools already purchase these products at great cost to their program and would benefit from the

reimbursement. Additionally, having access to local produce that has been peeled, chopped, and frozen would help expand school nutrition staff's capacity to serve local foods."

"The challenges of increasing local food in schools include cost and logistical challenges such as coordination with farms, staffing lunchrooms, and processing raw ingredients into school meals," said Amy Gallant of the Good Shepherd Food Bank. "Despite these challenges, providing schools with locally procured food remains a high priority for many districts, and this bill is a step in the right direction."

LD 636 now faces votes in the Maine Senate and House.

## Guest Column

# Home Country

By Slim Randles

"Isn't it great?" Doc asked the assembled tailgators in the Mule Barn truck stop's parking lot. "It's April. It's spring. The crocuses are croaking, the flamdoodles are flamdoodling."

"There's no such thing as a flamdoodle, Doc," said Bert.

"They musta crocused too," Steve threw in.

"Facts ... just facts. You can't ruin spring with just facts. April brings the sun down on our shoulders and warms things up and makes people feel kindly toward one another."

The steering committee of the vaunted world dilemma think tank was drinking coffee in the parking lot on socially distanced tailgates because of the pandemic, of course.

"Actually, Doc, said Bert, "history doesn't back you up on your opinion of April. You know ... mathematicians and statisticians are still trying to see if April 15 isn't the most tragic date in all (he spread his arms wide) history!"

"That there's the Ideas of April, ain't it?" added Windy.

"I don't know if April has Ides, Windy, but that's the right day."

"I know why," Dud

said, "Tax deadline."

"That doesn't even start to cut it, Dud," said Bert in his most professorial tones. You can always tell when Bert's been reading. "That's a mere blotch on an evil day in history."

He waited and sipped. He knew it was coming. It fell to Steve.

"Okay, Bert. What bad stuff happened on April 15?"

"Well, Lincoln was assassinated ... 1865."

"That there's one," Windy nodded.

"The Titanic sank ... 1912."

"That there's ..."

Bert whipped out his hand and counted on his fingers. "Notre Dame Cathedral caught fire and burned up a bunch of stuff ... That Hillsborough Stadium thing in England collapsed during a soccer game and crushed 90 people ... and those two brothers blew up the finish line of the Boston Marathon and killed three people."

Heads nodded sagely.

"You know what else?" Bert said. "Gunny died on April 15. R. Lee Ermy himself."

"Dang!"

*Brought to you by the 74,454 men and women of the Internal Revenue Service. Always there to help.*

## Scholarships for women for science and engineering

From Maine CF

ELLSWORTH & PORTLAND - Applications are currently being accepted at the Maine Community Foundation for the Lydia R. Laurendeau Scholarship Fund.

Established in 2013, the Laurendeau Fund provides renewable scholarship support to young women who are graduating seniors from high schools in Maine pursuing post-secondary education in science or engineering at a four-year university.

There is a preference for applicants demonstrating an interest and/or actively participating in their Franco-American heritage.

The deadline for applications is June 1. Applications are available at [www.mainecef.org](http://www.mainecef.org).

The Maine Community Foundation has worked with donors and educators since 1983 to provide Maine students access to educational opportunities. The community foundation manages more than 650 scholarship funds.

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# Calendar

Send your submissions to the Editor. More online.

**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 conversation about what we're reading. Make suggestions, share your thoughts, find resources, and get personalized recommendations from our librarians!

**THURSDAY**  
**Apr. 22**  
**10 a.m.**  
 GORHAM – Baxter Memorial Library. Solar Oven. Ms. Deb is excited to celebrate Earth Day with you, and she's even more excited to make solar ovens! You'll learn a bit about the science behind solar energy and then put your knowledge to the test as you use some basic household items (including a recycled pizza box) to cook actual food. Will you bake a potato, warm up a leftover slice of pizza, or try solar s'mores? The possibilities are endless! Join us on Facebook for some fun!

**6 p.m.**  
 AUBURN – Comp. Plan Update Committee meeting.

**FRIDAY**  
**Apr. 23**  
**10 a.m.**  
 GORHAM – Baxter Memorial Library. Garden Creature with Ms. Dani. Visit Baxter Memorial Li-

brary to pick up supplies to create your own garden creature. Packet includes a container, soil, grass seeds and googly eyes. After the "hair" grows you can style it with scissors into the wildest new creature at your house!

**MONDAY**  
**Apr. 26**  
**5:30 p.m.**  
 AUBURN – City Council Workshop and Meeting.

**5:30 p.m.**  
 LEWISTON – Planning Board Meeting via Zoom video conference. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

**5:30-6:30 p.m.**  
 LEWISTON – Finance Committee meeting in City Hall Administrator's Conference Room.

**TUESDAY**  
**Apr. 27**  
**5:30 p.m.**  
 AUBURN – Agriculture Committee meeting.

**6:30 p.m.**  
 GORHAM – Tentative Town Council budget workshop – to be determined if this is a Zoom session.

**WEDNESDAY**  
**Apr. 28**  
**5:30 p.m.**  
 AUBURN – Auburn Housing Authority Board of Commissioners – annual meeting.

**6 p.m.**  
 AUBURN – Complete Streets Committee meeting.

**FRIDAY**  
**Apr. 30**

GORHAM – FY 21-22 Proposed Budget due to Town Council.

**MONDAY**  
**May 3**  
**5:30 p.m.**  
 AUBURN – City Council workshop and meeting.

**7 p.m.**  
 GORHAM – Planning Board meeting, via Zoom.

**TUESDAY**  
**May 4**  
**5:30 p.m.**  
 AUBURN – Age-Friendly Committee meeting.

**6 p.m.**  
 LEWISTON – City Council meeting. **CAN BE VIEWED REMOTELY VIA ZOOM:** Due to necessary COVID19 precautions, the May 4 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at [publiccomment@lewistonmaine.gov](mailto:publiccomment@lewistonmaine.gov) The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**6:30 p.m.**  
 GORHAM – Regular Town Council meeting, via Zoom.

**WEDNESDAY**  
**May 5**  
**4 p.m.**  
 AUBURN – Auburn Farmers' Market.

**6 p.m.**  
 AUBURN – School Committee meeting.

**THURSDAY**  
**May 6**  
**4 p.m.**  
 AUBURN – Cable

TV Advisory Board meeting.

**5:30 p.m.**  
 AUBURN – Auburn-Lewiston Airport Board meeting.

**MONDAY**  
**May 10**  
**5:30-6:30 p.m.**  
 LEWISTON – Finance Committee meeting at City Hall Administrator's Conference Room.

**5:30 p.m.**  
 LEWISTON – Planning Board meeting via Zoom. The Planning Board Agenda and information for this meeting will be available on the website on the Friday before the meeting date.

**TUESDAY**  
**May 11**  
**6 p.m.**  
 AUBURN – Planning Board Meeting.

**6:30 p.m.**  
 GORHAM – Town Council Budget workshop with School Committee, via Zoom.

**WEDNESDAY**  
**May 12**  
**4 p.m.**  
 AUBURN – Auburn Farmers' Market.

**6 p.m.**  
 AUBURN – School Committee meeting.

**6:30 p.m.**  
 AUBURN – Parks and Recreation Advisory Board meeting.

**7 p.m.**  
 GORHAM – School Committee meeting, via Zoom.

**MONDAY**  
**May 17**  
**5:30 p.m.**  
 AUBURN – City Council workshop and meeting.

**TUESDAY**  
**May 18**  
**7:30 a.m.**  
 AUBURN – Auburn Public Library Board of Trustees meeting.

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**8 a.m.**  
 GORHAM – Ordinance Committee meeting, via Zoom.

**4 p.m.**  
 AUBURN – Auburn Sewer District Trustees meeting.

**6 p.m.**  
 LEWISTON – City Council meeting. **CAN BE VIEWED REMOTELY VIA ZOOM:** Due to necessary COVID19 precautions, the May 18 City Council meeting will be broadcast via ZOOM - <http://www.lewistonmaine.gov/2021cc> Also, public comment will be possible at [publiccomment@lewistonmaine.gov](mailto:publiccomment@lewistonmaine.gov) The meeting will be archived on the City's YouTube channel <http://www.lewistonmaine.gov/YouTube> by the next day.

**6 p.m.**  
 AUBURN – Conservation Commission meeting.

**6:30 p.m.**  
 GORHAM – Tentative recurring Town Council Workshop, via Zoom.

**WEDNESDAY**  
**May 19**  
**8 a.m.**  
 GORHAM – Gorham Economic Development Corporation meeting, via Zoom.

**4 p.m.**  
 AUBURN – Auburn Farmers' Market

**4 p.m.**  
 AUBURN – Auburn Water District Trustees meeting.

**THURSDAY**  
**May 20**  
**8 a.m.**  
 AUBURN – 9-1-1 Committee meeting.

**4-5 p.m.**  
 GORHAM – Eco-maine Executive Committee meeting, via online video conference.

**6:30 p.m.**  
 GORHAM – Tentative Capital Improvement Projects/Economic Development Committee meeting, via Zoom.

**6:30 p.m.**  
 GORHAM – Board of Appeals meeting, via Zoom.

**7 p.m.**  
 AUBURN – Community Forest Subcommittee meeting.

**MONDAY**  
**May 24**  
**5:30-6:30 p.m.**  
 LEWISTON – Finance Committee meeting at City Hall Administrator's Conference Room.

**Survivors**  
*Continued from page 1*  
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Book lovers and bookstores: looking for unique and eclectic books? Check out author Casey Bell: [www.authorcaseybell.com](http://www.authorcaseybell.com).

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## SENIORS

LEWISTON SENIOR CITIZENS TRIPS POSTPONED TIL FURTHER NOTICE: VIRGINIA BEACH, COLONIAL WILLIAMSBURG & HISTORIC NORFOLK - SEPTEMBER 14 - 19, 2020. Trip includes 5 nights lodging, 8 meals, Colonial Williamsburg, free time on the Virginia Beach Boardwalk, dinner cruise with

entertainment on the Spirit of Norfolk, admission to Nauticus and Battleship Wisconsin, Virginia Beach Aquarium and Marine Science Center. A \$75.00 deposit is due when signing up. Price is \$775.00 pp double occupancy. For questions and detailed information on these trips, please call: Claire - 207-784-0302 or Cindy- 207- 345-9569.

## WANTED

**Odd jobs and Gig work**  
Retired teacher and counselor looking for odd jobs and Gig work. Trained and experienced in babysitting, Petsitting, senior/adult care and cleaning. Contact: Missy 207-253-9762 or [allinoneservices1@yahoo.com](mailto:allinoneservices1@yahoo.com)

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