



TWIN CITY TIMES

© Twin City TIMES, Inc. 2021

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

FREE • Vol. XXIII, No. 31

Your Hometown Newspaper Since 1999

Thursday, November 11, 2021 • FREE

Museum L-A November events



Museum L-A Executive Director Rachel Ferrante, right, talks with the museum's new Director of Development Traci Gere in the museum's gallery. Museum L-A will be open to the public for special events on Thursday, Nov. 11 for a special Veterans Day observance and on Saturday, Nov. 13 for a discussion about the Androscoggin River. Photo From Museum L-A.

LEWISTON — Museum L-A will be open to the public from 11:00 a.m. to 2:00 p.m. Thursday, Nov. 11, following the annual veteran's ceremony in Lewiston. Museum visitors will be able to see the veterans memorial board at the mill created by Bates Mfg. to honor its veteran employees who served in World War II. Other veteran memorabilia will be on display as well.

The museum's "Our Working Waterway" gallery exhibit will be open from 11:00 a.m. to 3:00 p.m. Saturday, Nov. 13. Peter Rubins, chairman of Grow L+A's River Working Group, will be on hand to discuss the river's past and current clean-up situation and bill LD676.

The museum is located at 35 Canal Street in Lewiston. Its regular gallery hours are 10:00 a.m. to 4:00 p.m. Wednesdays and Fridays, and by appointment.

Collins Questions Fauci on Maine's vaccinated COVID Cases

U.S. Senator Susan Collins questioned two of the nation's top public health officials, Dr. Anthony Fauci and Centers for Disease Control and Prevention (CDC) Director Rochelle Walensky, at a Senate Health Committee hearing about the federal government's ongoing response to COVID-19. The hearing November 4, titled "Next Steps: The Road Ahead for the COVID-19 Response," was the Committee's fourth hearing with federal officials on the pandemic this year.

Senator Collins began by asking Dr. Fauci why COVID-19 is taking such a heavy toll on the State of Maine. Maine is one of the most highly vaccinated states in the country, and 95 percent of Mainers over age 65 have been fully vaccinated. Nevertheless, over the previous seven days, Maine had the 15th highest current COVID-19 case rate on a per capita basis and the 22nd highest death rate on a per capita basis among U.S. states. In addition, Maine has recently experienced a six

percent increase in hospitalizations, an 18 percent increase in people in the ICU, and a 37 percent increase in people on ventilators.

"First, let me make clear that I believe in the efficacy of vaccines and have encouraged my constituents to become vaccinated," said Senator Collins. "But I'm hoping you can explain what appears to be a contradiction when I look at the data for the State of Maine. Maine ranks in the top five states in the percentage of people who have been vaccinated. Can you explain to me why a state that has done a terrific job in getting people vaccinated is seeing this surge in cases that is overwhelming our hospitals and causing great fear, and pain, and loss?"

Dr. Fauci responded that Maine's high caseload is due to COVID-19 infecting unvaccinated populations as well as breakthrough cases among the vaccinated.

Dr. Fauci went on to say, "[A] vaccinated compared to an unvaccinated

person has a multifold less likelihood of being infected, a multifold less likelihood of being hospitalized or dying. I think there were probably confounding multiple factors going into the difficult situation that your citizens in your state are going through, but there's no doubt that the vaccines are clearly much better in the sense of protecting you from infection, hospitalizations, or death compared to the unvaccinated."

Turning to Dr. Walensky, Senator Collins raised the promising "test-to-stay" approach that allows asymptomatic students who test negative for COVID-19 to remain in school rather than quarantining after another student or a staff member has tested positive for the virus. A study in the peer-reviewed British medical journal The Lancet found that case rates were not significantly higher at schools that allowed close contacts of infected students or staff members to remain in class with

See COVID, page 16

"All Together Now!" this weekend at CLT

The L/A Community Little Theatre (CLT) will join over 2,500 theatres across the globe in all 50 states and over 40 countries to perform this exclusive musical revue during the weekend of November 12-14.

"The excitement for All Together Now! is growing by the day," said Drew Cohen, President and CEO of MTI (Music Theatre International). "This is truly a collaborative effort, and we are all extremely excited that any and every type of theatre from schools to the pros has the opportunity to produce MTI's All Together Now! in their communities."

The songs in the CLT production are from hit Broadway musicals such as Annie, Beauty and the Beast, Fiddler on the Roof, Godspell, Guys and Dolls, High School Musical, Into the Woods, Little Shop of Horrors, Mamma Mia, My Fair Lady, Oliver, and Rent.

Under the direction of Lynn O'Donnell, CLT cast members and presenters



Left to right are cast members Marlena Lantos, Sophie Messina and Heather Marichal who sing "Matchmaker" from Fiddler on the Roof. The CLT production of All Together Now opens tomorrow night.

include Shayna Barnhard, Tim Cowan, Maddie Dubois, Jennifer McClure Groover, Julia Groover, Maria Groover, Gregory Judd, Dan Kane, Luci Lantos, Marlena Lantos, Chris L'Hommedieu, Heather Marichal, Sophie Messina, Charlotte Morin, Lynn O'Donnell, Brian Pfohl, Ellie Pfohl, and Roger Philippon.

All performances will be held at CLT at 30 Academy Street in Auburn

on Friday, November 12 at 7:30 p.m.; Saturday, November 13 at 2:00 p.m. and 7:30 p.m.; and Sunday, November 14 at 2:00 p.m. Tickets (\$20 for adults, \$17 for seniors, \$12 for students) can be purchased online at <https://www.laclt.com/>, by calling the Box Office at 783-0958, or at the door. All audience members will be required to wear masks inside the theater.

Fall into Bliss at
The Healing Community
MEDCo

40 Lisbon Street • 741 Main Street, Lewiston
189 Water Street, Gardiner

CALL FOR DELIVERY
1-866-42-MEDCo

www.thcMEDCo.com

Flower • Edibles • Concentrates • Topicals •

@MEDCo.maine
@MEDCoME

Maine Made Crafts
2021 & We're Back With Craft Show Dates

NOV 20 & 21 DEC 4 & 5 Portland Ramada Inn Seasons Event Center 155 Riverside St., Portland	NOV 27 & 28 Augusta Civic Center 76 Community Drive, Augusta
DEC 18 & 19 Augusta Armory, 179 Western Ave., Rt. 202, Augusta	

We're always looking for quality Artists & Craftsmen

NewEnglandCraftFairs.com
FMI: Lois or Steven 706-843-9188 | LTpromo@aol.com

Community Health Options Partnering with NFC

LEWISTON - Community Health Options, the state's only nonprofit, member-led health plan, and the National Fitness Campaign (NFC) have launched a statewide partnership to expand free access to world-class outdoor fitness. The partnership will bring attractive and inviting outdoor fitness courts to communities across Maine in an ongoing effort to improve quality of life, promote activity, and create equitable access to outdoor exercise programs for communities around the state.

The NFC is a country-wide initiative aimed at supporting communities to plan, fund, and build a wellness infrastructure.

The ultimate goal is to fight back against preventable diseases caused by sedentary behavior and transform the next decade so that millions of Americans will choose outdoor wellness activities for healthier lives.

"Mainers are known for enjoying the great outdoors. Our partnership with the NFC will help more adult Mainers enjoy exercising outside and will allow them to be their healthiest selves, mentally and physically," said Kevin Lewis, president and CEO of Health Options. "Our vision to be a leader in transforming and improving individual and community health naturally aligns with the NFC's

work."

Through the NFC partnership, Health Options Fitness Courts will be constructed in easily accessible public spaces beginning in Summer 2022. These Fitness Courts, combined with free digital workouts via a fitness app available to Maine people, will provide community wellness opportunities and free access to outdoor fitness. NFC's award-winning initiative is now planning its 500th Healthy Community in America and is delivering unprecedented and greatly needed outdoor wellness programs across the country.

The NFC and Health Options will begin ac-

cepting grant funding applications on November 4, to support Fitness Court construction in local communities. Qualified municipalities, schools, and other organizations who own accessible public space are encouraged to apply. Grant recipients will receive a wellness toolkit and design resources to aid in planning, funding, and launching their outdoor Fitness Court and community wellness campaign. To learn more about National Fitness Campaign and how to qualify for funding, visit: www.nationalfitnesscampaign.com/maine.

"The National Fitness Campaign is proud to welcome Community

Health Options as its state sponsor in Maine," said Mitch Menaged, Founder of the NFC. "This program will deliver tremendous resources to contribute to the important mission of fighting obesity and improving health outcomes as the network of Fitness Courts® grows across the state. We look forward to working with Health Options to make this campaign a great success."

Community Health Options is the only Maine-based, nonprofit, Member-led health plan and plan administrator providing comprehensive health insurance benefits for individuals, families, and businesses. Health Options partners with near-

ly 1,300 businesses and 48,000 healthcare providers in the state.

National Fitness Campaign (NFC) is a wellness consulting firm – founded in San Francisco, CA in 1979 – that offers grant funding, project management and master planning services to cities, schools and sponsors to build healthy communities. The Fitness Court® is a trademarked 7-minute workout system, created by NFC Founder, Mitch Menaged, that was designed to be the world's best outdoor gym. NFC's mission is to build healthy communities by building an outdoor Fitness Court within a 10-minute bike ride of every American.

Maine Revenue Services launches new portal

Augusta, MAINE – Maine Revenue Services has launched an online portal meant to improve functionality and access for Maine people – and integrate all taxes administered by the agency into a new, single online system. The Maine tax portal will integrate all taxes administered by Maine Revenue Services into a single on-

line system over a period of four years. The Maine Tax Portal will both improve and increase the online capabilities for taxpayers and practitioners and will gradually replace current online services.

The Maine Tax Portal will allow taxpayers and practitioners to make online payments, view bills and notices, and perform

account maintenance activities, such as, adding or removing addresses and closing an account. Depending on access level, authorized representatives may view submissions, letters, messages, and submit payments and returns on a taxpayer's behalf.

The Maine tax portal's expanded online services will be implemented in four separate annual rollouts over the course of four years. The tax types

included in the first rollout, and currently functional, include State of Maine: corporate income, franchise, insurance premiums (including fire and non-admitted premiums), estate, health care provider, blueberry, potato, mahogany quahog and railroad excise and marijuana excise.

The new system will also be used for internal processing, compliance enforcement, administering audits, and for case man-

agement including appeals.

All taxpayers currently registered for the tax types noted above will receive an invitation to set up an online account for the Maine Tax Portal via U.S. Postal Service in October or November. Taxpayers may create an online account and access the system. Full user instructions are available at Maine.gov/Revenue.

In addition to this effort, under the Maine Jobs

& Recovery Plan, the Mills Administration is slated to invest approximately \$50 million in Federal monies into safe and efficient State system upgrades to enhance the citizen experience and improve convenience. These Federal funds will support targeted upgrades for citizen-user friendly interfaces and systems, as well as the cyber security investments needed to ensure safe State operations.

Blanchard's Cash Fuel

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

225-3588

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

Don't Shiver...We Deliver!

www.blanchardscashfuel.com

Veterans get discount at Hannaford on Nov. 11

All veterans and active-duty military can enjoy 10% off their full

shopping trip this Veterans Day at Hannaford Supermarkets. Simply shop

on November 11 and identify yourself to the cashier as veteran, active-duty mil-

itary or family member and receive a 10% discount on your purchase.

Maine Extension Homemakers launches first virtual exhibit hall

University of Maine Cooperative Extension opened the first Maine Extension Homemakers virtual exhibit hall for displaying projects and crafts created by current members. Handiworks on display include quilting, crochet, wool applique,

knitting and more.

Maine Extension Homemakers is a volunteer group currently active in nine Maine counties promoting community-based adult education through leadership development, support for community causes and promotion of UMaine Extension educational programming.


More information about the Maine Extension Homemakers

is available on the program website, or by contacting 207.581.3877, 800.287.0274 (in Maine); extension@maine.edu.


As a trusted resource for over 100 years, University of Maine Cooperative Extension has supported UMaine's land and sea grant public education role by conducting community-driven, research-based programs in every Maine county. UMaine Extension

helps support, sustain and grow the food-based economy. It is the only entity in our state that touches every aspect of the Maine Food System, where policy, research, production, processing, commerce, nutrition, and food security and safety are integral and interrelated. UMaine Extension also conducts the most successful out-of-school youth educational program in Maine through 4-H.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE




The Champoux Insurance Group welcomes Lynn Lowe to the team. Lynn has over 25 years experience. She has earned multiple designations throughout her career by continuing education to include AINS, AIS, API, CPIA & CPIW. Having these designations allows her to help identify the needs of each client & their individual risks. Lynn enjoys using her skills to contribute to the team environment which carries over to the client.



CHAMPOUX INSURANCE
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue - Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.com





- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

207-344-5212

Auburn lowers fees & streamlines permit process

AUBURN – The City of Auburn is required to review its charter and ordinances - in their entirety - at least once every 15 years. As part of this required review, the City Council created an Ad-Hoc Permit and Fee Review Committee, comprised of Ward 1 Councilor Holly Lasagna, Ward 2 Councilor Timothy MacLeod, and city staff.

This temporary committee was charged with identifying opportunities to streamline, simplify, and clarify the process and fees associated with obtaining city permits. Members presented the changes in a series of workshops held in March and April of this year, and the changes were approved in a unanimous vote by Auburn's City Council at a meeting held this evening. "The intent

of this effort was to make it easier for residents, contractors, and businesses to understand our permitting process," said Assistant City Manager Brian Wood. "We also lowered and/or consolidated fees wherever possible. We want to send the message that Auburn is project-friendly and easy to work with, no matter how large or small the project." Some of the most

significant changes impact single-family building permits. New construction, additions, and mobile homes will be a flat fee of \$25 instead of \$0.25 per square foot, which will add up to significant savings. There was also simplification of certain electrical permit categories. Businesses will also benefit. The city has completely removed licensing

costs for certain businesses, requiring only that those businesses register with the city. Alcohol beverage establishments will also see a far more streamlined fee structure. Lounges, taverns, restaurants, and similar businesses will pay flat fees, regardless of square footage. "This committee has done exceptional work - this is great; this is real progress," said May-

or Jason Levesque. "Our shared goals of improving and enhancing our relationship with our residents, making each visit to Auburn Hall faster and easier, and supporting growth and improvement projects is a win for residents, contractors, businesses and the city alike." "It feels good to vote for less government," said Ward 3 Councilor Stephen Milks following the vote.

Dawn Dubuc joins Fontaine Family Team



Dawn Dubuc of The Fontaine Family Team

AUBURN - Fontaine Family The Real Estate Leader is pleased to announce the addition of Dawn Dubuc to the team at their Auburn location.

Dawn grew up in Lewiston and attended Lewiston High School. She then worked at Fontaine HVAC for many years as well as the Health Club & Spa in Lewiston. Dawn has acquired many different office and customer service skills throughout her years of work, along with team leading and always pushing to do great.

Dawn's family is not a small one - she comes from a large French traditional family and now has her own family of 7. Besides being a busy mom, she enjoys quietly reading or writing, watching her oldest play field hockey and dinners in or out with friends and family.

Dawn comes to Fontaine with her sales agent license and looks forward to serving both home buyers and home sellers with the support of the Fontaine Team. Dawn will be working out of the Auburn location and can be reached at

(207)689-4786 or dawn@fontaineteam.com.

Fontaine Family – The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family-Owned Business of the Year, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland Area, recognized by Real Trends as America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top 1/2 of 1% of Realtors outperforming 99.9% of the nation's Realtors.

The Fontaine Family Team serves 8 counties – Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset – in two locations, 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit BrendaFontaine.com or call (207)784-3800 or (207)289-3830.

Optimist Club names Martin Student of the Month

Sixth grader, Adalyn Martin from Poland Community School, was recognized as the Optimist Student of the Month for October by the Tri-Town Optimist Club of Mechanic Falls, Minot and Poland. Adalyn is described by her teacher as a student who consistently demonstrates leadership, respect, and optimism – even on days that are tough, as well as a steadfast willingness to advocate for herself and others through mature dialogue. Adalyn has proven herself to be not only an academic powerhouse but, in many ways, more importantly she has proven herself to be mindful, focused, respectful, and a leader through her actions and words. She is said to be a perfect example of good character.



Adalyn Martin is named Optimist Student of the Month for October by the Tri-Town Optimist Club of Mechanic Falls, Minot and Poland.

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

CLEAN BOOKS, LLC
BOOKKEEPING & PAYROLL

Olivia Ouellette
Owner
(207) 370-9292
cleanbooksmaine@gmail.com

9 North River Road
Suite 232
Auburn, ME 04210

Jason Hodsdon Masonry

Chimneys • Chimney Cleanings • Masonry Demo
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners
We install professional chimney caps!

215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

THE DUMP GUY

Basement, Attic, Garage & Apartment Cleanouts
Boat, Vehicle & Camper

JUNK REMOVAL

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

DIRECT SUPPORT PROFESSIONALS NEEDED
Full-time in Auburn starting at \$16 per hour!

- Career Advancement Opportunities
- Student Loan Assistance
- Tuition Reimbursement • Generous Paid Time Off
- Verizon & Sprint Cell Phone Discounts


SPURWINK
going the distance

Please visit www.suprwink.org/careers to learn more!
(207) 871-1211 x2209 or e-mail recruitment@spurwink.org

TWIN CITY TIMES

TWIN CITY PUBLISHING, INC
Twin City Times • 9 North River Road, Suite 232 • Auburn, ME 04210
Gorham Weekly • 28 State Street • Gorham, ME 04038

Info@TwinCityTimes.com
(207) 795-5017

TWIN CITY PUBLISHING, INC. 2021®
All materials found in TWIN CITY TIMES are copyrighted.
All rights in those materials are reserved and permission to use them must be specifically granted by Twin City TIMES.

FREE e-subscriptions at
www.TwinCityTimes.com

Advertising
For advertising information email
ads@twincitytimes.com or call 795-5017.

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

Press Releases
All submissions, including photos, must
be emailed to editor@twincitytimes.com.

Proofs
Publisher is not responsible for any errors in ad
copy not inspected by advertiser prior to publication.

“Chinese Peasant Art” on exhibit now through Nov. 27



The Harlow presents Zhang Xinlong, Autumn Rhyme as part of their “Chinese Peasant Art” exhibition

The Harlow presents John Rosenwald. *Chinese Peasant Art* will be on view now through November 27 at 100 Water Street in Hallowell.

Beginning in the 1950s, encouraged by the populist vision of Mao Zedong, Chinese peasants began to create colorful, imaginative, deceptively simple, and yet remarkably sophisticated art. These Chinese peasants' creations became internationally famous in the 1980s, leading to the growth of more than fifty schools of such artists throughout China. The two most famous of these schools are in Huxian (outside of Xi'an) and Jinshan (in rural Shanghai). For twenty years, curators Ann Arbor and John Rosenwald have been engaging with these Chinese

artists -- photographing them, collecting their work, and arranging exhibitions of their paintings and woodblock prints. In correlation with the exhibit the Harlow is also hosting a curator talk on Thursday, November 18 at 6:30 p.m. *The Harlow is a membership based 501(c)3 nonprofit dedicated to connecting and celebrating art, artists and community in downtown historic Hallowell since 1963. Exhibitions are always free and open to the public. Hours are Thursday-Saturday 11am-4pm. For more information please visit harlowgallery.org or call 207-622-3813.*



The Harlow presents Zhu Yongjin, Basket of Vegetables as part of their “Chinese Peasant Art” exhibition

“Impressions from Nature in Beeswax” opens Nov.12

Monkitree invites you to “Impressions from Nature in Beeswax” a show of works by Ann Rhinehardt of Vassalboro, Maine. Ann’s paintings are a visual expression of her love of nature, exploring organic forms through color, shape, light and shadow. Working in encaustic, a beeswax-based medium, she creates loosely defined landscapes and abstracts.

By adding layer upon layer of wax to each painting, she creates a visual story guided by her emotional and spiritual reactions to the world around her. Vibrant colors peek through the many layers, while other colors play off each other, as she works to convey the atmosphere of that painting.

On the medium, Ann explains, “The nature of

encaustic paint allows me to manipulate the surface by building texture, carving into the beeswax, embedding various items or maintaining a glasslike finish. Many of my paintings have 30 or more layers, hinting at depth and complexity that is found when one looks beyond the surface. My intent is to engage all your senses when you experience my work,



Dappled Birches by Ann Rhinehardt

taking you on a journey into my world.”

Ann, from a young age, has loved nature and drawing. This led her to pursue both art and biology as a student at Colby College. She took a life drawing class while in graduate

school and came to the realization that she wanted to pursue a career as an artist.

This free show can be seen at Monkitree located at 263 Water Street in Gardiner beginning November 12th during regular shop hours. November hours

are Tuesday - Friday 10:00 a.m. to 5:00 p.m., Saturday 10:00 a.m. to 4:00 p.m. In December Monkitree is open 7 days a week 10:00 a.m. to 5:00 p.m. with extended hours on Fridays from 10:00 a.m. to 7:00 p.m.

LEAF PEEPER KAYAK SALE

Enjoy the Fall Foliage in your new kayak!
Over 100 Kayaks and Canoes on Sale



“Well worth the short drive from Lewiston”
271 Maine Street, Route 26, Poland
998-5390

www.shakerhilloutdoors.com

Now accepting new clients!

Urban Edge Hair Studio

(207) 212-9440

1117 Center Street
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3
Evenings by Appt. Only

Like us on Facebook!

MICHAEL G.



Free diabetes workshop by Healthy Living for ME Nov. 9

During National Diabetes Month, Healthy Living for ME is encouraging Mainers to take advantage of the programs and resources they offer to help people prevent and manage the disease. Over 10% of Maine's population has diabetes and another 8% of Maine's adults are aware they are pre-diabetic. Nationally, over 30 million people have diabetes.

"National Diabetes Month is an opportunity to bring awareness to the prevalence of diabetes as well as to the opportunities available for preventing and managing the disease," said Jennifer Fortin, Training & Fidelity Manager of Healthy Living for ME. "Our workshops and other resources can help Mainers who have diabetes learn strategies for better management of the disease, as well as help those who are pre-diabetic make lifestyle changes and lower their risk for developing diabetes. We have heard from many participants - including a member of our leadership team who took the prevention program - about how these workshops help people get on the right track with their health and wellness."

Healthy Living for ME has online, in-person, and telephonic workshops available to help people prevent or manage diabetes. The workshops are free

but do require registration. To register, visit www.healthylivingforme.org, call 1-800-620-6036, or email info@healthylivingforme.org.

Upcoming workshops include Living Well with Diabetes beginning on November 9 and runs through December 14. Workshop sessions are held online once a week from 2:00 p.m. to 4:30 p.m. This workshop is designed to help people with type 2 diabetes, individuals who are pre-diabetic, supports of those managing diabetes and covers topics such as: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers. Another Living Well with Diabetes workshop is scheduled to begin on January 6th. Registration is now open for these workshop dates as well.

Living Well for Better Health begins November 23 and runs through December 28. Workshop sessions are held online once a week from 9:00 a.m. to 11:00 a.m. This program is designed to help participants deal with ongoing conditions such as diabetes, COPD, arthritis, and high

blood pressure. Some topics covered include techniques to deal with frustration, fatigue, pain and isolation, appropriate exercise for maintaining and improving strength, flexibility, and endurance, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, and how to evaluate new treatments. Another Living Well for Better Health workshop is scheduled to begin on January 4. Registration is now open for these workshop dates as well.

Throughout the year, Healthy Living for ME offers other workshops online, in-person, and via telephone. These include Better Health Now with Diabetes, the National Diabetes Prevention Program, and others. To learn more about these workshops, and the many others that Healthy Living for ME offers, visit www.healthylivingforme.org.

Healthy Living for ME is a statewide network of local organizations, health systems and volunteers that work together to empower individuals to take control of their health. Through tailored services, we provide free and low-cost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.

Chocolate Church Arts Center Presents GoldenOak on Nov. 20



The Chocolate Church Arts Center is presenting Portland-based indie folk band, GoldenOak, at 7:30 p.m. on Saturday, November 20.

The Chocolate Church Arts Center (CCAC) will present a concert with Portland-based indie folk band, GoldenOak, at 7:30 p.m. on Saturday, November 20.

GoldenOak is made up of siblings Lena and Zak Kendall, along with bassist Mike Knowles and drummer Jackson Colwell. Together, the group perform soul-tinged folk music that reflects the landscape of the band's

home state. GoldenOak's thoughtful approach to songwriting is well represented in their latest album "Room to Grow"- a ten-song reflection on the emotional and physical impacts of climate change.

CCAC is requiring that all attendees show proof of vaccination or proof of a negative COVID test (within 48 hours prior to a performance) at the door. For this show, face coverings

are strongly recommended while seated, and required while purchasing concessions and merchandise, or while otherwise interacting with any event personnel.

The Chocolate Church Arts Center is located at 804 Washington Street in Bath. Tickets for GoldenOak are \$15 in advance or \$18 day of show and are available at chocolatechurcharts.org or by calling 207-442-8455.

The DaPonte String Quartet: "Bookends"

The Quartet will perform two contrasting works of beginnings and endings, Franz Schubert: String Quartet in D Minor, D. 810 ("Death and the Maiden") and Reinaldo

Moya: "Chapter One".

They will be performing on Saturday November 13, 3:00 p.m. at Meetinghouse Arts in Freeport and on Sunday November 14, 3:00 p.m. at St. Patrick's

Church in Newcastle. Tickets are \$25 and can be purchased at <https://buytickets.at/dapontestringquartet/593725>

Additional information at daponte.org.

Sealcoating • Hot Rubber Crack Filling New Installations • Concrete Reclaimed Asphalt • Loam

**Our premium grade sealer inexpensively
adds years of life!**

**Protect your investment with our
wide range of products!**

Roadmark Industries

Mike Willett • 143 Pleasant Street • Auburn

(207) 240-5535




**Save \$\$
on your
business
phone!**

**Call today for
a demonstration!**



Buck Buchanan
A+, MCP Certified Technician

**PROFESSIONAL
COMPUTER SERVICES INC.**

207.784.6295
buck@pro-pc.us

Arts & Entertainment

Ribbon Cutting for Bricks & Bridges Comedy Fest



LEWISTON, ME — A ribbon cutting ceremony will be held for the Bricks & Bridges Comedy Fest at the Gendron Franco Center in Lewiston at 6:00 p.m. on Thursday, November 11. Mark Turcotte,

President/Janitor of Maine Event Comedy, Dennis Price, Founder of Capital City Improv, Johnny Friggin' Ater, a Veteran Maine comedian, Sara Poulin, a new comedian in LA, and Dawn Hartill, Veteran LA

comedian will be joined by Shanna Cox, LA Metro Chamber President + CEO, and members of the public. Founded by Lewiston's Mark Turcotte, Maine Event Comedy has been producing stand-up

comedy shows throughout Maine since 2015 in venues ranging from craft breweries to historic theaters. MEC created the Bricks & Bridges Comedy Fest to serve as an annual showcase of laughter in Lewiston-Auburn and to feature some of the area's top talent.

"Bricks & Bridges was created to be a celebration of laughter in Lewiston-Auburn. Through the years, stand-up comedy in the twin cities has experienced significant growth, both in the production of professional shows and the fostering of new comedians through classes, open-mics, and workshops. The festi-

val will showcase some of the best comedians in the state, along with some funny friends from beyond our border who have designated Lewiston-Auburn as a preferred comedy destination," said Mark Turcotte, President/Janitor of Maine Event Comedy.

The LA metro Chamber is an organization of community-minded businesses that serves Lewiston, Auburn, and surrounding communities, it is an engine for economic vitality and enhanced quality of life. Through issues advocacy, workforce development, and professional networking, the LA Metro Chamber



helps business and community build, lead, and thrive. (lometrochamber.com) For more information, contact Meredith Carson, Director of Marketing + Communications, LA Metro Chamber, Meredith@LAMetroChamber.com. Or Mark Turcotte, President/Janitor, Maine Event Comedy, 207.513.0742, maineeventcomedy@gmail.com.

Lewiston Armory is home for Professional women's basketball

Starting in 2022, the Lewiston Memorial Armory will be home to the "Lewiston-Auburn Maples," a professional women's basketball team who is kicking off their 2022 season in the Women's American Basketball Association (WABA). The LA Maples will sign a five-year agreement with the City of Lewiston for use of the Lewiston Armory, and the first season will be July 2022 through October 2022. The season will feature 8 - 12 home games at the Armory, with the possibility of hosting playoff games. The LA Maples

organization will be the WABA's 35th expansion team and will be competing against other franchises from around the United States. Josh Brister, who is team co-owner with Jen Buchanan, had reached out to Recreation Director Nicole Welch in May.

Recreation Director Welch stated, "The Lewiston Armory has been home to a wide range of events for nearly 100 years. We are looking forward to welcoming the LA Maples to the City next summer and are excited to help showcase professional women's basketball in Lewiston."

At a recent city council meeting, elected officials enthusiastically embraced the new team, and co-team owner Josh Brister praised the armory for its uniqueness and sense of community. Mayor Mark Cayer stated, "What a great offering to attract folks to Lewiston! The presence of the LA Maples is another boost to the vitality of our community and certainly adds to our appeal for economic development and continued growth."

City Administrator Heather Hunter concurs, "I am delighted to have the LA Maples call the City of

Lewiston home. It's such a wonderful opportunity to enhance the sports tourism available in Lewiston, provide role models for our youth, and engage our community. On behalf of the City of Lewiston, I want to welcome the Maples to Lewiston, knowing they will discover that opportunity does live here and wish them the best of luck in their maiden season."

Brister noted, "To have a chance to bring professional women's basketball to a venue like the Armory, it was a no brainer. There we hope to

utilize the game of basketball to create life-changing opportunities for women looking to further their professional playing careers, while also creating lasting opportunities for those in the Lewiston-Auburn community. We have a number of important community initiatives we hope to launch such as The Maple Mentor Group & The Share A Smile Initiative. Along with Maple's initiatives, we also plan to host a food truck and block party festival, golf tournament, and a family day concert. The Lewis-

ton-Auburn Maples are extremely excited and fortunate to be able to call the historic City of Lewiston home, and we pledge to do our part in helping Lewiston-Auburn strive for years to come."

Over the next few months, Jim Seavey, President of Basketball - LA Maples, will put the finishing touches on the inaugural season with the signing of players and schedule development. To keep up with the LA Maples and WABA, they may be followed on all social media platforms.

Open for curbside pick-up, take out, indoor dining, bowling and arcade!

American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 Gorham, ME 04038 | W www.jctbowl.com | P 207.222.7600

We Deliver.

Uber Eats GRUBHUB Postmates DOORDASH

DELIVERY

SUBWAY Not all delivery services available at every restaurant. All copyright trademarks are owned by their respective owners. ©2021 Subway IP LLC. ©2021 Subway IP LLC.

FRIED SEAFOOD	BAKED SEAFOOD
served with choice of two sides	served with choice of two sides and garlic toast
HADDOCK FISH & CHIPS \$13.99	BOSTON HADDOCK \$12.99
CLAM STRIPS \$9.99	GARLIC HADDOCK \$12.99
COCONUT SHRIMP SM \$7.99	HADDOCK FROMAGE \$14.99
FRIED SHRIMP SM \$10.99	BAKED SCALLOPS \$17.99
FRIED SCALLOPS \$17.99	HADDOCK & SCALLOPS \$18.99
SEAFOOD PLATTER \$22.99	STUFFED HADDOCK \$18.99
KING'S PLATTER \$31.99	SEAFOOD PLATTER \$22.99

GRIDIRON Restaurant LEWISTON, MAINE

1567 Lisbon Street Lewiston, ME 207-777-6353 -- 207-777-6354 INDOOR & OUTDOOR SEATING - TAKE OUT open daily 11am - 9pm

Day's Jewelers receives "Best Places to Work in Maine" award



WATERVILLE – ME. For an astounding seventh year, Day's Jewelers has been named one of the Best Places to Work in Maine. Best Places to Work is a prestigious and exceptional award that recognizes 100 excellent businesses each year who go above and beyond to give their employees the best possible work environment and experience.

Started in 2006, the Best Places to Work in

Maine program pays special attention to companies' workplace policies, practices, demographics, and overall workplace environment. With 75% of the program's evaluation process coming from the direct input from active employees, Day's Jewelers truly does stand out as an exceptional workplace.

Since 1914, Day's Jewelers has held the important core principle of

value. Not only does this family-owned business understand that the value of a piece of jewelry goes so much further than just the market price of the item, but they understand what it means to value their employees. With the opinions of the employees at the forefront of every decision made at Day's, employees can feel understood and heard in their concerns and needs.

From the company's earliest years, employees remarked at what a wonderful workplace environment it was. In fact, in the mid-1900s, Day's Jeweler's current owner's father was just a young

worker himself and, when discussing his father's involvement in the company, Jeff Corey (current owner of Day's) says, "Dad always talked about how much fun they [employees] had. He was just a stock boy at first, but he always had fun at work."

Now, over a century after the first Day's was opened, this goal of a fun, rewarding workplace experience remains one of the fundamental principles of the Day's Jewelers business model. Joseph Corey, recently hired as President of Day's, represents the 3rd generation of Corey leadership.

Day's Jewelers was

recognized in the October 18th edition of Mainebiz where the rankings were revealed for the first time, following a planned awards event. For more information on the Best Places to Work in Maine program, visit www.BestPlacesToWorkME.com or contact Jackie Miller at 717-323-5237. Day's Jewelers is a Maine based family business, founded by the Davidson brothers in Portland in 1914 and employs approximately 140 people in Maine & New Hampshire. Kathy and Jeff Corey, natives of Madawaska, Maine, purchased Day's from the original founders in 1988.

Day's Jewelers has eight physical store locations as well as a full e-commerce website. All Day's locations feature full-service departments and custom jewelry designers. Day's was selected as "Retailer of the Year" by Retail Association of Maine in 2016 and "Corporate Retailer of the Year" by the Woman's Jewelers Association of America in 2017 and Maine's Family Business of the Year in 2019. The company has been selected among "Best Places to Work In Maine" for the past 6 years. To learn more about Day's Jewelers visit www.daysjewelers.com.

Tuition-Free online classes at New Ventures in November

New Ventures Maine has announced tuition-free online workshops and classes for November. Classes are designed to help people in Maine start a business, build a career, and manage money. November classes are offered at evening and day times; some are one session only and others span multiple sessions; a few classes are self-paced. The full class schedule is accessible online at bit.ly/NVMEClasses.

November classes include Making Career Choices – Tuesday November 2, 10:00 a.m. to 11:00 a.m. Ready for a career change but don't know where to start? This workshop will help point you in the right direction. They will cover what to consider when making a career choice and the resources available to help you succeed.

Business Success Series: Wednesdays November 3 through November 17, 12:00 p.m. to 1:00 p.m. Need a boost in your business planning? Sign up for one, two, or all three of these lunchtime sessions.

November 3 is Pricing Strategies. November 10 is Using your Business Financials. November 17 is Projecting Cash Flow.

My Money Works is on Wednesdays November 3 through December 8, 10:00 a.m. to 11:00 a.m. This interactive class can help you gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set personal financial goals. Create your personal financial plan. No class during the week of November 22.

Introduction to Self-Employment is Thursday November 4 from

6:30 p.m. to 7:30 p.m. This one-session workshop will help you decide if self-employment is the right choice for you. The class covers the pros and cons of owning your own business, the steps needed for start-up, the major elements of a business plan, and the many resources available to help you succeed.

Matched Savings Information Session is Monday November 8 from 4:00 p.m. to 5:00 p.m. Matched savings programs such as the Rainy Day Savings and

Family Development Account programs can help you save for a goal by matching your savings with additional funds. Join this information session to find out how the programs work, check on eligibility, and ask questions.

Job Search Series is Tuesdays November 9 to November 23 from 10:00 a.m. to 11:00 a.m. Ready for a new job or a career change? Join them for one, two, or all three of these workshops.

November 9 is Job Search Strategies. November 16 is Resume Strategies.

November 23 is Interview Strategies.

Work for Yourself @50+ is November 18 from 10:00 a.m. to 11:30 a.m. The decision to start your own business can be both exciting and daunting. Work for Yourself @50+ breaks the choices down for older adults in an approachable way through five steps; it is a careful consideration of the potential benefits and risks of working for yourself.

For more information and to sign up, visit bit.ly/NVMEClasses or call toll-

free in Maine: 800.442.2092.

New Ventures Maine is a statewide education and economic development program administered through UMA/University of Maine System. The mission of NVME is to help Maine people succeed in the changing economy and achieve economic security for themselves and their families. NVME achieves its mission by providing training and individual coaching in planning careers, starting businesses, managing money and building assets, and developing leaders.

Call Today to reserve a Bouncer for your next Party!



**Funtimes Kids Entertainment
(207)-740-3372**

L/A Community Little Theatre

PRESENTS

MUSIC THEATRE INTERNATIONAL

ALL TOGETHER NOW!

a global event celebrating local theatre

Director & Choreographer: Lynn O'Donnell • Musical Director: Paul G. Caron

A fantastic selection of songs are featured in this brand new musical revue from shows including *Rent*, *Into the Woods*, *Disney's Beauty and the Beast*, *Fiddler on the Roof*, *Little Shop of Horrors*, *Guys & Dolls*, *Mamma Mia!*, *Oliver*, *My Fair Lady* and many more!

Fri, Nov 12 – 7:30 PM
Sat, Nov 13 – 2:00 PM & 7:30 PM
Sun, Nov 14 – 2:00 PM

Tickets: \$20 adults/\$17 seniors/\$12 students

For tickets and info visit us at www.lactl.com

2021-2022 Season Sponsor 	Show Associate Sponsor 	Media Sponsors Sun Journal Twin City Times Turner Publishing
------------------------------	----------------------------	---

ALL TOGETHER NOW! Is presented through special arrangement with Music Theatre International (MTI).
 All authorized performance materials are also supplied by MTI.
www.mtishows.co.uk • www.mtishows.com • www.mtishows.com.au

BOGO PLANT SALE

Buy 1 Get 1 FREE

or 25% OFF Single Item

All shrubs, trees perennials are on sale

With this coupon. Expires November 30, 2021

"Well worth the short drive from Lewiston"
 271 Maine Street, Route 26, Poland
 998-5390

www.shakerhilloutdoors.com

Basement Remodel



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

No Money Down • Financing Available

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

AMERICAN BUILDERS 
Custom Building & Remodeling

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

Lewiston Public Library closed Nov. 17 through Nov. 19

The Lewiston Public Library, 200 Lisbon Street will be closed to the public on Wednesday, November 17 through Friday, November 19, and will reopen on Saturday, November 20. During the closure, the library will continue its Radio

Frequency Identification (RFID) conversion work. The library invested in RFID technology for its 160,000-item collection, which will allow for faster checkouts and in the future, self-check stations for patron use. Each item in the collection will be

given an RFID tag linked to the library's catalog to improve findability and security of the collection.

During the closure, security gates compatible with the new technology will also be installed, and Library staff will continue with RFID tagging.

Online services will continue to be available continuously at www.LibraryLA.org. Interlibrary loan and LPL To Go, the Library's door side pick-up service, will also be available during the closure. Patrons can come to the library at their con-

venience once they receive a hold notification by phone or email. Staff will pack items upon arrival and meet patrons at the Library's Pine Street door. All requests for items must be done in advance via phone or online at www.minerva.maine.edu.

For updated information or questions regarding the closing, please contact the Lewiston Public Library at 513-3135, LPLReference@lewistonmaine.gov, or visit the Library's website at lplonline.org.

Auburn Library webinar on vaping November 16

The Auburn Public Library is pleased to offer this informative webinar on Tuesday, November 16 at 4:30p.m. presented by Emily Dooling-Hamilton, the Tobacco Prevention Specialist at Healthy Androscoggin. Emily's presentation will include education on e-cigarettes/vaping, statistics of teen e-cigarette/vaping use in Maine, the targeting of youth by media, public health consequences, and resources.

Emily has a master's degree in health promo-

tion and disease prevention and has been with Healthy Androscoggin since 2010. She works hard every day so individuals who are interested in quitting have the resources and information they need. Healthy Androscoggin works to create a community of thriving residents by giving individuals tools to live a healthy life.

This program is presented to commemorate The Great American Smokeout on November 18. Sponsored by the

American Cancer Society, the Great American Smokeout takes place each year on the 3rd Thursday in November. For more information, visit <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>.

This program will take place via Zoom, and registration is required. To register, visit the events page of our website - www.auburnpubliclibrary.org or email dwallace@auburnpubliclibrary.org.



Emily Dooling-Hamilton, the tobacco prevention specialist at Healthy Androscoggin.

What do you think?
We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers.
Agree with us or another columnist? Disagree? Write to us and let us know!
Email all submissions, including name, address and phone number, to the editor.

Daily Specials, Flash Sales, Large Variety of Prerolls and Vape Cartridges

694 Main Street, Lewiston
207-241-2590 • 207-241-7188

Mon-Sat 9:30 AM to 9:00 PM
Sun 10:00 AM to 6:00 PM

See us on weedmaps!
<https://weedmaps.com/dispensaries/crystal-spring-healing-alternatives>

The Ladies of St Anne Sodality meeting Nov 17

The Ladies of St Anne Sodality of Holy Family, Prince of Peace Parish at 207 Sabattus St. Lewiston are planning a membership meeting on Wednesday November 17 at 6:00 p.m. at the Parish

Hall. The doors are open at 5:30 p.m. After a short business meeting Bingo will be played. Admission will be rolls of paper towels, rolls of toilet paper or bars of soap. These items will be donated to the

AIDS Home in Lewiston. Refreshments will be served. If there are any questions, please call Anita at 782-4516.

Tickets are available for the December 1 Christmas party at the

Green Ladle. The meal will be a roasted ham dinner. Tickets are \$20. And must be purchased by November 23. For tickets, please contact any of the officers or call Anita at 782-4516.

GREEN CURES

EDIBLES | FLOWER | PRE-ROLLS TINCTURES
CONCENTRATES | ACCESSORIES

Daily Specials
Veteran Deals
Medical Patients get 10% off
21+

greencures420@gmail.com • greencuresme.com

550 Center St. 1P, Auburn
Located in the Auburn Mall parking lot
207-312-5862

The first sale in Maine for Adult Use, woman-owned, community-oriented, and focused on helping others who are overcoming struggles.
We are not here for financial gain, we are here to give back, support the community, and bring nature's goodness to our customer

Affordable health insurance options through CoverME.gov

The start of the Affordable Care Act's ninth health insurance open enrollment period started November 1. Now more than ever, people should review their health insurance options through the Maine's Marketplace, CoverME.gov. Thanks to the American Rescue Plan, more people are eligible for lower cost plans.

Maine has moved to a state-based Marketplace, CoverME.gov which will benefit Mainers in need of coverage in many ways. Individuals who need health insurance coverage should

visit CoverME.gov to learn about coverage options and where to go for help sorting through their options and enrolling coverage. For example, CoverME.gov includes a plan compare tool, to help people compare plans and make sure their doctors, hospitals and other providers are included in the plan they choose, and estimate how much financial help their family may qualify for to lower monthly premiums or out-of-pocket costs.

CoverME.gov also includes a "Get Help" tool that can be used to help

Maine people find trusted resources – trained assisters and brokers, who can help answer questions about Marketplace coverage and help enroll people in coverage. Mainers previously enrolled through HealthCare.gov which will now redirect people to CoverME.gov for enrollment assistance. CoverME.gov also provides information about MaineCare, the state's Medicaid program that provides coverage to people with limited income. People can apply for MaineCare any time.

Ann Woloson, Executive Director of Consumers

for Affordable Health Care encourages anyone who needs coverage heading into 2022 to check out their options through CoverME.gov. "We know there are thousands of Mainers who remain uninsured; many are not offered coverage through work, can't afford employer-based coverage or have lost their coverage due to the pandemic. CoverME.gov is an important resource for people who need help understanding their health coverage options and enrolling in coverage." Woloson added "there truly are more affordable

options available to Maine people due to changes made by Congress earlier this year. Tens of thousands of Mainers across all household income levels are seeing lower monthly premiums as a result of larger premium tax credits that reduce plan prices."

Consumers for Affordable Health Care is designated as Maine's Consumer Assistance Program by Maine's Attorney General and the Bureau of Insurance. It provides confidential face-to-face and toll free, assistance through its HelpLine to any Mainer

seeking assistance understanding their health insurance options or who needs help enrolling in coverage. It works closely with other certified Maine Enrollment Assisters, such as Western Maine Community Action, to provide information about health coverage and where to go for help enrolling in coverage. Toll-free resources for assistance for enrolling in coverage include CoverME.gov 1-866-636-0355, Consumers for Affordable Health Care 1-800-965-7476 and Western Maine Community Action 1-855-806-7333.

Healthcare system staffing shortage grows



Representative Ted Kryzak was first elected in 2018 and has served his community as a teacher and selectman for the Town of Acton.

By Ted Kryzak

I am sure that by now you have all read and seen the stories of Maine hospitals reducing services, diverting patients, or rationing care, in the wake of the Governor's mandate, that healthcare employees receive mandatory vaccina-

tions or lose their jobs. This has created a larger staffing shortage for healthcare systems throughout Maine.

The alarm was sounded two weeks ago when Central Maine Health Care (CMMC) met with a bipartisan group of legislators to express their concern over

having to force skilled employees out of their jobs, because of the Governor's mandate, and the lack of a testing option for employees.

CMMC said they will be forced to reduce services in units such as trauma, heart attack, and pediatrics. Central Maine Health Care deserves praise for being willing to come forward and offer a solution that is afforded every other business: regular COVID-19 testing. Unfortunately, the Governor will not consider this option.

Then, at the end of last week, Down East Community Hospital announced that they would not be accepting ambulance patients into its Emergency Room bay. Writing: "Due to staffing shortages created by the vaccine mandate, the inability to transfer psychiatric and long-term care patients, and the gen-

eral delays in transferring patients that need a higher level of care to larger facilities, we are experiencing significant delays in the emergency departments at both Down East Community Hospital and Calais Community Hospital. All of these issues reduce the number of Emergency Room beds we have available..."

Then, we learned that a 42-bed facility in Saco with 35 patients will be closing for the same reason.

Still--nothing from the Governor.

The Down East Community Hospital statement says they are unable to move patients into larger facilities and long-term facilities, echoing the concerns raised by Central Maine Healthcare that, not only do they have a reduced number of beds because of their staffing

issues, the staffing issues at other facilities caused by the mandate are further reducing available beds because their patients have nowhere else to go.

Then, Thursday of this week, York Hospital announced they are suspending emergency services at their Wells facility. Seacoastonline reported that the suspension occurs "amid a staffing shortage and an approaching end of the month deadline for Maine health care workers to get vaccinated for COVID-19."

The hospital says that the staffing shortage is not a result of the mandate, and we should take their word, but the fact that in the midst of an existing staffing shortage the Governor continues to ignore calls of Maine's healthcare providers for relief from a policy that is further reducing available healthcare staff is

bafling.

This is heavy-handed government at its worst. This is taking a problem and making it worse by refusing to consider the needs of people on the front lines.

Throughout this pandemic, the Governor has refused to adjust policies to meet the realities we face day-to-day.

Despite the cries for help from workers once hailed as heroes for serving us amidst a pandemic, the Governor remains committed to a policy that is creating a healthcare system crisis by reducing access to care from York to Washington County.

Mainers should not have to suffer because the Governor is unwilling to admit her policy needs to adjust to the real life realities brought to her attention from members of the healthcare community serving the public.

"The Ghosts of Walter Crockett" Memoir released November 16

YARMOUTH, ME. In the 1960s and 1970s, Ed Crockett and his siblings were raised in poverty on Munjoy Hill. The children of a homeless, alcoholic father who lived on the streets for nearly twenty years and who was once known as "the biggest drunk in Portland."

In his new memoir, Portland-native Crockett—a state representative and president of Capt'n Eli's Soda—recounts his struggle to break the cy-

cle of alcoholism, come to grips with the embarrassing specter of his father, and overcome the shaky confidence brought on by a childhood of food stamps and welfare coats, to eventually find success on the same streets where his father once spent his days passed out and begging for money. It's a rough upbringing, but amidst the turmoil Crockett also finds role models, the importance of neighborhood roots, the joys of wiffle

ball, and the unconditional love of family.

The Ghosts of Walter Crockett, officially slated for release on November 16 from Maine-based Islandport Press, is at times harrowing and heartbreaking, but ultimately is a tale of love and redemption that takes readers to a side of twentieth century Portland that has always existed in the shadows of lighthouses, lobsters, and sunsets, but is rarely explored in print.

"Ed Crockett writes

with love, honesty, emotion, and sometimes heart-break in this unflinching

look at his family and his personal struggle to break from poverty, escape the downward pull of his surroundings, and come to grips with the mental anguish caused by his father," said Dean L. Lunt, editor-in-chief of Islandport Press. "Ed also shines a light on the very real, working-class Portland that existed on the peninsula before million-dollar con-

dos, fancy hotels, and hip restaurants."

Ed Crockett grew up on Kellogg Street in a two-family home with his mother, grandparents, and seven siblings. He graduated from Portland High School, earned a bachelor's degree from the University of Maine, and an MBA from Boston College. During his career, he has worked for some of Maine's most iconic brands—including Oakhurst Dairy, Hannaford Brothers, and Lepage Bak-

eries. Crockett and his wife, Martha, raised three children in Portland and still live there. This is his first book.

Maine-based Islandport Press is a dynamic, award-winning book publisher that has been telling stories rooted in the essence and sensibilities of New England for more than twenty years. For more information, please visit www.islandportpress.com or email info@islandportpress.com.

Tim Sample talks about "new cars" in Efficiency Maine video

Efficiency Maine posted another electric vehicle (EV) educational video, "One-Pedal Driving and Regenerative Braking" featuring Maine humorist and car enthusiast Tim Sample. "One-pedal driving" enables drivers to come to a full stop without using the brake pedal.

This video enhances the series of educational videos produced by the quasi-state agency that

appears on its newly redesigned Efficiency Maine web pages. The series of short, 2 to 4-minute videos complements a rich array of educational materials about EVs, rebates, and charging infrastructure to help Maine consumers learn more about and become more comfortable with EVs.

Efficiency Maine launched the EV video campaign with an intro-

ductory segment titled "Go the Distance in an Electric Vehicle," which features Sample talking about the "new cars" on the roads in Maine. Sample lists some of the benefits of EVs placed in the context of the state's goals to reduce carbon emissions. The video series is displayed on a new "carousel" feature at the top of the Efficiency Maine EV web page, which encourages visitors to click through

and view them as new videos are added to the series.

The website already includes an instructional video on home charging installation tips, how to use public EV chargers, ways to pay for a public charge, and where and how to find EV chargers. Other videos under production will describe considerations on maximizing home charging.

New videos will be re-

leased throughout November on Efficiency Maine EV web pages. Mainers can also find extensive written materials on the refreshed Efficiency Maine EV web pages, including a new guidebook on "How to Select and Install a Home Electric Vehicle Charger," which provides useful information and tips for current and prospective EV owners. The guide answers common questions

about home EV charging, such as: What is a Level 2 EV charger? Why should I charge my EV at home? Where can I buy an EV charger? How much does it cost to purchase and install a charger? Where can I find an electrician to install my charger?

To learn more about electric vehicle technology and how to maximize its benefits visit www.efficiencymaine.com/ev.

McNally Joins Fontaine Family Team in Auburn

Fontaine Family – The Real Estate Leader is pleased to announce the addition of LeAnn McNally to the team at their Auburn location.

LeAnn grew up in Ashland and Rumford where she attended Mountain Valley High School. She then attended University of Southern Maine where she received her BA in Psychology. Throughout college, LeAnn worked as a sales associate until she decided to get into the mental health field and worked as a residential support worker. When she realized that wasn't the path she wanted to take, she went back to work as a sales associate and became a certified

pharmacy technician.

LeAnn's hobbies include anything DIY or decorating related. She loves decorating her home as well as all of the home projects that LeAnn and her fiancé, Brett, have managed to do together. In her free time, she loves spending time with their two Aussie dogs, two cats, and four ducks or camping with her family up north. LeAnn currently resides in South Paris and has family all over the state, but mostly in Aroostook County, whom they visit often.

LeAnn comes to Fontaine with her sales agent license and looks forward to working with both buyers and sellers with the

support of the Fontaine Team. Her strong past experience in customer service will allow her to assist her real estate clients with confidence when buying or selling a home. LeAnn will be working out of the Auburn location and can be reached at (207)357-1938 or 2leanmcnally2@gmail.com.

Fontaine Family – The Real Estate Leader is a highly skilled real estate team of licensed professionals dedicated to focusing on the client. Fontaine was awarded 2019 Maine Family-Owned Business of the Year, voted Best Real Estate Company in the Greater Lewiston/Auburn Area and Greater Portland

Area, recognized by Real Trends as America's Top 250 Real Estate Team and published in the Wall Street Journal in the Top 250 Real Estate Professionals ranking in the top 1/2 of 1% of Realtors outperforming 99.9% of the nation's Realtors.

The Fontaine Family Team serves eight counties including Androscoggin, Cumberland, York, Sagadahoc, Oxford, Kennebec, Franklin and Somerset. They have two locations located at 336 Center Street in Auburn and 432 US Route One in Scarborough. For more information visit BrendaFontaine.com or call (207)784-3800 or (207)289-3830.



LeAnn McNally joins Fontaine Family – The Real Estate Leader at their Auburn location.

Ribbon Cutting for Auburn Staples Connect

AUBURN, ME — A ribbon cutting ceremony will be held for the new Staples Connect store in Auburn at 12:00 PM on Thursday, November 11. Jerome Fuller, District Manager of Staples Store #307 will be joined by Shanna Cox, LA Metro Chamber President + CEO, and members of the public.

The design for the unique Staples Connect space was developed with evolving customer needs in mind, providing enhanced offerings that empower productive work to happen from anywhere. Essential services for small businesses in store – printing, shipping and

technology support – have been elevated to provide first-class service in this new way of working and learning.

“We are excited to further invest in the Auburn market, upgrading our store to create a better experience for this community while also ensuring the store is more than just a store – a place where our associates are proud to work,” said Amy Lang, SVP, Marketing and Strategy, Staples US Retail.

The Auburn store opening, along with new Staples Connect in downtown Los Angeles, CA, follows the expansion of the

Staples Connect brand. The expansion was first introduced in February 2020 in the Greater Boston Market, led by the transformation of its flagship stores with spaces dedicated to innovative products and services, community solutions for working and learning, and small business owners and entrepreneurs.

When joining the ribbon cutting at this new, reimagined Staples Connect location, customers can expect an array of products and services to meet their unique needs, including the following new services.

A new merchandising experience: A reimagined

merchandising assortment and a “try-before-you-buy” shopping experience so customers can test certain products before purchase. This new experience includes products from top brands, like curated furniture from HON, premium writing products from Lamy, business traveler products from Sennheiser, collaboration tools from VIBE and a premium luggage assortment from Delcey Paris. On-site TSA PreCheck Enrollment®: An in-store application service enabling customers to obtain Precheck status so they can enjoy a stress-free check-in process at 200+ airports. Print shop: an updated Print and Mar-

keting Services experience with a new, interactive Shutterstock kiosk with millions of images to choose from to customize print and marketing materials. This beautiful in-store experience features a large-scale, multi-media mural of images by local Shutterstock artists. Shipping services: expanded shipping services area with packing services available. As well as, technology services: a new tech service kiosk with specialists on stand-by to assist with everything from next-day PC repair to PC/laptop setup and preventative maintenance

The Lewiston Auburn Metropolitan Chamber of

Commerce is an organization of community-minded businesses that serves Lewiston, Auburn, and surrounding communities, they are an engine for economic vitality and enhanced quality of life. Through issues advocacy, workforce development, and professional networking, the LA Metro Chamber helps businesses and community build, lead, and thrive. (lmetrochamber.com). For more information, contact Meredith Carson, Director of Marketing + Communications, LA Metro Chamber, Meredith@LAMetroChamber.com. Or Jocelyn Moruzzi, Project Manager, PR, Staples Connect Jocelyn.Moruzzi@Staples.com.



Cabin fever got you down?

Escape with Maine's most intriguing Hermit.

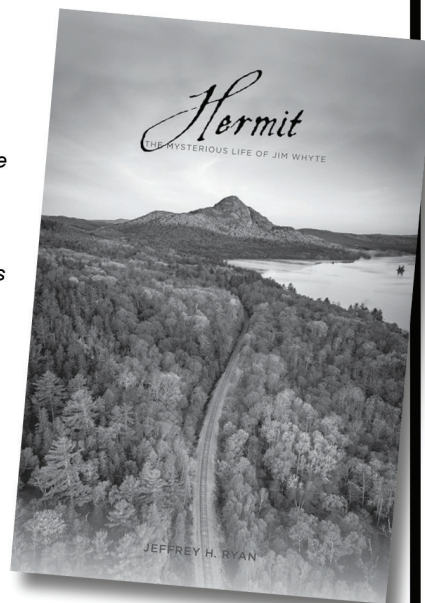
“Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events.”

— Bill Bushnell, Bushnell on Books

“I can tell you it will not take you many days to read, because you won't be able to put it down. I wasn't surprised when Hermit was named a top pick for 2019 on a December Maine Calling show on Maine Public Radio.”

— George Smith, Bangor Daily News

Shop Local! Available at The Bookworm and other Maine bookstores or at JeffRyanAuthor.com.



Navigating icy driveways and walkways can be challenging, especially for seniors. For seniors who are housebound or cannot lift heavy 5-gallon buckets of sand, which weigh about 50 pounds, lifting those buckets is nearly impossible.

Lewiston will now make winter a little easier for the city's seniors, those ages 65 and older, by delivering to them a bucket of sand that they can use to treat icy outdoor walkways.

- For Lewiston seniors, 65 years or older.
- Owner-occupied, 3-unit or less.
- One bucket per season.
- Buckets provided by Sam's Italian Foods.
- A Public Works team, in a City truck, will deliver bucket.
- Order by November 12, 2021.
- Until supplies last.
- Seniors are encouraged to keep bucket until next year.

TO ORDER

or for further information please call Lewiston Public Works

207-513-3003

Monday thru Friday, 7:30am to 2:30pm



LEWISTON
Maine



Maine Playwrights Festival open for submissions



PORTLAND - Acorn Productions, producers of the annual Maine Playwrights Festival, announces that they have begun accepting scripts for this year's twentieth edition of the state's long-running

incubator for new plays by local playwrights. Anybody living in Maine is eligible to submit a new play between 8 and 30 minutes in length for consideration in the festival. The deadline for submissions is Sunday,

November 28th. Submission information is available at www.acorn-productions.org.

"We're proud to have produced the 2021 festival as an online streaming experience, but we're also looking forward to being back in a theater for our 20th anniversary season," says Daniel Burson, the festival's Artistic Director. "If the pandemic does not allow for in-person performances next spring, though, we'll be ready to pivot. In that case, the 2022 festival will either move outdoors, or be filmed and released for on-demand streaming. We're committed to showcasing the work of Maine's playwrights—whatever it

takes."

The festival is centered on developing and honing short plays, from submission through staged readings, rewrites, and culminating in public performances. The 2022 Maine Playwrights Festival will be comprised of two weekends of fully staged performances of short plays, to be performed in Portland in April-May (if the public health situation allows). The festival anticipates selecting 5 to 7 short plays for production this year. The selected playwrights will receive extensive support revising their pieces during a workshop phase before the plays go into rehearsals.

In addition to the fes-

tival productions, several playwrights not selected for the full festival will also get the opportunity to workshop their plays with this year's professional playwright-in-residence (to be announced in September). Acorn is also offering a playwriting workshop this fall—taught remotely over Zoom—for playwrights of all experience levels to work on refining their scripts for submission. Playwrights who are interested in submitting a new play for consideration, or registering for the class, should visit Acorn's website at www.acorn-productions.org for complete details.

The Maine Play-

wrights Festival has evolved through the years from a set of dramatic readings at Acorn's old studio on Congress Street to a full series of performances by some of Maine's best-known playwrights. Each year, playwrights from across Maine submit between 50 and 70 scripts to the festival, and a committee of local theater professionals reads them and selects a small group of plays for production at public performances in the late spring. Over the years, the festival has showcased over 100 Maine playwrights, many of whom have subsequently had their work produced at theater festivals all over the country.

Letter to the Editor

Protect Maine's Workers

By Nicole Kalloch

Senator Susan Collins' family has run a local lumber company since 1844. In her own words, family-owned businesses like these -- and the workers that power them -- are the "heart and soul of many Maine communities."

But now, those workers are under threat from President Biden's sweeping immigration proposal. The White House is attempting to ram this massive social-engineering experiment through Congress in the midst of our recovery from a devastating pandemic. It's ill-timed, divisive, and will harm a broad swath of people who have to work hard for a living.

Folks on the left seem hesitant to admit that increased immigration could have harmful effects on anyone, including the working class. But studies have shown that increases in immigration result in lower incomes and fewer job opportunities for many workers already living in the United States.

The sheer scale of President Biden's plan is unprecedented. It would

grant the right to work openly to 11 million illegal immigrants. That's over eight times the entire population of Maine. It'd also greatly expand legal immigration and guestworker programs. All told, it could increase the number of legal U.S. residents by 37 million people in just a decade.

Those new workers will compete for jobs with Americans already struggling with the cutbacks, furloughs, and layoffs caused by the pandemic.

The long-term effects are just as troublesome. Although Biden's plan is trumpeted as "healing," it will in fact harm many of the people who voted for him. These are the workers who don't have tech expertise and compete for lower-skilled, often manual-labor jobs. And that's exactly where the flood of immigrants -- who by and large are low-skilled -- will be heading.

To make matters worse, immigrants usually work at the low end of the pay scale, putting downward pressure on wages for everyone.

Here in Maine, our

population is blue-collar. Mainers make their living in paper mills and on fishing boats. We work in restaurants, retirement homes, and small-scale manufacturing operations. We don't have the white-collar privilege that shields us from immigrant competition. So we can't so easily say "all this doesn't affect me" because it does.

And we vote.

Sen. Collins knows her voters. And she knows how they feel about amnesty. President Biden may want to take credit for "solving" the issue of illegal immigration by simply ruling that the problem no longer exists. But loggers and millworkers know otherwise. So, one hopes, does Sen. Collins. If this bill passes, the problem won't go away, it will become worse for many Americans.

Nicole Kalloch is a Rockland resident and Maine Maritime Academy graduate who works for a small business that provides engineering expertise to the aerospace, defense, and national security industries.

OpEd

Honor Maine Veterans with Higher Education Reforms

By Jason Levesque, Mayor of Auburn

As we approached Veterans Day, I was reflecting on the oath I took to serve, protect, and defend our American values when I served in the Army. There are roughly 127,000 veterans who live and work in our great state. They all deserve to know their state and country have their back, especially as they navigate the challenges that can often come with the re-entry process. As more and more servicemen and women return from Afghanistan this fall, their re-entry has been front of mind for me as a mayor.

Figuring out how to compete in the private sector can be challenging, and many people -- both fresh out of high school and later in life -- choose higher education as a means to create future opportunities. Choosing a college can be one of the toughest financial decisions that some families must make. Fortunately for veterans, the GI Bill has been helping cover costs of school or training since 1944. In 2018 alone, over 650,000 veterans used their hard-earned benefits to pursue a higher education degree.

I encourage veterans to utilize their GI benefits. I did, and that college experience coupled with real world military experience prepared me for a successful career in business and civic service. Whether they were based in Djibouti, or Brunswick Naval Air Station, Portsmouth Naval Shipyard, or Afghanistan, our veterans deserve to know there are high quality educational opportunities for them following their service right here in Maine. However, it would seem that not all colleges have equal results.

Veterans looking for re-entry opportunities through higher education don't have access to quality data to make informed decisions on where their military benefits would go the furthest. Based on the limited information available to the U.S. Department of Education, 30% of schools in Maine graduate less than half of the students who entered its doors four years prior. With some schools in our state reporting completion rates as low as 18%, these statistics are just two of many that illustrate that there is plenty of room for improvement when it comes to higher education policy.

It's past time to modernize our nation's postsecondary policies with some fundamental, common-sense reforms.

Requiring basic reporting on metrics like enrollment, completion, and post-college success rates would have a multitude of benefits. Not only would these reporting requirements shine a much-needed light on institutions and program areas that need improvement, but they would increase accountability for schools to get their students -- including veterans -- across the finish line. The College Transparency Act helps to ensure a return on investment for Maine veterans, students, and families, by providing them with the resources they need to make an informed choice.

State and local officials cannot enact these needed policy updates alone; we need our Washington counterparts to act to get these postsecondary education accountability measures passed. I hope Congress chooses to honor our veterans' service this Veterans Day by prioritizing passing legislation that benefits them. It's time to act on higher education reform.

Holly craft fair on Nov. 20 in Gray

The First Congregational Church of Gray will be holding its Annual Holly Fair on Saturday, November 20 from 9 a.m. to 2:00 p.m. at the Parish House located at 5 Brown

Street behind McDonalds.

Visitors can receive a raffle ticket to a drawing for a \$50 gift card when making a purchase from participating vendors. There will be jewel-

ry, cookies, Rada cutlery, crafts, White Elephant and a children's activities room. Face masks required.

For more information call 657-4279.

Sebago Brewing offers "Back in the Day" DIPA

Since it debuted in 2019, Back in the Day has become a real fan favorite. The juicy DIPA pineapple and orange flavor bomb starts with a phenomenal aroma and can't stop, won't stop until the citrus-y sweet

finish. It was originally called Pack in the Day to celebrate Sebago's twentieth anniversary and the packaging team who created it.

So whether your day was bell bottoms and Birkenstocks, hairspray

and flipped collars, or flannel shirts and combat boots, Sebago Brewing invites you to come get your BITD on!

Back in the Day is now on tap and in 16oz cans at all Sebago Brewing locations.

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

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

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

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



PortraitEfx of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

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

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

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

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

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

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



evergreen
custom printing
SINCE 1984

Locally Owned

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

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

CD'S

Discover The Truth About CDs!

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

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

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY MerCruiser
OMC
VOLVO PENTA
Perkins
YANMAR Velvet Drive

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

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychiro.me.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



GOIN' POSTAL
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

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

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

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS
Custom Building & Remodeling

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

Call Tyler 500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

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

WEB HOSTING



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

MAINE HOSTING SOLUTIONS

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

Now through Sunday, November 28

GORHAM – Annual Tree Lighting contest. Any resident or business in Gorham can participate. You can come up with your own theme, color scheme or any creative idea to decorate your holiday tree. To participate, email gorhamstreefestival@gmail.com to have your holiday tree judged and entered to win. Place your holiday tree outside of your residence or business by November 28 at 4:00 p.m. for the Light Parade through Gorham Village. All trees will be judged on creativity and theme. They will be judging trees in early December. Two winners will be announced in each division, business and residential, for most creative and best theme. The winners will be announced, and photos published in Gorham Weekly. If you are too busy but would like to participate let Great Falls Construction know and they can help. If you have any questions, please feel free to call Cindy 207-839-2744 or email cindy@greatfallsinc.com

All November
GORHAM – Baxter Memorial Library. During the month of November, Youth Services will be handing out a variety of take-home crafting kits intended to create gifts for loved ones.

All November
GORHAM – Baxter Memorial Library. During the month of November, the library will be promoting their outdoor literacy spaces as activities to do with the family. These include the newly installed Bee and Butter-

Calendar

Send your submissions to the Editor. More online.

fly Discovery Garden outside the library; the Maine Birthday Book Story-walk at Cherry Hill Farm and the Literacy Scavenger Hunt on the Claire Drew Trail.

All November
GORHAM – Baxter Memorial Library. During the month of November, the library will be promoting their outdoor literacy spaces as activities to do with the family. These include the newly installed Bee and Butterfly Discovery Garden outside the library; the Maine Birthday Book Story-walk at Cherry Hill Farm and the Literacy Scavenger Hunt on the Claire Drew Trail.

All November
GORHAM – Baxter Memorial Library. During the month of November, the library will be promoting their outdoor literacy spaces as activities to do with the family. These include the newly installed Bee and Butterfly Discovery Garden outside the library; the Maine Birthday Book Story-walk at Cherry Hill Farm and the Literacy Scavenger Hunt on the Claire Drew Trail. The library has ukuleles to check out, along with video tutorials online by our own Mr. Jeff. They also now have a metal detector and telescope available for checkout.

Every Tuesday in November
GORHAM – Baxter Memorial Library. November Story Adventures 10am. Each Tuesday event will include a different book,

movement break and activity, all held outdoors. It will be cancelled if weather is extreme. This is geared towards children aged 2-5.

Every Wednesday
SABATTUS - Sabattus Rec free group runs. The Wednesday night runs start and end in the Sabattus Mini-Mall parking lot, in front of Mixer's Nightclub. The social workouts head out at 6:00 p.m. each week, and usually last 30-45 minutes. The group runs are open to all abilities, from walkers to experienced runners. Distances can range from 2 miles to 7 miles, depending on participants' abilities. These are no-pressure, non-competitive runs, focusing on fitness improvement and support for each other's challenges and goals. There is no attendance commitment or competition requirement. Attendees should dress accordingly and wear reflective clothing or lights. For more information go to the Sabattus Rec Club Running Program page on Facebook, or email running@sabattusrec.com.

Thursday, November 11
LEWISTON - Exhibits at Museum L/A on Veterans Day. From 11:00 a.m. to 2:00 p.m. Museum visitors will be able to see the "Veterans Memorial Board" created by Bates Mfg. to honor its veteran employees who served in World War II. Other veteran memorabilia

will be on display that day only. The museum is in the Bates Mill at 35 Canal Street in Lewiston. Admission is free to all veterans and their family with some form of ID. Contact Jerry D. 576-0376 or Denise 333-3881.

Thursday, Nov 11
GORHAM – Municipal Center, Administrative Offices & Library closed in observance of Veterans Day Holiday

FLAGSHIP CINEMAS

WWW.FLAGSHIPCINEMAS.COM

DOORS OPEN AT:
12:00pm

AUBURN

746 Center Street

Auburn Movie Hotline — 786-8605

VISIT OUR WEBSITE OR CALL THE HOTLINE AT

786-8605

FOR SHOWTIMES

BJ's free Thanksgiving turkey promotion until Nov. 24

BJ's Wholesale Club is offering its free turkey promotion, along with savings on over 200 qualifying items this Thanksgiving.

Now through November 24, BJ's members can get a free Butterball whole turkey with a coupon plus a BJ's \$10 award, when they spend \$100 on qualifying items, in the same transaction, either in-club or at BJs.com/FreeTurkey, while supplies last.

There is a limit of one per member and the organic turkey is excluded.

"This Thanksgiving, we know our members are eager to celebrate the holidays together, so we're thrilled to offer our members not only a free turkey promotion, but a \$10 award as well, to help them with their holiday shopping," said Michael Leary, senior vice president, GMM, perishables, grocery and beverages, BJ's Wholesale Club. "Whether shopping in-club or from the comfort of their home, members can find everything they need to make the most of their Thanksgiving time with family and friends."

Members can choose from over 200 qualifying products and more than

40 participating brands, including household essentials like Tide Pods Ultra Oxi Liquid Laundry Detergent Pacs, General Mills Cheerios Cereal, Gold Medal Flour, Swiffer Wet Jet Starter Kit, McCafe Premium Roast Coffee 84 ct. K-Cup Pods, Pampers Sensitive Wipes, Pillsbury Chocolate Chip Dough, and more. Shoppers can view a complete list of qualifying items at BJs.com/FreeTurkey.

Members can redeem this offer at BJs.com/FreeTurkey with curbside pickup, in-club pickup, same-day delivery on BJs.com or when shopping in-club.

Members will be able to redeem their \$10 award for holiday shopping from December 2 to December 16, either in-club or online at BJs.com.

Members can also get their Thanksgiving grocery essentials delivered right to their door in as little as two hours with BJ's same-day delivery.

For its 15th year, BJ's will be closing its clubs on Thanksgiving Day to give team members well-deserved time off with friends and family. Members can

still shop Black Friday deals online at BJs.com on Thanksgiving Day. BJ's will re-open on Friday, Nov. 26 at 7 a.m. for all members to enjoy the treasure-hunt experience and shop Black Friday deals in-club.

This holiday season, members can shop their way with BJ's convenient shopping options, including in-club shopping, ship-to-home, same-day delivery, in-club pickup and curbside pickup. Plus, BJ's is offering members a flexible and convenient way to finance holiday purchases over \$99 with its buy now, pay later payment option. The buy now, pay later option is available for purchases made on BJs.com for delivery and with in-club pickup and curbside pickup.

BJ's is now hiring for a variety of seasonal, part-time and full-time positions. BJ's offers newly increased starting wages, flexible hours, career growth and sign-on bonuses for many positions. To apply, candidates can visit their local club or go online to BJs.com/Careers.

Go to www.bjs.com for more details.

Dad's Place Catering Division

Weddings • Reunions • Corporate Events & More

Professional service at an affordable price!

No job too big or too small!

Call Today for a Free Quote:

207-345-9009



What do you think?
We strongly encourage Letters to the Editor, Op/Eds, columns or any other submissions from our readers. Agree with us or another columnist? Disagree? Write to us and let us know!
Email all submissions, including name, address and phone number, to the editor.
345-9009 • Dadsplace.info

DadsPlaceCatering.com

Classified Ads

AUTOMOBILE STORAGE

Seeking Classic Car Storage

Got unused garage bay? I'm looking for year-round storage for a classic car. My preference is a location near the center of Gorham. Please text or leave a message: 207 415-2463.

BOOKS

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

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

BUSINESSES FOR SALE

Working small engine/ outdoor Power equipment business.

Parts inventory B&S, Kohler, Tecumseh, MTD, Ariens, Toro and more. Special tools and equipment. Good opportunity to expand or add to your business. Call Glen 207-655-4635 daytime for more information.

POEM 2 BY ANGEL STARCHILD

Jesus is Lord. It's the cry of the Christian. It all began, with a miraculous mission. We are his servants, and he is our Lord. To all of the world, we are preaching his word.

ESTATE SALE

Estate - Garage

Safe environment - one seller with mask and gloves. By appointment only. One to two people. We maintain ten feet apart. Two bedroom sets, double and queen - wicker 5 pieces - Bench with microfiber cushion. Two living room chairs. All plus more. All priced low for quick sale. (207) 883-0808

FOR SALE

Cutting Boards

I have many different sizes

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

HAIR SERVICES

Hair at Home! Can't get out to the hair salon? We'll come to you anywhere in the L/A area! We offer services in the privacy of your own home. Great rates. Excellent service. Call cell phone 754-9805 or 782-1271.

HEALTH & FITNESS

DO YOU HAVE CHRONIC KNEE OR BACK PAIN?

If you have insurance, you may qualify for the perfect brace at little to no cost. Get yours today! Call 1-800-217-0504.

HELP WANTED

Technical Field Manager

Modula, Inc.; Lewiston, ME 04240. Prvd tech'l training, instal. & supprt. service to innovative automated storage technologies & vertical carousels to all Modula customers & dealers located in the U.S. Req's: HS Dipl. +60 mos employ. exp. as Field Technician. Emploly. exp. must incl writing of electrical diagrams & installation of electro-mechanical components. Dom. trvl 4X/wk throughout all 50 U.S. states. Position req's performing physical activities. Email CV: recruiting.us@modula.com.

MEDICAL EQUIPMENT

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

2 wheelchairs \$75 each. 1 Transport chair new \$100. Extra wide walker 4 wheels seat, hand brakes, and basket \$100. Several canes @ \$10 each.

PAINTING

Stepladder Enterprise Painting Co. Interior & Exterior. Drywall repair, paint and wallpaper. Pressure washing. Insured. 20+ years in business 207-786-9849.

SENIORS

In Home Care

Visiting Angels - non-medical assistance living. Serving Lewiston/ Auburn and surrounding areas. Providing light housekeeping, meal prep, personal care, errands/ outings. Call for FREE in-home consultation. (207) 740-9100.

LEWISTON SENIOR CITIZENS TRIPS FOR 2022

WASHINGTON, D.C. - APRIL 7 - 13, 2022

Trip includes 7

days and 6 nights - 10 meals - Two guided tours of Washington, D.C. memorials. Evening guided tour of Memorials and Monuments. Admission to New Bible Museum. Tram ride through Arlington National Cemetery, admission to George Washington's Mount Vernon Estate and so much more. Price is \$749.00 per person double occupancy with a \$75.00 due upon signing.

NASHVILLE SHOW TRIP - JUNE 11-19, 2022

Trip includes 9 days and 8 nights - 14 meals - Grand Ole Opry Show - Nashville Nightlife Dinner Theater - Guided tours of Nashville and Belle Meade Historic Site & Winery. Admission to the Country Music Hall of Fame. Admission to the Grand Ole Opry behind the Scenes Tour. Admission

to Madame Tussauds Wax Museum. Price is \$1,025. per person double occupancy with a \$75.00 deposit due upon signing.

MACKINAC ISLAND - SEPTEMBER 10 - 18, 2022

Trip includes 9 days and 8 nights - 14 meals - Guided tour of Mackinaw City - Visit to Mackinaw City. Visit to Mackinac Island including a guided Carriage Tour. Boat ride through the Soo Locks and free time and sightseeing in Sault Sainte Marie. Admission to Colonial Michillmackinac. Price is \$899.00 per person double occupancy with a \$75.00 deposit due upon signing.

WHITE MOUNTAIN HOTEL AND RESORT - DECEMBER 4 & 5, 2022 -

Trip includes 1 night

lodging - 3 meals (Grand Sunday Brunch) - 2 different entertainment shows, Austrian Sleigh Ride through Jackson Village, Chocolate Tour, shopping and much more. \$100.00 deposit due upon signing. Total price not available at this time.

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

Classifieds \$10

Classified Ads

UP TO 40 WORDS!

\$ 10 PER WEEK
EACH ADDITIONAL WORD 25¢

Send payment with completed form to our
bookkeeping office: 9 N. River Road #232
Auburn, ME 04210 or email it to us!

Visa Master Card

Card # 3 digits # on back

Exp. date ____ / ____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO:

NUMBER OF WEEKS TO RUN: _____

COVID

Continued from page 1

daily testing than schools that required students to quarantine at home. Senator Collins previously pressed the Secretary of Education to consider this method in September.

“Dr. Walensky, parents, teachers, and pediatricians have all talked to me about the learning loss, the emotional and behavioral health problems, that

have occurred among children due to their not being in school,” said Senator Collins. “Brown University professor Emily Oster has expressed great frustration with the CDC being slow to take a stronger position in favor of test-to-stay... Another public health expert said simply

‘It’s madness to quarantine school children. The CDC policies hinder learning and provide no meaningful reduction in COVID trans-

missions.’ My question for you is, why doesn’t the CDC issue guidance or recommendations to encourage school districts to adopt test-to-stay in order to avoid these highly disruptive quarantines of students who are asymptomatic and could be tested?”

In response, Dr. Walensky said the CDC is “working with local jurisdictions now to demonstrate the domestic data here in the United States

that this practice works, it’s safe, it’s effective, [and] it gets our children back to school. And importantly, we recognize that jurisdictions are actually doing this and other jurisdictions

may want to. And in that context, we’re doing peer-to-peer matching of schools that are interested in doing the test-to-stay practice and having them talk to schools that are also doing it so they

can use the implementation strategies that a school has already used. So we’re actively studying this so that we can provide the data on it working, and we’re actively encouraging it as a promising practice.”

Water that just works.



GOODWIN
WELL & WATER INC.



Maine's leader in water well drilling, pump installation, and geothermal installation.

207.224.7861 goodwinwellandwater.com



PICK UP OUR JUICIEST IPA AT ANY SEBAGO LOCATION

FRESH FROM THE BREWERY

WWW.SEBAGOBREWING.COM @SEBAGOBREWING



Let's explore your Medicare plan options

- Discuss your specific health needs**
- Review your plan options**
- Walk through the enrollment process**

As a local Anthem Medicare representative, I can help you choose a plan with the benefits you deserve for the coming year.

1-on-1 help in person, online, or over the phone



CATHLEEN BARRY
207-604-8238, TTY: 711
ME Lic. # PRR83730 Authorized Agent

CATHLEEN.BARRY@ANTHEM.COM

For costs, exclusions, limitations, terms, and complete details of coverage, please contact your agent or the health plan. Other Providers are available in our network. Plans offered by AMH Health, LLC and AMH Health Plans of Maine, Inc., joint ventures between MaineHealth and Anthem Partnership Holding Company, LLC. AMH Health, LLC and AMH Health Plans of Maine, Inc. are independent licensees of the Blue Cross Blue Shield Association.

Y0114_22_3000321_I_C_1007 10/01/2021
61007491-135701088

1033967MUSENMUB_1007