

First trade show in Maine Under the pandemic



Travis Dow of Dow Media LLC in Lewiston, gives a thumbs up while chatting with Gorham Weekly Publisher Laurie Steele about the success of the Maine Home Show. Dow has produced the show since its inception 10 years ago, and said this year's show - the first trade show in Maine since the pandemic began a year ago - was well received by both vendors and visitors. (Lillian Baker photo)

By Nathan Tsukroff

AUBURN –Welcome to the Maine Home Show . . . the first trade in Maine since the COVID-19 pandemic began more than a year ago.

With just four weeks to bring the show together after the State of Maine gave permission for expanded indoor gatherings in March, Travis Dow booked space in the Norway Savings Bank arena to create a pandemic version of the home show that Mainers have enjoyed for so many years.

The Maine Home Show finally opened its doors the second weekend of April, with around 50 exhibitors.

The show took place on one of the two ice rinks at the arena. This rink had been shut down at the end of the hockey season, while the other rink hosted play throughout the weekend. Exhibitors were able to set up on the concrete base of the arena, rather than on a covering over the ice.

This was the ninth annual Maine Home Show, after being forced to skip last

year due to the pandemic.

The show was hosted at the Androscoggin Bank Colisee in Lewiston the first eight years, shifting to the Norway Savings Bank Arena this spring after the Colisee told Dow it was extending hockey play and wouldn't be able to host the show.

Dow has already booked the Norway Savings Bank Arena for next year's show on March 19 and 20, 2022, and said it provides room for him to expand the show as needed.

He worked with the staff at the Arena for this year to be sure pandemic guidelines were followed. "We developed a plan on how to lay the event out and structure it in such a way that it kept people safe," he said.

"Once we did that" and he knew he could present the show, "then I started generating all the support from the exhibitors and planning all the advertising, and bringing on these new ways of bringing people in as far as electronic tickets and contactless payments," Dow said.

In the past, visitors simply paid admission at the door. But this year, visitors

printed out their online tickets and scanned the ticket QR code at the entrance for admission. Dow said another advantage to this new system was that visitors planned to attend, rather than making a last-minute decision on the day of the show.

With only a month to pull the show together for this year, Dow said the number of exhibitors was down from past years. Visitors have enjoyed around 75-80 exhibits in previous shows.

As far as exhibits, "We had a little bit of everything," Dow said. Exhibits included furniture, yard services, household goods and knickknacks, building services, windows and doors, and generators.

With fewer exhibitors this year, the show featured wider aisles and larger booths than in past years. Dow said there is lots of room available to add exhibitors in future shows. For this year, he took advantage of the extra space to "to just make it open, and allow for as much social-distancing as possible."

The advantage to an in-person show is that visitors can speak directly with a

See Trade show, page 8

Portland Harbor Hotel fundraiser for children's meals

From Portland HH

PORTLAND - The annual ICE BAR parties at Portland Harbor Hotel in Portland, have drawn enthusiastic crowds and raised thousands of dollars for local non-profits for several years.

This year, due to government restrictions and safety concerns, the annual celebration and fundraiser will move online.

"We couldn't bear the thought of not making our annual donation to a local charity," explains David Hart, CEO of Buffalo-based Hart Hotels. "This year, for obvious reasons, we're not able to host our annual Fire & Ice event at our hotel. However, that will not stop us from coming together to celebrate as a community and supporting this important work."

Everyone is invited to donate and enter to win a luxury getaway.

For more information and to enter to win visit <http://bitly.ws/d36Q>.

The grand prize winner will enjoy three nights at the luxurious Portland Harbor Hotel in the heart of the Old Port District. The hotel is within walking distance of historic sites, museums, sight-seeing tours, boutique shops, and popular restaurants. Dine in the garden courtyard or have cocktail hour by the firepit. The winner can enjoy breakfast and dinner at the restaurant, BlueFin North Atlantic Seafood, as well as complimentary admission to some top attractions.

The second prize winner will receive a two night stay at the Portland Harbor Hotel and breakfast and dinner for two at Bluefin. The winner will also enjoy a bottle of champagne and a box of artisan chocolates at check-in.

All proceeds from entries will benefit Full Plates, Full Potential, a coalition of community leaders, stakeholders and advocates working to end child hunger in Maine. Started in 2014 by John Woods and Justin Alford, the organization was born out of the work of the Maine Legislature's Task force to end Student Hunger. Through that work, it was realized that Maine desperately needed a statewide organization focused solely on maximizing participation in federal child nutrition programs.

Platinum sponsors of ICE BAR include Cross Insurance, Distinctive Tile

See Fundraiser, page 16

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An advertisement for MEDCo products. It features several bottles of MEDCo beverages in various flavors (Classic Lemon-Aid, Mango, etc.) arranged on a grassy field with colorful lollipops. The text "The Healing Community MEDCo Spring Has Sprung!" is prominently displayed. At the bottom, there are two locations: LEWISTON (40 LISBON ST - 741 MAIN ST) and GARDINER (189 WATER ST - COMING SOON!). The footer includes "CRAFT CANNABIS | ARTISANAL EXTRACTS | INCREDIBLE EDIBLES" and the website "thcMEDCo.com | 1-866-42-MEDCo".

Newsmakers, Names & Faces

Letter to the Editor

Saving for retirement

It is a distressing fact that on average, working households in Maine have just \$2,500 in retirement savings. This is due in part because many Maine workers have no way to save for retirement through their employer.

This legislative session, a simple solution is being proposed and AARP Maine strongly supports it. LD 1622, sponsored by Senator Eloise Vitelli (D-Arrowsic), would offer thousands of Maine workers an easy way to save for retirement through their workplace.

Under this proposal, employees could save for retirement through a

payroll deduction in the amount they choose. Employees would be automatically enrolled in the program but could choose to opt out if they wanted to. The money they save would be theirs to take with them from job to job, to rely on in later years for a more secure retirement. All the employer would have to do is set up the deduction.

This program could be a game changer for many Maine workers. An AARP Maine survey that was just released found that when it comes to planning and saving for retirement, 40 percent of Mainers 45 and older say

they are behind schedule. Further studies show that Mainers are 15 times more likely to save when they can do so through their job. Over time, even a small contribution can make a big difference.

If you are one of the thousands of Mainers concerned about saving for retirement, please urge your legislators to support LD 1622. Maine lawmakers have the opportunity to give Maine workers an easy way to increase their savings and take control of their own future.

Pat Pinto
AARP Maine Volunteer State President
Portland

Helping towns support veterans

From Maine Senate

AUGUSTA — Last week, the Maine Senate voted in favor of a bill from Sen. Donna Bailey (D-Saco) to allow municipalities to opt-in to a program that benefits veterans by keeping their property tax rate credits at a steady rate, unaffected by the change in a town or city's valuation.

LD 191, "An Act To Permit Municipalities To Provide Assistance to Veterans in Paying Property Taxes," received unanimous support in the Senate.

"We want to give veterans the maximum tax credit, regardless of any changes in the market value of the municipality in which they reside,"

said Sen. Bailey. "LD 191 grants us another opportunity to support veterans in our state and to encourage their home ownership. I'm grateful to receive the support of the Senate."

In LD 191, each municipality that chooses to adopt this voluntary program would determine what the appropriate length of time of homeownership is before veterans can receive this benefit. The State's share of taxes would not change. Veterans who are renters would receive a \$100 annual benefit.

Senate President Troy Jackson (D-Allagash) a co-sponsor of this bill, said: "Over the past several years, we have heard from

Mainers all over the state who have been struggling with high property taxes. This burden has made it more difficult for seniors and working-class Mainers to stay in their homes and live with some sense of comfort and peace of mind. That's why easing the property tax burden has been a top priority for me and many of my colleagues. I'm proud of the progress we have made, but it's clear that there is always more work to do. This bill gives an additional option for municipalities to provide property tax relief to veterans in Maine who have served our country."

LD 191 faces further votes in the Legislature.

Maine home sales up in March

From Maine Realtors

AUGUSTA - Strong home buyer demand continued across Maine last month, with Realtors reporting 1,313 single-family existing home sales—a sales jump of 16.81 percent over March 2020.

According to statistics released today by Maine Listings, the statewide median sales price (MSP) reached \$268,500, an increase of 17.79 percent com-

pared to March 2020. The MSP indicates that half of the homes were sold for more and half sold for less.

"Maine residential real estate sales volume and median sold values showed continued strength during March 2021," said Aaron Bolster, Broker/Owner of Allied Realty in Skowhegan and President of the Maine Association of REALTORS®. "The pace in the residential real estate mar-

ket continues to be rapid. For March 2021, the statewide days on market statistic was 11 days, compared to 48 days for March 2020."

The National Association of Realtors reported a 10.4 percent nationwide increase compared to the March 2020 statistics. Prices also rose 18.4 percent to reach a national MSP of \$334,500. Regionally, sales in the Northeast jumped 16.9 percent and the regional MSP increased 21.4 percent to \$364,800 comparing March 2021 to March 2020.

"In this fast-moving market, homes become available for sale and are immediately met with pent-up buyer demand," added Bolster. "Whether you're a seller or a buyer, start working with a REALTOR® when you first think about transacting real estate so that you're fully prepared and ready to take action."

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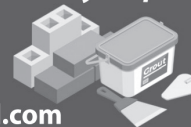
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Newsmakers, Names & Faces

Phinney Lumber joins Pleasant River group

From Pleasant River

WATERVILLE - Ware-Butler Building Supply and parent company Pleasant River Lumber have taken the next step in growth.

Phinney Lumber in Gorham, Puiia Lumber Company in Mexico, and Jordan Lumber Company in Kingfield will all become part of the Ware-Butler and Pleasant River Lumber Maine family this spring to better serve Maine's builders, contractors, and homeowners.

Additionally, with the acquisition of custom cabinet manufacturer Woodsmith's Manufacturing in Oakland, Ware-Butler and Pleasant River Lumber will contin-

ue their quest to provide customers with Made in Maine products. Imagine a home package starting with the foundation pressure treated lumber, to the structural lumber framing, to the windows in the family room, to the finish of custom cabinets in the kitchen, all sourced locally in Maine!

Phinney Lumber in Gorham, a 3rd generation company established in 1928, servicing southern Maine, became a Ware-Butler Building Supply location on April 15. Mike Phinney will remain as the Gorham location General Manager and efforts are well under way to help take the operation to the next level by being part of a growing statewide team.

Puiia Lumber Company in Mexico, a 2nd generation company established in Rumford in 1953, became a Ware-Butler Building Supply location on April 16. Owner and GM Tom Puiia will turn the reigns over to his capable team with the support of Ware-Butler. The Mexico location will continue to service its core customers while growing to a full-service building supply operation with a larger delivery circle.

Jordan Lumber Company in Kingfield, a 2nd generation company established in the 1960's, will join the Ware-Butler team and continue to do business as Jordan Lumber at the end of May. Jonathan Jordan will remain as the General Manager as

he has for over 30 years. The team in Kingfield will keep up its unparalleled service in the Kingfield/Sugarloaf region. They will now benefit from the support and resources of Ware-Butler.

Woodsmith's Manufacturing in Oakland, established in 1998, will join the Ware-Butler team in mid-May. Owner John Templin will remain as the General Manager and will help guide the Woodsmith's team to the next level. John and his team plan to oversee investments in technology with Ware-Butler's support that will further help to streamline the manufacturing of high-quality, Maine-Made custom cabinetry. Ware-Butler is proud to provide Woodsmith's top-

class products throughout the state.

"Ware-Butler Building Supply and Pleasant River Lumber are excited to bring over 200 years of experience to our retail team with this round of acquisitions. With nine stores in retail building supplies and hardware, along with Woodsmith's Manufacturing, we will be able to service and supply the residential and commercial building supply needs of Maine from Gorham to Greenville to Enfield.," says Pleasant River Lumber's Retail Operations Manager Alan Orcutt. With the new acquisitions, Ware-Butler will employ 185 people.

Parent company Pleasant River currently owns and operates lumber

manufacturing facilities in Dover-Foxcroft, Jackman, Enfield, Hancock, and Sanford that specialize in spruce/fir framing lumber and eastern white pine boards. In addition to the mills, Pleasant River Lumber owns Moosehead Cedar Log Homes in Greenville, Chaffee Transport in Clinton, Quality Saw Sales and Service, a full service saw filing and supply company in Enfield, ME, and A&A Brochu Logging, a logging division specializing in commercial thinning, headquartered in Enfield, ME.

With the new acquisitions, the Pleasant River Lumber family of companies will employ a total of 568 people working and living in Maine.

Brush drop-off May 15

From Town of Gorham

GORHAM – The next brush drop-off date for Gorham residents is Saturday, May 15.

Public Works will be open from 8 a.m.-noon on May 15 to accept brush from Gorham residents. No stumps or commercial drop-offs are allowed.

Memorial Day Parade

The Memorial Day Parade & Eastern Cemetery Ceremony will take place on May 31.

Help demonstrate our community's collective "Thank You" to our local veterans and those that have made the ultimate sacrifice at Gorham Recreation's annual Memorial Day Parade on Monday, May 31.

The parade will step off at 11 a.m. from Village School and end at Eastern Cemetery on Johnson Road.

Gorham churches, community organizations, clubs, neighborhood groups, businesses, school groups, sports clubs and groups, and anyone else wishing to be part of the Memorial Day

Parade are invited to register floats or units online. To register or learn more, visit <http://bitly.ws/dhcq>.

Line up begins at 10 a.m. on Lincoln Street, which will be closed until the parade begins. If you need to access Village School to drop off parade participants or to participate in the parade, please use an

alternate route.

For safety, no throwing anything from anywhere – thank you.

There will be no walking units this year.

United States Chief of Space Operations Integration Colonel Stuart A. Pettis will speak in a ceremony at Eastern Cemetery following the parade.

Summer camp registration

Gorham Recreation Summer Camp registration began on May 1.

Online registration for Gorham Recreation's various summer camps can be found at <http://bitly.ws/dhcB>. Select a camp or learn more at the website.

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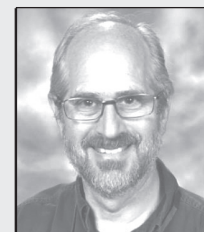
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Keep wildlife out of your backyard



Spring can be an exciting time to see wildlife, and homeowners can take steps to keep wildlife out of backyards. (Photo courtesy of Maine DFIW)

From Maine DIFW
AUGUSTA - Some wildlife species are drawn to residential areas because

they offer food, shelter, and safety from natural predators. This can be an exciting time to see wildlife! Seeing wildlife

during daylight is typically not a cause for concern. In the spring and summer, mothers are busy raising their young and may need to look for food during the day.

The Maine Department of Inland Fisheries and Wildlife says that to prevent wildlife from coming to your yard, you just need to understand why animals might be attracted to your property, and then take some preventative steps.

KEEP WILDLIFE WILD
-Watch wildlife from a distance.
-Never approach, handle, feed, or attempt to

move a wild animal.

FEED BIRDS THE NATURAL WAY

- Plant native plants in your yard that provide food and shelter for birds and other species, without attracting rodents and other animals.

ELIMINATE ACCESS TO SHELTER

-Seal potential entry points in attics or chimneys and under buildings, decks, and crawl spaces with 1/4-inch mesh hardware cloth, boards, or metal flashing.

-Trim tree limbs near rooftops and attach sheets of metal flashing around building corners.

PROTECT POULTRY AND LIVESTOCK

- Secure your poultry and livestock in a predator-proof pen, protected by electric fencing or guard animals.

- Store food indoors or in an animal-proof container.

BE SMART ABOUT THE GARBAGE

- Store garbage in a building.
- Use garbage cans with latching lids that do not open if pushed over.

- If you have curbside pickup, wait until that morning to take out the trash.

- Keep dumpster lids closed and latched.

COMPOST RESPONSIBLY

- Secure your compost to keep wildlife out.

- Never compost animal matter, which can become smelly and attract wildlife.

BE A RESPONSIBLE PET OWNER

- Keep your pet's vaccinations up to date.

- Keep your pet on a leash and under control at all times.

- Don't feed pets outside unless you must; and if that's the case, clean up after.

- Don't feed feral cats.

- At night (dusk until dawn), bring your pets inside and lock pet doors to keep other animals out.

Bill supports affordable housing in Maine

From Maine Senate
AUGUSTA — The Maine Senate voted last week in favor of a bill from Sen. Nate Libby (D-Lewiston) to support affordable housing and preserve historic buildings in Maine through the extension of a tax credit program.

LD 201, "An Act To Reduce Greenhouse Gas Emissions and Promote Weatherization in the Buildings Sector by Extending the Sunset Date for

the Historic Property Rehabilitation Tax Credit," received unanimous support in the Senate.

"There is a well-documented shortage of affordable housing here in Maine. Newspapers are full of headlines about how hard it is for Maine families to find a place to live. This bill would extend a successful tax credit that will not only increase safe, affordable housing stock, but also help preserve the character of our downtowns," said Sen.

Libby. "I'm grateful to my colleagues for their support of this bill."

As amended, LD 201 would extend the sunset date for the Maine Historic Rehabilitation Tax Credit (MHRTC) from 2025 to 2030. The MHRTC incentivizes business and real estate owners as well as property developers to rehabilitate and reuse income-producing historic buildings in Maine. The credit encourages investment in downtown areas

to spur revitalization, and to create affordable housing. The MHRTC helps encourage redevelopment of housing located within walking distance of downtown stores and services, which reduces the need for new construction and the dependence on motorized transportation.

"The historic rehabilitation tax credit demonstrates that historic preservation is a critical strategy for community revitalization," said Greg Paxton,

executive director of Maine Preservation. "Among many other projects, these credits have been used to rehab 15 vacant or underused mill buildings and 23 abandoned schools across the state, and strengthened instead of dragging down the intown areas around them. And these projects are loved by citizens of our communities, who feel pride in the repurposing for current uses of the historic buildings constructed so well by our predecessors."

Since the program was adopted in 2008, almost 1,300 affordable homes have been created or preserved, and almost 700 new full-time, year-round jobs have been generated by businesses occupying commercial spaces and in building maintenance. To date, the program has generated \$3 million more in state and local tax revenues than it has cost in tax credits.

LD 201 faces further votes in the Legislature.

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First tick findings reported for 2020

From UMaine

ORONO - The Maine Forest Tick Survey at the University of Maine has issued its 2020 Citizen Science Results Report for nine southern and coastal counties in the state, and is seeking forest landowners to be part of its citizen science research program this summer.

To understand the growing risks of tick-borne diseases in Maine and investigate potential risk mitigation strategies, UMaine researchers developed the state's first active tick surveillance program in partnership with volunteer landowners with up to 1,000 wooded acres in Androscoggin, Cumberland, Hancock, Knox, Kennebec, Lincoln, Sagadahoc, Waldo and York counties.

Land managers and citizen science landowners collect ticks on their wooded properties, which are then identified and tested for pathogens.

The researchers leading the multiyear, multi-disciplinary project — research associate Elissa Ballman and faculty members Allison Gardner, Jessica Leahy and Carly Spornarski — also are studying the relationship between land management practices and tick-borne disease exposure risk to help better protect landowners, recreationists and forest workers in Maine.

According to the recently released 2020 Citizen Science Results Report, adult tick populations last year were robust in the early summer, but the nymph populations were

greatly reduced compared to recent years. This was likely a result of the unusually hot, dry weather in mid-summer.

In 2020, the first year of the project, 116 volunteer citizen scientists in nine southern and coastal Maine counties collected more than 2,000 specimens, 1,643 of which were ticks. Researchers tested 445 of those ticks — blacklegged tick nymphs — for pathogens. The largest number of blacklegged tick nymphs were collected in Knox County, followed by Kennebec County.

Of those blacklegged tick nymphs, more than 25% were carrying *Borrelia burgdorferi*, the bacterium responsible for Lyme disease. All nine counties in the study had ticks positive for the pathogen,

with the highest rates in Hancock and Cumberland counties.

Over 7% of the blacklegged tick nymphs were carrying *Anaplasma phagocytophilum*, the bacterium responsible for anaplasmosis. It was detected in ticks in six of the counties, with the highest prevalence in Knox County.

More than 5% of the blacklegged tick nymphs were carrying *Babesia microti*, the organism responsible for babesiosis. It was found in six counties, with the highest prevalence rates in Knox and Cumberland counties.

The 2020 Citizen Science Results Report also found that properties with timber harvests in the past 20 years had significantly fewer blacklegged ticks. In addition, properties with

invasive plants had significantly more blacklegged ticks; that was especially true of land with Japanese barberry and bush honeysuckle, corroborating previous research findings.

This year's Maine Forest Tick Survey in the nine counties hopes to expand with the recruitment of 150 new volunteer forest landowners in the nine southern and coastal Maine counties. The citizen scientists will collect ticks for identification and testing for associated pathogens, and send them to the university for analysis. Online training and collection materials, including drag cloths and vials, will be provided for volunteers in June.

Sampling will begin in July, the month when blacklegged tick nymphs

(the life stage responsible for most human infections) are active. Participating citizen scientists will be asked to sample for ticks on three days throughout the month for an hour each day, and will receive the identification and pathogen test results of their tick samples, as well as reports about the findings of the entire project, during the winter.

More information about the Maine Forest Tick Survey, including how to volunteer, is available online or by contacting Elissa Ballman, the citizen science coordinator, elissa.ballman@maine.edu. Follow project updates on Facebook and Twitter.

The University of Maine, founded in Orono in 1865, is the state's land grant, sea grant and space grant university.

Guest Essay

Flavors Hook Kids supports cigarette ban

From Flavors Hook Kids

AUGUSTA - We strongly support the FDA's decision to prohibit the sale of menthol cigarettes and all flavored cigars. We urge them to move swiftly in doing so. But let's put our expectations in perspective. FDA action will take years, and flavored tobacco products are hooking our kids right now.

Maine lawmakers can and must take immediate action on menthol cigarettes and other flavored tobacco products by passing LD 1550, An Act to End the Sale of Flavored Tobacco Products.

Congress gave the FDA authority over tobacco products in 2009, including the authority to require large warning labels. The FDA announced their intention to require such labels in 2011. Ten years later, we are still waiting. An FDA decision is not the

same as FDA action.

Maine kids can't wait 10 years for these deadly products to be removed from store shelves. States must act now and Maine is poised to do so with LD 1550. We cannot put another generation of Maine kids in harm's way by leaving menthol, mint, and candy flavored tobacco on the store shelves.

There are now over 15,000 flavored tobacco products on the market and menthol cigarettes are by far the most dangerous. Menthol numbs the throat and masks the harsh taste of tobacco, making it easier to inhale, and inhale more deeply. People who smoke menthol also show greater signs of nicotine addiction and are less likely to successfully quit smoking than other smokers.

The harm from menthol flavored tobacco is all around us, spanning

generations. For decades the tobacco industry has targeted people with lower incomes, African Americans, Native Americans, and LGBTQ youth and young adults with cheaper pricing and predatory advertising of flavored products, particularly menthol.

Today, half of all current high school smokers use menthol cigarettes, while more than 8 out of 10 African American adults who smoke use menthol cigarettes. It's no accident that Black Americans die at higher rates than any other racial or ethnic group in the U.S. from tobacco-related diseases such as cancer, heart disease, and stroke.

Many of us have mothers or grandmothers who started smoking because menthol was advertised as "light", "mild", and "smooth". Believing menthol was a safer tobacco product, many have

now paid the price with a lifetime of nicotine addiction, poor health, and too often, premature death.

This is about justice and equity, and taking long overdue action on the health disparities created and perpetuated by the tobacco industry.

The FDA's decision

is long overdue. But let's not get lulled into a false sense of security that the problem of menthol cigarettes and other flavored tobacco is now solved.

Action is needed now to protect kids and save lives. We call on the Maine Legislature and Governor Mills to end the sale of all

flavored tobacco products and give this generation of Maine kids a fair shot at a healthy, productive future, free from tobacco addiction.

More information about the Flavors Hook Kids campaign can be found at www.flavorshookkidsmaine.org.

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Arts & Entertainment

Junction Bowl league scores

From Junction Bowl

GORHAM – The Junction Bowl on Railroad Avenue in Gorham now has league play on Monday, Tuesday, and Thursday nights.

Scores include the player handicap.

Tuesday Night Shootout

Week 3 of play

Cody Hawkes had a big night with 650 to help Rigonometry to 2 games and the weekly team series over The High Rollers with 1 game, 2278-2049

Rigonometry

Cody Hawkes
253-195-202 – 650
Derek Haney
184-185-181 – 550
Keenan Hendricks
220-199-164 – 583
Sebastian Pettitt
180-182-133 – 495

The High Rollers

Ben Smith
163-137-185 – 485
Nate Smith
160-166-189 – 515
Anthony Dugan
138-186-163 – 487
Matt Reno
217-182-163 – 562

Gutter Gang had a strong third game, 804-664, to take 1 game and the weekly team series against Bumper Babes with 2 games, 2136-2077.

Gutter Gang

Celeste Cutter
177-145-199 – 521
Asa Wareham
160-160-201 – 521
Asa Farley
184-183-224 – 591
Mark Cutter
164-159-180 – 503

Bumper Babes

Terri Whyte
190-194-145 – 529
Sue Marston
174-164-172 – 510
Amy Sullivan
176-176-169 – 523
Brenda Williams
171-166-178 – 515

Split Happens rolled over Spare Ball's for all 3 games and the weekly team series, 2277-2076.

Split Happens

Frankie Darling
179-188-175 – 542
Bill Smith
207-178-180 – 565
Nicholas Hunt
205-186-216 – 607
Substitute
190-168-+205 – 563

Spare Ball's

Todd Walker
223-174-191 – 568
Scott Stevens
150-173-145 – 468
Dean Walker
158-177-175 – 510
Matt Nelson
180-181-149 – 510

Bonnie's Team took 2 games and the weekly team series, giving up the middle game to Dolls With Balls with 1 game, 2163-2111.

Bonnie's Team

Bonnie Datson
185-190-196 – 571
Tiffany Chapman
169-168-175 – 512
Vacant
540
Vacant
540

Dolls With Balls

Melissa Dubois
140-200-178 – 516
Michelle Ferris
165-169-161 – 495
Jessica Merrill
171-188-189 – 548
Amanda Heatley
191-199-160 – 550

Monday Night Strikes

Week 15 of play

Alex Benner with 695 and Ryan Stuart with 619 led Hammond Eggs to all 3 games and the weekly team series over Right Lane, 2445-2242.

Hammond Eggs

Alex Benner
216-211-268 – 695
Ryan Stuart
201-219-199 – 619
Bobby Brown
220-189-179 – 588
Substitute
173-207-163 – 543

Right Lane

Brian Gonneville
208-196-196 – 600
Adam Homan
166-187-174 – 527
Colin McLean
134-151-203 – 488
Bill Haskell

239-179-209 – 627
Split Happens had a strong night to take all 3 games and the weekly team series from Two Finger Death Punch, 2288-2076.

Split Happens

Heather Bryant
193-196-175 – 565
Kaitlyn Lemieux
199-194-186 – 579
Erica Jackson
179-211-197 – 587
Elisabeth Maxfield
219-169-169 – 557

Two Finger Death Punch

Jon Talbot
185-188-174 – 547
Charlie Pasquerillo
209-170-187 – 566
Scott Smart
154-202-220 – 576
Substitute
129-129-129 – 387
Cobra Kai took all 3 games and the weekly team series from a short-handed Pin Me Please, 2350-2129.

Cobra Kai

Tim Perry
181-208-179 – 568
Kenneth Reno
200-213-225 – 638
Eric Bretton
163-184-177 – 524
Romeo Jalbert
172-234-214 – 620

Pin Me Please

Heather Lavallee
174-159-184 – 517
Brendan Gow
201-189-204 – 594
Substitute

135-183-166 – 484
Blind
534
The (League) Office snagged 2 games and the weekly team series, 2278-2296, while The Gutter Rats grabbed the first round 825-750 for just 1 game.

The (League) Office

Sebastian Pettitt
188-222-210 – 620
Aidan Underwood
178-202-157 – 537
Nick Calvert
204-187-190 – 581
Vacant
540

The Gutter Rats

Gary LaPierre
223-214-199 – 636
Ben Smith
209-177-156 – 542
Amy Pompeo
180-182-184 – 546
Shawna LaPierre
213-169-190 – 572

Thursday Night Dynamite

Week 15 of play

Sexy Ginger took all 3 games and the weekly team series from an absent House Balls, 2351-2106.

Sexy Ginger

Jacob Bourgeois
190-209-206 – 605
PT
218-201-199 – 618
Clayton Farrin
213-202-198 – 613
Shawn McCurdy
217-141-157 – 515
Minds In The Gut-

ter took the first and last games for 2 games and the weekly team series over Split Happens with 1 game, 2307-2203.

Minds In The Gutter

Scott Verrill
188-221-211 – 620
Jay Sutton
213-174-189 – 576
Doug Mercier
195-182-205 – 582
Matt Ferrante
192-179-158 – 529

Split Happens

Denise Williams
195-189-216 – 600
Duayne Frank
183-177-164 – 524
Substitute
172-168-191 – 531
Substitute
147-207-194 – 548

Strike First struck hard and fast with a 730 aggregate from Romeo Jalbert for all 3 games and the weekly team series against Smelt Camp Swim Team, 2375-2091.

Strike First

Romeo Jalbert
244-224-262 - 730
Sherry Coyne
174-178-146 – 498
Roni Bretton
176-177-182 – 535
Kenneth Reno
209-178-225 – 612

Smelt Camp Swim Team

Kevin Kassa
190-156-189 – 536

See Scores, page 16

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Maine Senate Dems reject 'junk insurance' plans

From Maine Legislature

AUGUSTA — Senate President Troy Jackson (D-Allagash) and members of the Senate Democratic Caucus soundly rejected legislation to bring back junk insurance health plans in a vote of 22-13 on Thursday.

The vote comes after the Maine Legislature passed a law putting strict limitations on junk insurance plans in 2019.

"Mainers expect their health insurance plans to cover their basic needs and be there when they are sick or injured. It's why my colleagues and I championed legislation to put strict limits on short-term health insurance plans, otherwise known as junk insurance plans, last session," said President Jackson. "Health insurance companies shouldn't be able to trick Mainers into purchasing these cheap, faulty plans. They shouldn't be able to

sell Mainers a bill of goods only to pull the rug out from underneath them in a health crisis. Today, we once again made it clear that Senate Democrats will always choose Maine people over large insurance companies."

These junk insurance plans are typically offered as a substitute for comprehensive health care coverage but fail to cover the basics. The plans aren't subject to the same standards ushered into statute through the Affordable Care Act or Maine's Act To Protect Health Care Coverage for Maine Families. This means plans can discriminate based on health status, age and gender, exclude coverage of preexisting conditions, impose annual or lifetime limits, opt not to cover entire categories of benefits (such as prescription drugs), rescind coverage, and require higher out-of-pocket cost-sharing than otherwise allowed.

"Federal changes to the Affordable Care Act have made it possible for all Mainers, regardless of their income level, to qualify for subsidies to purchase quality, affordable health care plans. Instead of pushing for short-term plans that are nothing but junk, Maine lawmakers should get getting the word out to constituents that they are eligible for affordable coverage and should sign-up now," said Sen. Heather Sanborn (D-Portland), Chair of the Legislature's Health Coverage, Insurance and Financial Services Committee. "Mainers can go to CoverME.gov to learn more."

Short-term health plans often don't cover the cost of prescription drugs or maternity care. Many states have joined Maine in taking action to protect residents from short-term health plans, including Massachusetts, New Jersey, New York, Rhode Island, and Vermont.

Guest Column Drug Addiction in Rural America

By M.K. Leach

Roughly 46 million or 14% of the population are currently classified as living in rural areas, and around 15 out of 100 people live in rural areas.

However, drug addiction and drug overdose have surpassed rates in urban areas and have become a major public health concern. Overdose rates have skyrocketed amid the COVID-19 pandemic, drastically affecting rural America. According to the Centers for Disease Control, drug overdose deaths have surpassed other leading causes of death like AIDS or motor vehicle crashes. Opioids contribute to most of these deaths, which has been an ongoing trend for over 20 years.

In 1999, increases in deaths involving opioids began, and by 2010, heroin-involved deaths began to increase, and since 2013, more deaths involved synthetic opioids. Rural communities are at significant risk, and per the CDC, residents tend to be older, poorer, and sicker than those living in urban centers. Moreover, differences in socioeconomic factors, health behaviors, and access to drug rehab and health care contribute to the problem.

Drug addiction can be especially hard to combat in rural areas

due to limited resources for prevention, treatment, and recovery. Some states have taken steps to increase access to rural drug rehab centers and programs and have seen success. However, drug addiction and overdose in rural areas continue to be problematic. According to a 2014 Update of the Rural-Urban Chartbook, drug rehab admission rates for nonmetropolitan counties were highest for alcohol as the primary substance, followed by marijuana, stimulants, and opioids. Factors contributing to drug addiction in rural America include low educational attainment, poverty, unemployment, lack of access to healthcare, and isolation.

Additionally, more opioids are being prescribed in rural America. The CDC analyzed prescribing data and found the number of patients being prescribed opioids was higher in rural areas than in urban settings. Higher rates of opioid-related deaths have been recorded in rural areas than in urban areas. In 2017, 14 rural counties were among 15 counties with the highest opioid prescribing rates. The CDC also found that patients in rural counties had an 87% chance of receiving prescribed pain medication.

To place the information in context, in 1999, drug overdose death rates for urban areas

were higher than in rural areas. In 2004 the rates converged, and in 2006 overdose rates were higher in rural areas. In 2015, approximately six times as many drug overdose deaths occurred in urban areas than in rural areas. Overall, there are significant regional differences rurally—in 2016, opioid-related deaths were higher in urban than in rural counties, particularly in the Midwest. However, over the past two decades, rates have increased more in rural areas than in urban areas nationally.

The most dramatic increase in opioid-related deaths occurred in the rural Midwest, which was 16 times higher in 2016. Moreover, prescription opioids are involved in a larger share of rural than urban drug overdose deaths. The COVID-19 pandemic has caused significant issues for many rural communities, especially those struggling with an increased number of overdose deaths. It is clear that drug addiction is just as much a problem in rural America as it is in urban centers.

Michael Leach has spent most of his career as a health care professional specializing in Substance Use Disorder and addiction recovery. He is a regular contributor to the healthcare website Addicted.org and a Certified Clinical Medical Assistant.

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Trade show

Continued from page 1

vendor, Dow said. "A key component to it is actually talking to somebody that knows what they're doing" with the services offered.

For the vendors, the show is important to generating leads for their businesses, Dow said, so the exhibitors "were really

thankful" to be at the show.

This first trade show of the pandemic in Maine "broke the ice for the events industry to show people that we can do it, and that it can happen," Dow said. He expects other trade shows to be presented in Maine, now that he was able to demonstrate they can take place safely.



Tom and Muguette Moulin of Auburn admire the carvings at an exhibit by Riverside Wood Carving of Lisbon Falls at the Maine Home Show at Norway Savings Bank Arena in Auburn in early April. (Tsukroff photo)



Mike Chizman of New Auburn discusses the benefits of solar power with Matt Brown and Shiyoko Mosher of The Solar Community at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. The home show was cancelled last year, due to the pandemic, and was the first trade show in Maine this year. (Tsukroff photo)



Brandy Leclair (right), of Hill and Shores Woodworks, demonstrates a wooden bottle cap opener to Jannine Hemond (center) and her daughter, Jennifer, along with their dog, Lucy, at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Tsukroff photo)



About 50 exhibitors filled one of the ice rinks at the Norway Savings Bank Arena in Auburn for the Maine Home Show in early April, the first trade show in Maine since the pandemic began more than a year ago. (Tsukroff photo)

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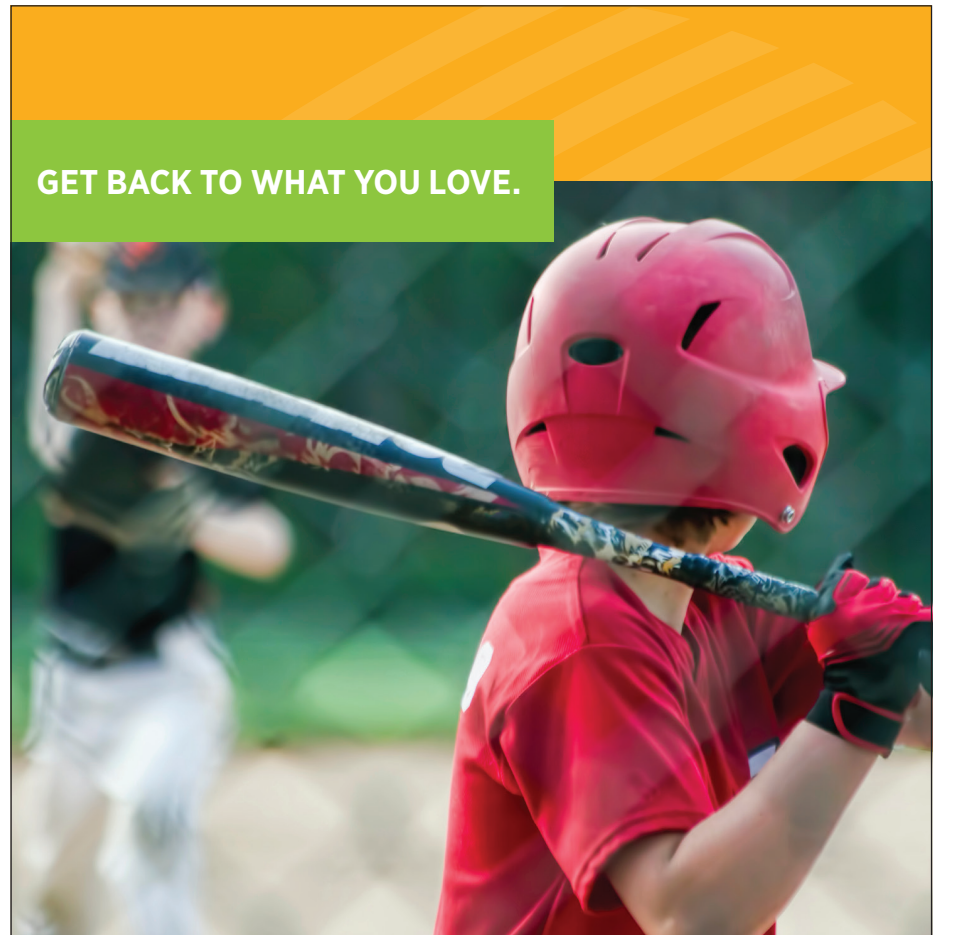


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Shawn Cantwell and Don Billings of DMR Sealcoating at their booth at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Michelle Di Emedio, Tim Berube, Jim Hebert and Tony Fontaine of Aireserv at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Bob Carey of Aerus at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)

See Page 11 for more Home Show photos

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Jaime Johnson, a Scentsy independent consultant, at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Riley, Nathan, and Dylan with Collegiate Entrepreneurs at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Ryan Pleau and Thomas Favreau at their AAA Insurance booth at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Timothy Evrard with Apex Exteriors & Finish at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Kim Richards Jones at her Tupperware booth at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



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Bob Waterman of Waterman Farm Machinery shows off a riding mower at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Dave Roy and Nick Roy of A-1 Seamless gutters at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Don Asselin of Prestige Pools waits for visitors in his booth at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Jack Rhodes with NUIMAGE of Maine at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Heidi and Justin Bernier of Meservier & Associates at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Holly Morris of Hardt's Kitchen & Bath Center at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Joni Yoder, John Yoder, and CB Smith of County Truss, at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)



Michelle Rossignol shows the available colors at her Color Street Nails display at the Maine Home Show in April at the Norway Savings Bank Arena in Auburn. (Laurie Steele photo)

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Avoid Fraudulent Tax Preparers

From US DOJ

WASHINGTON, D.C. – With just a couple of weeks left in this year's tax season, the Department of Justice urges taxpayers to choose their return preparers wisely.

Return preparer fraud is one of the IRS' Dirty Dozen Tax Scams. Unscrupulous preparers who include errors or false information on a customer's return could leave a taxpayer open to liability for unpaid taxes, penalties, and interest.

Over the last year, the Justice Department's Tax Division has worked with U.S. Attorney's Offices around the country to bring both civil and criminal action against dishonest tax preparers, seeking as ap-

propriate civil injunctions to stop ongoing fraud, civil penalties or disgorgement of ill-gotten proceeds, and criminal sanctions. The department intends to send a strong message that those who prepare fraudulent returns will face serious and lasting consequences.

Examples of civil injunctions obtained by the Tax Division over the last year include:

On Feb. 25, 2021, a federal court in Delaware enjoined return preparers Jorge Bravo, Michael Eller Income Tax Service, Nelson Graciano and Pedro Toala from preparing, filing or assisting in the preparation or filing of any federal tax returns which claim ineligible persons as dependents, claim improper business expenses or losses, or

improperly claiming the Child Tax Credit and other credits. The injunction runs through Dec. 31, 2026, and requires the defendants to hire an independent monitor to examine selected returns.

On Nov. 17, 2020, a federal court in the Northern District of New York entered a stipulated permanent injunction against Demetric Williams, individually and doing business as Poor No More LLP, that bars him from preparing returns for others, and from owning or operating a tax return preparation business, and from representing customers in connection with any matter before the IRS. Williams was required to notify his customers of the order.

On Aug. 27, 2020, a

federal court in the Western District of Tennessee permanently enjoined Rickey Greer and Stacie Smith (formerly Greer) from acting as federal tax return preparers, assisting in any way in the preparation of federal income tax returns, and representing any person before the IRS. Under the terms of the injunction, the Greers agreed to give up their IRS-assigned preparer identification numbers.

The Tax Division has also sought to strip fraudulent preparers of ill-gotten gains and to hold in contempt those who attempt to flout court-ordered restraints on further fraudulent activity.

The Tax Division reminds taxpayers that the IRS has information on

its website for choosing a tax preparer, has launched a free directory of federal tax preparers, and offers information on how to avoid "ghost" tax preparers, whose refusal to sign a return should be a red flag to taxpayers. (More information can also be found here.) The IRS also has a list of important reminders for taxpayers who are about to file their 2020 tax returns, including how to prepare for a smooth filing process.

In addition, IRS Free File, a public-private partnership, offers free online tax preparation and filing options on IRS partner websites for individuals whose adjusted gross income is under \$72,000. For individuals whose income is over that threshold, IRS

Free File offers electronic federal tax forms that can be filled out and filed online for free.

Acting Assistant Attorney General David A. Hubbert of the Tax Division made the announcement.

In the past decade, the Tax Division has obtained injunctions against hundreds of unscrupulous tax preparers. Information about these cases is available on the Justice Department's website. An alphabetical listing of persons enjoined from preparing returns and promoting tax schemes can be found this page. If you believe that one of the enjoined persons or businesses may be violating an injunction, please contact the Tax Division with details.



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'Light, Line, Form' at CCAC



"Nautilus Shell" by Maryjane Johnston (Photo courtesy of CCAC)

From CCAC

BATH - The Chocolate Church Arts Center gallery will feature Maine artists Maryjane Johnston and Tanja Kunz in a show titled "Light, Line, Form", with an opening event at CCAC on Friday, May 28.

"Light, Line, Form" will feature recent works from the two artists, and will juxtapose minimalism and fullness through photography and painting.

Maryjane Johnston, who was born in Bermuda and grew up in Cape Elizabeth, is best known for her photographs of the female form. She presents the female form as simplified, with ambiguous shapes that can be revealing, mystifying, and personal. The intimate nature of the subjects immerses the viewer in a universe of sensations sometimes blurring the line between illusion and reality.

Tanja Kunz received her M.F.A. from the University of Victoria, in British Columbia, and her B.F.A. from the University of New

Mexico, in Albuquerque. Her paintings and drawings reference the natural world, but are abstract and mysterious. The artist says, "With a background in natural healing and traditional medicine, this work reflects my fascination with the energy, beauty, and power of nature."

The Chocolate Church Arts Center, at 804 Washington Street in Bath, will host a gallery opening event with the artists from 5-7:30 p.m. on May 28. The event will take place mostly outdoors, with light refreshments served. Four people will be allowed to enter the gallery at a time, and face coverings must be worn by all attendees. The event is free to attend, but guests must register in advance. Tickets and more information can be found at chocolatechurcharts.org.

"Light, Line, Form" will be on display until June 26, with the gallery open Tuesday-Saturday 10 a.m.-1 p.m. Visit the CCAC website and Facebook page for more information, or call 207-442-8455.

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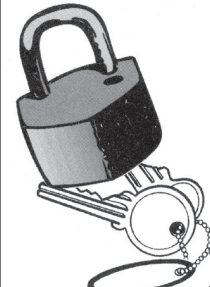
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EVERY TUESDAY**10:30-11:15 a.m.**

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

THURSDAY**May 13****9:30 a.m.**

GORHAM – Baxter Memorial Library. Toddler Discovery Time - Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months-3 yrs).

6-7 p.m.

GORHAM - Friends of Baxter Memorial Library Annual Meeting. The Friends of Baxter Memorial Library invite all members to their Annual Meeting on the lawn next to the library. Social distancing and masks are requested.

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.

8 a.m.

GORHAM – Ordinance Committee meeting, via Zoom.

9:30 a.m.

GORHAM – Baxter Memorial Library. Preschool Discovery Time – If you love picture books, watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

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 [# Calendar](mailto:publiccomment@lew-</p>
</div>
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Send your submissions to the Editor. More online.

istonmaine.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.

10 a.m.

GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity – Homemade Granola. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.

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.

9:30 a.m.

GORHAM – Baxter Memorial Library. Toddler Discovery Time - Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months-3 yrs).

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.

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 25****9:30 a.m.**

GORHAM – Baxter Memorial Library. Preschool Discovery Time – If you love picture books, watch Ms Heidi on Facebook as she reads a new book each week. (ages 3-5).

5:30 p.m.

AUBURN – Agriculture Committee meeting.

WEDNESDAY**May 26****7:30 a.m.**

AUBURN – Auburn Housing Authority Board of Commissioners meeting.

10 a.m.

GORHAM – Baxter Memorial Library - join Ms. Deb on Facebook at <http://bitly.ws/d2uS> for a virtual STEAM activity - Building a Simple Shelter. Activities are geared toward K-5 learners and require minimal supplies that you'll likely have right on-hand at home.

4 p.m.

AUBURN – Auburn Farmers' Market.

6 p.m.

AUBURN – Complete Streets Committee meeting.

THURSDAY**May 27****9:30 a.m.**

GORHAM – Baxter Memorial Library. Toddler Discovery Time - Join Ms. Dani for a Virtual Discovery Time on Facebook as she reads a picture book to our youngest listeners. (18 months-3 yrs).

4-5 p.m.

GORHAM – Eco-maine Outreach & Recycling Committee meeting, via online video conference.

6 p.m.

AUBURN – Comp. Plan Update Committee, via Zoom.

MONDAY**May 31**

Municipal centers, administrative offices, and libraries closed in observance of Memorial Day

11 a.m.

GORHAM – Memorial Day Parade, starting at Village School.

Send all items for

What's Going On

to the Editor.

Deadline is

Friday by five.

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Watch out for CBD scams

From BBB

BOSTON - Cannabidiol (CBD), an active ingredient of cannabis, is now legal in many US states and Canadian provinces.

The Better Business Bureau of Boston warns consumers to watch out for scams if they want to try the drug.

The BBB Scam Tracker has received dozens of reports from frustrated consumers who thought they signed up for a free trial offer but ended up getting billed for hundreds of dollars.

The scam starts when you see an ad for CBD on social media or in an online search. A company is offering samples of CBD oil. All you need to do is pay a couple dollars for shipping and handling, and you can try it for free. In some cases, the product is even endorsed by a celebrity. For example, recent Scam Tracker reports mention popular ministers Joyce Meyer and Joel Osteen.

Sounds great, right?

Unfortunately, if you order the "free" sample, the scammers now have your credit card number. As soon after you receive your sample – if you receive it at all – you are charged \$80 to \$100 for an ongoing monthly subscription.

Cancelling this subscription is not easy! Consumers report that scammers used numerous excuses to avoid issuing refunds. They claimed everything from trouble with the computer system to it being outside the cancellation window. Many victims also told Scam Tracker that the charges continued even after they cancelled their subscription.

"You don't find out until 3 weeks later that you have signed up for a subscription and you are charged \$99," one victim reported to Scam Tracker. "They will not refund your money. They say you had 14 days to cancel (when you call them to complain) but there is no description of that on the website."

To avoid this scam, start by researching the

company online. See what other people are saying about the company's free trials. Complaints from other customers can tip you off to "catches" that might come with the trial. Check the business's BBB Rating and see if there are any alerts.

Understand what happens after the free trial ends. Always read the terms of the offer before signing up. Numerous victims of the CBD free trial con reported not ever seeing the terms and conditions. This is a huge red flag. If you can't find them or can't understand what you're agreeing to, don't sign up.

Be skeptical of celebrity endorsements. Resist being swayed by the use of a well-known name. Scammers often fake celebrity endorsements.

Report losses to credit card companies. If you pay with a credit card, you can dispute fraudulent charges. Keep an eye on your monthly statements and notify your credit card company of any suspicious charges.

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BOOKS

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

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

BUSINESSES FOR SALE

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Cutting Boards

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

Big Blowout sale at House of Lady Debra's Our: Old Goat + His Lady. Gourmet 21 soups, 20 dips, 4 cheeseales sale. Buy 3 dips, get 2 free. Buy 2 soups, get 1 free. Going fast, call now. Lady Debra -207-891-1968.

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HOUSING

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

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

MEDICAL EQUIPMENT

207-375-4627 Aluminum walkers 2 wheels folds \$20 each. 1-3-wheel walker folds \$60.

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LEWISTON SENIOR CITIZENS TRAVEL 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.

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Fundraiser

Continued from page 1

and Design, Harmon's Floral Company, and Old Port Advisors.

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Tucked in the heart of Portland's historic Old Port district a block from the waterfront, the Portland Harbor Hotel is known for its distinctive design

and exemplary service. A case in point is the doorman who meets and greets guests as they arrive and offers thoughtful insights on exploring Portland.

Portland's only AAA Four Diamond Hotel, the property, with 101 rooms and 16 suites, recently underwent an extensive renovation. Highlights include navy, khaki, and white nautical décor, custom-made Thomas Moser

furniture, hardwood floors, individual pantries on each floor offering Starbucks touch-screen machines, a gracious lobby with floor-to-ceiling windows overlooking Portland's Fore Street, and original artwork by Maine artists.

The BlueFin North Atlantic Seafood restaurant located within the hotel offers a varied menu of locally-caught seafood and seasonal dishes.

XXX Turkeys held on for all 3 games and the weekly team series in action with Bowler? I Barely Know Her!, 2342-2176.

Scores

Continued from page 6

- Brian Waild
158-205-169 – 532
- Tonya Kassa
169-182-169 – 520
- Jenn Leanhart
152-184-168 – 504
- XXX Turkeys held on for all 3 games and the weekly team series in action with Bowler? I Barely Know Her!, 2342-2176.
- XXX Turkeys

- Terry Moore
189-186-194 – 569
- Jake Ouellette
185-180-193 – 558
- Ken Foss
204-265-209 – 678
- Peter Luciano
169-178-190 – 537
- Bowler? I Barley Know Her!**
- Dylann Swisley
148-151-146 – 445
- Deanna Boisvert
186-211-164 – 561
- Ari Bouchard

- 179-217-180 – 576
- Sarah Manley
- 202-207-185 – 594

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