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Thursday, February 10, 2022 • FREE

Lewiston Choice Neighborhood Initiative Selects Hebert Construction for First Phase of Tree Streets Transformation



A rendering of the site of Lewiston's first Choice Neighborhood Initiative housing development.

LEWISTON, ME (February 3, 2022) -- Today Lewiston Housing and Avesta Housing announced that they selected Lewiston-based contractor Hebert Construction to oversee the construction of Wedgewood, Lewiston's first Choice

Neighborhood Initiative housing development

The selection was based on a competitive process that began in November and wrapped up late last week.

"We're excited to move this work

forward," said Chris Kilmurry, executive director of Lewiston Housing. "Hebert's commitment to workforce development, their Lewiston roots, and their understanding of the Growing Our Tree Streets Transformation Plan, our roadmap for this work, makes them a great contractor for this development."

Wedgewood will be the first development supported by Lewiston's \$30 million Choice Implementation Grant and is tentatively scheduled to break ground late this year. The site is comprised of over a dozen parcels on Pierce, Pine, Bartlett, and Walnut Streets in Lewiston's Tree Streets neighborhood. It will consist of 8 buildings with a total of 74 units, including the historic rehabilitation of the Wedgewood House.

The development's overall cost is

expected to be \$25 - \$30 million. Late last year, MaineHousing allocated federal low-income housing tax credits to Lewiston Housing and Avesta Housing, which provided key financing for the development.

"We are thrilled that Hebert Construction will be managing this phase of construction," said Misty Parker, assistant director of Economic and Community Development at the City of Lewiston. "Over the past few years Hebert's experience has brought quality housing development, historic preservation, and vibrant community buildings to the neighborhood, all with attention to recruiting and training local workers. They are truly a partner to Lewiston in strengthening our local economy and the Tree Streets neighborhood."

See Tree Streets, page 16

Park Name Announcement, Ribbon Cutting, & Tons of Sledding Fun at Lewiston's New Athletic Park

LEWISTON, ME (February 1, 2022) -- Lewiston's new athletic park on Bartlett Street will be celebrated in multiple ways on Saturday, February 12, 2022, from 1 – 4 p.m. hosted by the City of Lewiston and Healthy Neighborhoods.

The family-fun afternoon will commence with Mayor Carl Sheline and Cadence Nadeau of the Lewiston Youth Advisory Council (LYAC) announcing the park's new name—the result of a naming contest that LYAC launched in November 2021. Thirty-nine name suggestions were submitted. Nadeau notes, "This park is a great addition to the Lewiston community! It will be a beautiful gathering space, and I can't wait to join the Mayor in announcing the new park name."

The event will also feature a ribbon cutting for the grand opening of the park's sledding hill, and then sledding will begin, with LYAC members leading the descent! Attendees are encouraged to bring their own sleds, although the Lewiston Police Athletic League (PAL) has contributed funding to provide extra sleds on site.

looking forward to joining the celebration, "Our new city park and sledding hill represent positive investment in making Lewiston a great place to live and work. I can't wait to go sledding!"

In addition to Sheline & Nadeau speaking, Ashley Medina, President of the Healthy Neighborhoods Board of Directors, will share comments, as well as hopefully comments by a surprise guest!

In anticipation of the event, Medina notes, "We are thrilled to be part of unveiling this first new asset from the Choice Neighborhoods grant. The idea for a family sledding hill came out of community conversations with downtown residents about what new things they'd like to see in their neighborhood, and it's so exciting to see that idea come to life! It's a great example of how when neighbors come together and City officials support that effort, great things can happen. We are so happy to be hosting this grand opening with the City and to be able to bring the community together during this time of isolation, to celebrate this great new comto enjoy and help take care of it."

City Administrator Heather Hunter is also looking forward to the festivities, "This is a wonderful winter asset located in the heart of the downtown where kids of all ages can enjoy fresh air and the thrill of downhill sledding."

The afternoon will also include: free cold-weather clothing & gear; free hot

cocoa & donuts; snow sculpture building; and voting to choose new public art sculptures. Attendees may park at the former Longley School, 145 Birch Street, and follow signage to the gathering. Tips for sledding safety can be found at www. lewistonmaine.gov/sledsafety More info on the event itself is available at Facebook link: bit.ly/lewistonsleds.



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TEXT "19.99" TO(207) 507-7167 Page 2 Thursday, February 10, 2022

Newsmakers, Names & Faces

Central Maine Human Resource Association **Announces February Programming**

COMPASSION FA-TIGUE VS BURNOUT

Webinar #1 (CMHRA MONTHLY MEETING):

Tuesday, February 15th, 2022 - 8am - 9:30am

In a time of prolonged stress and isolation, the mental health of even those with the best coping skills can be challenged. Professionals from all settings, disciplines, and levels of experience can be impacted by burnout and compassion fatigue. The aim of this presentation will be to not only identify the key differences between compassion fatigue and burnout, but to also identify both the risk factors and protective factors for these stressors on an individual and organizational level and to provide a means to assess one's personal vulnerability. Join us in exploring a variety of evidence-based research supported protective factors and resources available to reduce compassion fatigue and burnout within ourselves and our work set-

Presented by: Erica Brown and Connor Hug-

Register: https://cmhra.org/ events/#!event/2022/2/15/ compassion-fatigue-vs-burnout

ROUNDTABLE -COMPASSION FATIGUE **VS BURNOUT**

Webinar #2 (HR THURSDAY - presented in partnership with the LA Metro Chamber, CMHRA a means to assess one's

and the Lewiston Career-Center):

Thursday, February 24th, 2022 - 12pm -1:30pm

In a time of prolonged stress and isolation, the mental health of even those with the best coping skills can be challenged. Professionals from all settings, disciplines, and levels of experience can be impacted by burnout and compassion fatigue. The aim of this presentation will be to not only identify the key differences between compassion fatigue and burnout, but to also identify both the risk factors and protective factors for these stressors on an individual and organizational level and to provide us in exploring a variety of evidence-based research supported protective factors and resources available to reduce compassion fatigue and burnout within ourselves and our work settings.

Presented by: Erica Brown and Connor Hug-

Register: https://business.lametrochamber.com/ events/details/hr-thursdays-02-24-2022-19243

Erica Brown is an expert in employee wellness programming and is the Director of HR Wellness Programs for the State of Maine. Erica attained a Bachelor of Science degree from the University of Maine, in Food Science

personal vulnerability. Join and Human Nutrition, and a Master of Science degree from Boston University, in Health Communications. Erica has been working solely on employee wellness programming for the State of Maine for over six years. She is very enthusiastic and passionate about wellness, nutrition, and communications, and is thrilled to be able to have the opportunity to speak with the Central Maine Human Resources Associ-

> Connor Huggins, a Program Coordinator with Medical Care Development Public Health (MCDPH), received his Bachelor's degree in Human Ecology from College of the Atlantic in 2016 and his

Master's Degree in Public Health from the University of Southern Maine in 2021. Connor works on the WellStarME Health and Wellness Navigation Team, working to connect state of Maine employees to the many health and wellness benefits and resources available to them. Before his work with MCDPH began in 2020, Connor worked as a graduate assistant at the Maine Rural Health Research Center and on the Flex Monitoring Team at the Cutler Institute and held patient care roles in a variety of health care settings prior to that. In his spare time, he enjoys hiking and exploring the great Maine outdoors with his wife and two dogs.

Committee Gives Unanimous, Bipartisan Support to Sen. Daughtry Bill to Improve and Expand Career and Technical Education in Maine

ME Wednesday, the Legisla-(February 2, 2022) — On ture's Committee on Edu-

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"Career and technical education is a major pathway to help young Mainers launch fulfilling, successful careers. More

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

than that, our economy relies on these programs to train qualified workers for in-demand industries. That's why it's so important that we make sure Mainers have good access to quality career and technical education, regardless of where in the state they live," said Sen. Daughtry. "I'm thankful for the committee's consideration and strong support of this bill. I'm excited to see the improvements this will ultimately bring to Maine."

LD 680 would establish the Task Force To Study the Creation of a Comprehensive Career and Technical Education System. This 20-member task force would examine the feasibility, advantages and disadvantages of establishing a comprehensive four-year high school career and technical education program for Maine students, to help more Maine students find pathways to good-paying, local jobs. Under the amended version of the bill, the task force would share a report of its findings in 2023.

"Maine is the oldest state in the nation. With that distinction comes many challenges. We are facing the loss of qualified

and skilled workers to retirement and few waiting in the wings to fill those roles. Today, manufacturers across the state have thousands of job vacancies with few applicants. These are good paying jobs," said Jessica Laliberte, policy relations manager for Manufacturers Association of Maine, in testimony supporting the bill. "We need a strong and robust CTE program that shows students there is more than one pathway to a career."

The bill now faces votes before the Maine Senate and House.

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.

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Newsmakers, Names & Faces Lewiston Has More Promotions & Hires - Hometown Careers In Action!





Connor Perkins



Jacob Letendre



Lakota Physic



LEWISTON, \mathbf{ME} (February 3, 2022) --More employee promotions and hires have recently occurred on the City of Lewiston team – clearly an environment where hometown careers flourish!

Jacob Letendre will be promoted to the position of Lieutenant with the Lewiston Fire Department on February 8, 2022. He began his career as a local volunteer firefighter with the Town of Livermore at age 17. He obtained an Associates Degree in Fire Science Technologies from Southern Maine Community College and was hired by Lewiston Fire in 2005. He joined the Maine Search & Rescue Dogs in 2012 and started working with his first certified search and rescue dog,

Reese, in 2016, deployed throughout Maine for lost or missing persons cases. Letendre holds the following certifications: A-EMT, HazMat Tech, Firefighter 1 & 2, Fire Officer 1 & 2, and Fire Instructor 1 & 2.

Kristy Sheehan has been promoted to Senior Personal Property Appraiser in the Lewiston Assessing Department. Sheehan started her municipal career at the Lisbon Water Department and then became employed by the City of Lewiston in 2012 as the Collections Officer. In 2015, she became the Deeds and Recording Specialist, a position in which she was introduced to the assessing field. She became a Certified Maine Appraiser in 2019 and then in 2020, she was promoted



Kristy Sheehan

from Appraiser to Senior Appraiser.

Ben Heels of the Lewiston Public Library was recently been promoted to full-time Library Assistant, having previously worked for the Library as a part-time Library Assistant and Technician since

Tim Duchette has



been promoted to the position of Recreation Building Aide. Following Lewiston High School graduation in 2013, Duchette received his Bachelor of Science in Business Administration from St. Joe's College in 2017. He has served as Lewiston Recreation's part-time Program Aide for the past four years, and in

his new position, Duchette will support Recreation's evening and weekend pro-

Lakota Physic has been hired as Lewiston's Part-Time Senior Citizen Program Coordinator. Physic moved to Lewiston in 2004 and received her Bachelor of Science in Elementary Education in 2012 from the University of Phoenix. She has been a strong supporter of youth recreation programs over the years, and Recreation embraces her knowledge of municipal recreation, paired with her passion of working with the public.

Connor Perkins has been hired by the Lewiston Fire Department. He previously graduated from Winthrop High School and joined the Winthrop

Fire Department as a junior firefighter at age 16. He also attended Southern Maine Community College and obtained his Fire Science degree. Post college, he obtained his EMT-B License while employed by the Town of Farmington where he served as a firefighter for the last two years.

Ben St. Laurent has been hired by the Lewiston Fire Department. After graduating from Lewiston High School in 2020, he attended Southern Maine Community College to obtain his Fire Science degree. While a college student, he was also a member of the Windham & Gorham fire departments. He has also obtained his EMT license and Fire I and II certifications.

Teen Video Games at **Lewiston Public Library**



LEWISTON, ME (January 2022) -- Teen video gaming is back at Lewiston Public Library. Teens ages 13-19 can sign up to play video games in the 2nd floor teen lounge on Wednesdays & Fridays



after school starting in January 2022.

LPL Teen offers video gaming in the teen lounge on our Playstation 4 on Wednesdays from 3:30-5:30pm and Fridays from 2:30-4:30pm.

our in-house games to play solo or with your friends:

- FIFA 19
- Gran Turismo Sport
- Injustice 2
- · Minecraft Playstation 4 Edition
- Naruto Shippuden: Ultimate Ninja Storm 4
 - NBA 2k19

This program is for teens ages 13-19 only. Sign up at the Reference desk is required to play. Maximum

Choose from any of 30 minute time limit per individual, 1 hour time limit per group of two or more.

> The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on teen programs and events is available by contacting the Lewiston Public Library Adult & Teen Services department at 513-3135 or LPLReference@lewistonmaine.gov.

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Seniors Not Acting Their Age

The Elusive Saddleback Mountain Summit



Climbers ascend the Uphill Trail on Saddleback Mountain.

By Ron Chase

(February 4, 2022) -- Last winter, friends informed me about a new trail at Saddleback Mountain Ski Resort that led to the summit of Saddleback Mountain. For a fee, hikers and skiers were offered the opportunity to ascend Uphill Trail to the mountaintop while separated from downhill skiers. I lauded the hiker-friendly concept.

Recently, I decided to schedule a Penobscot Paddle & Chowder Soci-

ety club hike or ski on the Uphill Trail. Since the path was reported to be a 2.2 mile climb to a four thousand foot summit, it impressed me as an outing that would appeal to club members, especially us seniors. Just before the start date, I found a report on New England Trail Conditions website submitted by a hiker who had recently ascended the trail to Saddleback Mountain and then crossed the ridge to Saddleback Horn. I contacted him

SNOWMOBILE GEAR

by email and he provided a glowing report of his experience and the trail. The trip was on!

Three of us met at Saddleback Mountain lodge on a cold but sunny almost wind-free January morning. The weather was near perfect for an above tree line excursion. Two of us older retirees were equipped with snowshoes while the younger member would ski with skins. Our intent was to summit Saddleback as advertised on

their website.

We informed the woman at the ticket office about our planned mission when purchasing trail passes. The helpful employee explained that snowshoes or skis were required while on the trail. She took time to show us the correct route on their map.

From the lodge, we followed Wheeler Slope Ski Trail for a short distance and entered a narrow wooded path signed Uphill Access. The shallow snow base was adequate as we progressed on a gradual incline. Some ice and occasional open water had to be avoided.

After crossing the Hudson Highway Ski Trail a couple of times, the trail steepened in a dense conifer forest. The snow depth was barely sufficient for the skier in our group, but he doggedly negotiated the twisting route. The shorter more maneuverable snowshoes were an asset in that terrain

Shortly after, we engaged a precipitous section of trail. Our skier exhaustively sidestepped up the gnarly impediment.

Climbing on snowshoes with claws was more efficient. Just above, we encountered a steep section of Hudson Highway situated at the bottom of a curve. Skiers were hurtling down the trail from the right. The Uphill Trail re-entry sign was observed on the other side but crossing was precarious. Once assembled at the narrowest location, we safely raced across during a brief lapse in traffic.

The Uphill Trail continued rising steadily until a roped off section was reached where excavation was in process. Unable to find signage, we explored right and ascended along Hudson Highway before relocating the trail.

Persisting upward, Chowderheads emerged on Tri-Color Trail amidst blasting snow-making machines. According to the Saddleback website, Tri-Color leads to the summit. Angling left, we proceeded to the top of the ski lift where downhill skiers were assembling for their descents. Just above and adjacent to a warming hut, an unmarked path led to the nearby summit. Our skier

decided to forego the short remaining climb to the top and ski down instead.

Two seniors not acting their ages began their final ascent. A member of the ski patrol abruptly halted us declaring that climbing above the hut was prohibited. Astonished, we asked why. Her explanation was unclear but she stated that if hiking to the summit was our goal, we should have taken the Appalachian Trail (AT). Since AT access begins about 15 miles away, that advice was not helpful.

To say we were disappointed would be an understatement. We had labored heartily to reach the top of the lift anticipating glorious views on the spectacular barren summit. While descending, I decided to return to the lodge to obtain a coherent explanation and request a refund. A gentleman in the ticket office quickly agreed to refund my money. However, he was unapologetic and asserted their policy had changed because they didn't want responsibility for rescuing hikers above

See Seniors, next page



Skiers wearing skins cross Hudson Highway while climbing Saddleback Mountain.





Healthy Living for ME Invites Mainers To Participate in Leader Trainings

Healthy Living for ME is offering several leader trainings in March for Mainers who are interested in volunteering with the organization as a workshop leader. Any interested Mainer is welcome to join the trainings. Community organizations are also welcome to have their staff and/or volunteers participate in the leader trainings.

"If you're passionate about health and wellness, leading workshops with Healthy Living for ME is a great way to make a difference in the community while learning about a subject that matters to you," said Jen Paquet, Training Manager of Healthy Living for ME. "We invite anyone who is interested in learning more about these trainings and volunteering with Healthy Living for ME to reach out."

The leader trainings scheduled to begin in March ter Health (Chronic Disease Self-Management Program) - Monday, March 14th - Thursday, March 17th, 9:00am-4:30pm, at the Highlands in Topsham

Living Well with Chronic Pain (Chronic Pain Self-Management Program) - Mondays and Wednesdays, March 28th - April 6th, 9:00-12:00pm, via Zoom

Building Better Caregivers - Thursday, March 24th, 9:00am - 4:30pm, at

Living Well for Bet- the Muskie Center in Wa- leader trainings. terville

> Living Well with Diabetes (Diabetes Self-Management Program) - Mondays and Wednesdays, April 11th - April 20th, 9:00am-12:00pm, via Zoom

Successfully completing the Living Well for Better Health leader training is a prerequisite requirement for participation in the Building Better Caregivers, Living Well with Chronic Pain, and Living Well with Diabetes

If you would like to discuss becoming a leader for Healthy Living for ME workshops or would like to register for one of these upcoming leaders trainings, please contact Healthy Living for ME at info@ healthylivingforme.org or 1-800-620-6036.

information More about Healthy Living for ME's resources and programs is also available at www.healthylivingforme.

About Healthy Living for ME: 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 lowcost options that are personalized to focus on the entire individual rather than a single condition to improve overall quality of life.

Flu Season is Underway in Maine; How You Can Protect Residents Who are Most Vulnerable

Augusta, ME (February 3, 2022) - Flu season is officially here in Maine, with 438 positive cases reported season so far by the Maine Department of Health and Human Services. To help prevent the flu in people who are at high risk for severe complications, the American Lung Association and Anthem Blue Cross and Blue Shield Foundation released a toolkit specifically for caregivers of adults 65 and over through their "Fend Off Flu" campaign.

Influenza (flu) is a se-

disease that can have severe health consequences for all, and especially for vulnerable adults 65 and older, and those with chronic health conditions. The new toolkit is a resource to educate caregivers including healthcare providers and personnel in long-term care settings about the flu and the importance of vaccination to protect adults 65 and

"In recent years, 50-70 percent of flu hospitalizations across the country were in patients over 65.

rious and highly contagious Flu can turn into a serious, even deadly, illness for people with underlying health conditions," said Dr. Katherine Hendra, Medical Director for Anthem Blue Cross and Blue Shield in Maine. "With the flu becoming more widespread in Maine over the winter months, the best way to protect yourself and others - and to lessen the severity of the flu if you catch it - is to get your flu shot if you haven't already. It's not too

> During the 2019 -2020 flu season, it is esti

mated the flu sent approximately 380,000 people to the hospital with related complications and caused an estimated 20,000 deaths in the United States, which is why getting vaccinated should be a priority. The flu vaccine is the best protection against contracting and spreading the illness.

"Especially during the ongoing COVID-19 pandemic, routine vaccination is more important than ever," said Lance Boucher. Assistant Vice President for State Public Policy at the Lung Association in

Maine. "Flu vaccinations have been in use for more than 50 years, with hundreds of millions of Americans safely receiving them. It's recommended that everyone over six months of age receive a flu vaccine, but they are especially important for the 258,000 people in Maine with lung disease, as well as their family members and caregivers."

In addition to vaccination, the CDC recommends these everyday preventive actions.

Wash your hands with

soap and water for at least 20 seconds.

Don't touch your eyes, nose or mouth.

Cover your cough and sneeze with a tissue or your

Avoid close contact with people who are sick.

The "Caregiver Flu Toolkit" is a comprehensive guide to educate caregivers of adults 65 and over about flu and the importance of vaccination to help protect them from contracting the flu. The free downloadable guide is available at Lung.org/Fend-Off-Flu.

Seniors

Continued from previous page the ski lift.

That settled it. If "you can't get there from here," next time I'll take the AT. And, it's free!

Author of "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England," Ron Chase resides in Topsham. His latest book, "MAINE AL FRESCO: The Fifty Finest Outdoor Adventures in Maine," is now available for pre-order at Maine Al Fresco (northcountry-Visit his website press).



A skier sidesteps up a steep section of Uphill Trail on Saddleback Mountain.

at www.ronchaseoutdoors. ronchaseoutdoors@ com or he can be reached

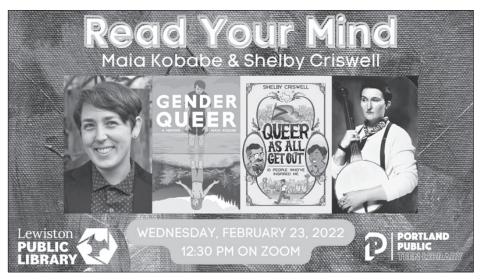




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"Read Your Mind" Virtual Author Series Returns to LPL



LEWISTON, ME (February 1, 2022) -- Read Your Mind: Mental Health in Teen Books is a monthly, virtual series focusing on teen mental health & wellness. Featuring YA authors and community health experts, we hope to explore complex and common health concerns through

the vehicle of Teen books. Our 2022 series debut will feature authors Maia Kobabe and Shelby Criswell for a virtual author talk on Wednesday, February 23rd, 2022 at 12:30pm via Zoom and streamed to the Lewiston Public Library Facebook page.

The authors will dis-

cuss how queerness & gender identity impact teen mental health, through the lens of their graphic novels Gender Queer and Queer As All Get Out. Maia and Shelby will be interviewed by youth from our community guest organization Maine-TransNet.

Maia Kobabe is a

nonbinary, queer author and illustrator from the Bay Area, California. Eir first full length book, GENDER QUEER: A MEMOIR, was published in May 2019. Maia's short comics have been published by The New Yorker, The Nib, The Washington Post and in many print anthologies including THE SECRET LOVES OF GEEKS, FASTER THAN LIGHT Y'ALL, GOTH-IC TALES OF HAUNT-ED LOVE, ADVANCED DEATH SAVES, GAY, DO COMICS and THE MOST IMPORT-ANT COMIC BOOK ON EARTH. Before setting out to work freelance full-time, e worked for over ten years in libraries. Eir work is heavily influenced by fairy tales, homesickness, and the search for identity.

Shelby Criswell (They/Them) is a gen-

dergueer comic artist and graphic designer from San Antonio, Texas. They are known for their work in THE NIB, BE GAY DO COMICS, TERMINAL PUNKS, SWEATY PALMS II, and their latest debut graphic novel, QUEER AS ALL GET OUT. When they are not creating, Shelby enjoys going on biketours, finding hidden walking paths, playing banjo, and brewing a good cup of cof-

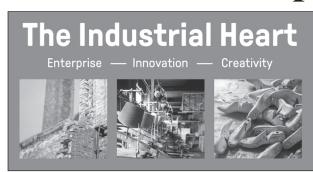
MaineTransNet is a community based organization led by transgender people for transgender people. They provide peer-to-peer support groups, social and community events, advocacy for the transgender community across Maine, and transgender cultural competency training for medical, mental health, and social service provid-

ers. They engage transgender people and their allies across Maine in the practice of community building and organizing for mutual liberation.

Admission is free to all Read Your Mind events. The Zoom link will be posted to the Library website and Facebook prior to the event. For more information on this series, please contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

The Read Your Mind series is brought to you by a partnership between the Portland Public Teen Library, the Lewiston Public Teen Library, Print: A Bookstore, and many local community partners who work with young people. Visit Print Bookstore if you would like to purchase any of the books featured in this series.

Museum L-A Opens The Industrial Heart Exhibition



LEWISTON, ME (February 3, 2022) — The Industrial Heart: Enterprise, Innovation, and Creativity opens to the public

beginning Wednesday, February 9, 2022 at Museum L-A. The original exhibition focuses on the textile, shoe, and brick-making in-

dustries and features highlights from Museum L-A's collection—including both powerful objects and the very human stories of the community's workers.

With The Industrial Heart, Museum L-A aims to engage people throughout Maine in connecting with our industrial heritage, while also providing a forum for Maine artists to respond to its collection, tying our rich history to the issues of our present and

future.

The first three sections of the new show focus on the textile, shoe, and brick industries. Each heirloom object is paired with a selection from the museum's oral history collection. The fourth element showcases the work of three Maine artists: Amy Stacey Curtis, Djamal Maldoum, and Kelly Jo Shows, each of whom created original pieces in response to Museum L-A's collection.

Visitors to the exhibition will also have the opportunity to participate in creating a community mandala, a project overseen by artist and educator Sarah Haskell.

"All of the works in this new show are drawn from Museum L-A's collection or were created directly in response to it. We are excited to show visitors a fresh take on the highlights from our holdings alongside new work from a diverse group of Maine

artists, connecting our history to the present moment. Visitors will connect back to our roots while they get a glimpse of where new shoots and branches are growing, and we think that combination is rich with creative possibilities for the future." said Rachel Ferrante, Museum L-A's executive director.

For more information about Museum L-A and its events and exhibits, visit www.museumla.org





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Don't Fumble Food Safety on Super Bowl Sunday

WASHINGTON, (February 3, 2022) — On February 13, millions of Americans will come together to watch Super Bowl LVI and feast on hot and cold snacks throughout the four-hour event. This uniquely American tradition scores big on entertainment, but it is also rife with opportunity for foodborne illness.

"As families and friends safely gather to watch the big game, keep food safety in mind. No matter who you're rooting for, foodborne illness is a dangerous opponent we face during the game," said Agriculture Secretary Tom Vilsack. "Millions of people get sick from food poisoning each year. Following guidance on keeping food at safe temperatures, proper handwashing and avoiding cross-contamination will protect you and your party guests."

Unlike other food holidays when meals are often consumed within an hour. Super Bowl fans often snack on food throughout the game. Perishable foods. such as chicken wings, deli wraps and meatball appetizers, as well as cut fruit and vegetable platters, can only be left out for two hours before they become at risk of bacteria multiplying to dangerous levels. USDA recommends you put out small amounts of food and replenish it frequently.

Here are some food safety tips for Super Bowl Sunday:

#1 Remember Your Four Steps to Food Safety

Clean: Wash hands for 20 seconds before and after handling raw meat and poultry. Clean hands, surfaces and utensils with soap and warm water before cooking and after contact with raw meat and poultry. After cleaning surfaces that raw meat and poultry has touched, apply a commercial or homemade sanitizing solution (1 tablespoon of liquid chlorine bleach per gallon of water). Use hand sanitizer that contains at least 60 percent alcohol.

Separate: Use separate cutting boards, plates and utensils to avoid cross-contamination between raw meat or poultry and foods that are ready-to-eat.

Cook: Confirm foods are cooked to a safe internal temperature by using a food thermometer.

Chill: Chill foods promptly if not consuming immediately after cooking. Don't leave food at room temperature for longer than two hours.

#2 Cook Your Food to a Safe Internal Temperature Using a food thermometer, ensure you reach two hours. To prevent food a safe internal temperature when cooking: meat (whole beef, pork and lamb) 145 F with a 3-minute rest; ground meats 160 F; poultry (ground and whole) 165 F; eggs 160 F; fish and shellfish 145 F; and leftovers and casseroles 165 F.

If chicken wings are on the menu, use a food thermometer on several wings to gauge the doneness of the entire batch. If one is under 165 F, continue cooking all wings until they reach that safe internal temperature.

#3 Avoid the Danger Zone

Bacteria multiply rapidly between 40 F and 140 F. This temperature range is called the Danger Zone.

Perishable foods. such as chicken wings, deli wraps and meatball appetizers, should be discarded if left out for longer than

waste, refrigerate or freeze perishable items within two hours.

Keep cold foods at a temperature of 40 F or below by keeping food nestled in ice or refrigerated until ready to serve.

Keep hot foods at a temperature of 140 F or above by placing food in a preheated oven, warming trays, chafing dishes or slow cookers.

Divide leftovers into smaller portions and refrigerate or freeze them in shallow containers which helps leftovers cool quicker than storing them in large containers.

#4 Keep Takeout Food Safe

If you order food and it's delivered or picked up in advance of the big game, divide the food into smaller portions or pieces, place in shallow containers and

refrigerate until ready to reheat and serve. You can also keep the food warm (above 140 F) in a preheated oven, warming tray, chafing dish or slow cooker.

When reheating food containing meat or poultry, make sure the internal temperature reaches 165 F as measured by a food thermometer.

If heating food in the microwave, ensure that contents are evenly dispersed. Because microwaved food can have cold spots, be sure to stir food evenly until the food has reached a safe internal temperature throughout.

For more food safety information, call the USDA Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854), email MPHotline@usda.gov or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.

Maine Set To Have Its First Ever Lego Convention



PORTLAND, ME (February 2, 2022) --Maine is going to have its first ever LEGO convention when the Brick-Universe LEGO Fan Convention arrives at the James A Banks Sr Portland Exposition Building in Portland, Maine on April 30 and May. The event is building on LE-GO's amazing popularity and ingenuity with awesome attractions all centered around everybody's favorite plastic building blocks.

At past events, the team at BrickUniverse has witnessed thousands of LEGO fans show up to enjoy live LEGO builds and hundreds of incredible LEGO models. The organizers have predicted that the Maine event will be sold-out and purchasing tickets early is highly recommended.

Professional LEGO artist Jonathan Lopes will be coming from

San Diego, California to showcase over 30 of his select LEGO displays including an 8-foot high LEGO Model of New York City's Woolworth Building. He will be in attendance all weekend and will be able to talk to attendees on his life as a professional LEGO artist and how they, too, can be LEGO master builders.

Additionally, Chicago-based LEGO artist Rocco Buttliere will be bringing over 50 massive LEGO models of famous landmarks from

around the world. See the largest skyscraper in the world, Burj Khalifa, the full Westminster Palace in London, and more famous landmarks all built from LEGO bricks! Both artists have had exhibitions around the world: London, Chicago, Dallas, Copenhagen, and New York.

Other attractions include:

LEGO Retail: purchase LEGO merchandise and goodies from multiple different vendors.

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www.livingstonemaine.org

Sunday Service 9:30 a.m.

> **Bible Study** 11:00 a.m.

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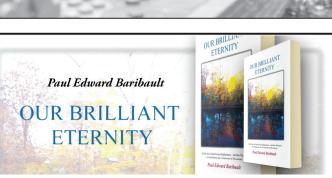
Professional LEGO artist meet-and-greets

Fan Zone: epic LEGO creations built by local fan builders

And more!

Starting today, tickets (\$15) are available for either Saturday, April 30 or Sunday, May 30. Tickets for the event typically sell out, so early booking is advised at www.brickuniverse.com/maine





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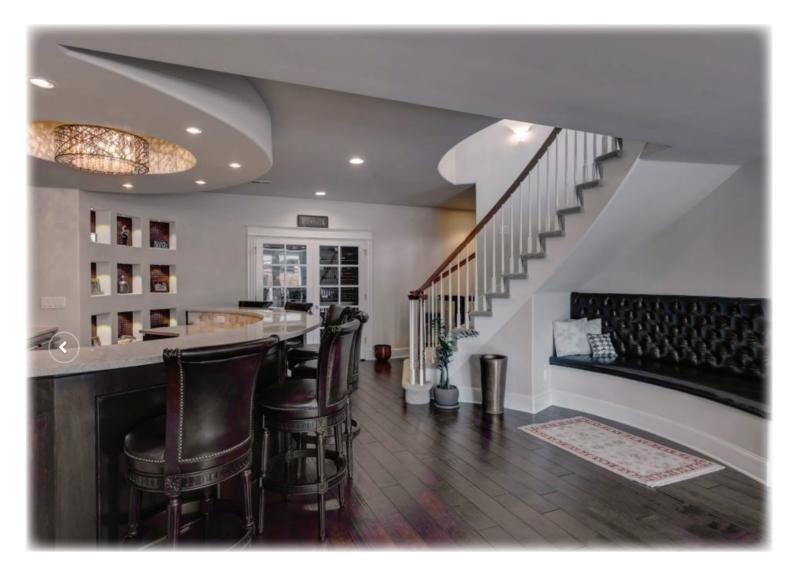
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Page 8 Thursday, February 10, 2022

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Guest Column: Helping More Maine Kids Get **Healthy Food** — By Cutting Red Tape

By Sen. Ned Claxton

(February 3, 2022) When I first decided to run for office, my goal was to find where state government could be doing more to help everyday people. Listening to folks around my district has given me not only good ideas for new bills, but also great feedback on where government needs to step back. Sometimes, the best thing legislators can do is cut red tape. Today, I want to share a great example of this: the Local Foods Fund.

Kids need healthy, filling meals to help them learn, grow and reach their full potential. Thankfully, Maine is home to farms that produce fresh, delicious food. That's why back in 2019, I was proud to vote for the Local Produce Fund bill, which helps schools buy locally grown fruits and vegetables straight from farms in Maine by reimbursing the school \$1 for every \$3 spent on these products. This got healthy food on kids' lunch trays and helped farmers find new buyers for their produce. It was a great win-win.

In the following year, we got some important feedback: School districts liked the idea of the program, but they had some thoughts on what would help them use it more.

an incredible number of Last year we passed a law that makes changes based on that feedback. Under LD 454, "An Act To Encourage the Purchase of Local Produce for Public Schools," schools can now buy food through local food distributors as well as directly from farms. That means they can get food from a distributor they and their local farms already have a relationship with. Additionally, the fund used to only apply to fresh produce, meaning fruits and vegetables. Now, the renamed Local Food Fund can help purchase protein such as dairy and some processed foods, including meat, fish, eggs and

yogurt. In other words, we made it easier for schools to use this program and expanded the kind of products local farms and food producers can sell to them under this program.

Here's the really great news: It worked. In the entire 2019-2020 school year, the Department of Education reimbursed about \$38,000 to 30 school districts. By comparison, in September through November 2021, the Department reimbursed more than \$55,500 to 60 school districts. That's an incredible growth in the number of Maine students getting access to fresh, healthy food. It also represents

more than \$166,000 spent tise are really what guides on food that was grown or produced right here in Maine. Beyond that, one of my favorite things about this effort is that it helps kids feel connected to their food. Knowing that the apple, baked potato or vogurt cup on their lunch tray came from a farm right up the road, I think, is pretty neat. I hope it will help young Mainers take greater pride in our state.

This is just one of many examples of why hearing from you is so important to the work I do as a legislator. Your experience, opinions and experme, both in the kind of bills I sponsor and how I vote. If you're interested in testifying on a bill the Legislature is considering, you can sign up at https:// www.mainelegislature. org/testimony/. Additionally, if you need special assistance or would prefer to testify live via a toll free number, please contact the Legislative Information Office at 287-1692. If you want to share any other ideas or concerns with me, you can reach me at Ned.Claxton@legislature.maine.gov or by calling my office at 207-

"Rigoletto" Encore at the LHE/PAC



FRYEBURG, ME (February 2, 2022) — The Leura Hill Eastman duction of Rigoletto on Performing Arts Center

encore screening of the Metropolitan Opera's pro-Saturday, February 12th is pleased to present an at 1:00 pm. The simulcast, burg Academy campus.

originally scheduled for January 29th, was canceled due to inclement weather.

Tony Award-winning director Bartlett Sher's riveting new staging Verdi's Rigoletto astounded cinema audiences worldwide when it appeared as part of the Met's Live in HD series on January 29th. Commanding baritone Quinn Kelsey starred in the title role, sharing the stage with soprano Rosa Feola as Gilda and tenor Piotr Beczała as the Duke of Mantua, with leading maestro Daniele Rustioni on the podium.

Tickets are \$28 for adults, \$25 for seniors, and \$10 for students. Order online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. In order to keep our doors open, facemasks are required inside the building during all events. The LHE/PAC is located at 18 Bradley Street in Fryeburg, Maine on the Frye

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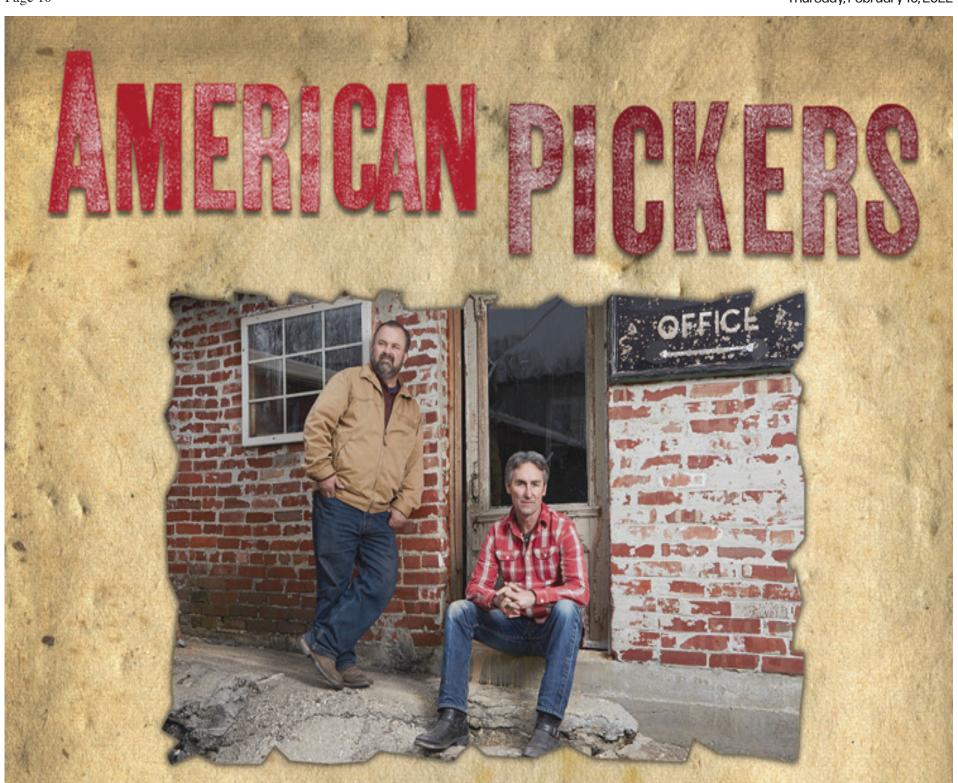
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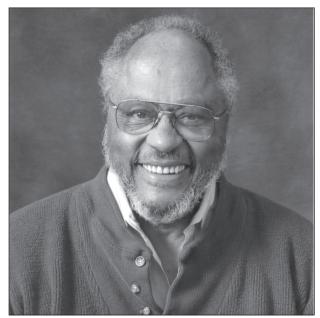
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- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS



Thursday, February 10, 2022

Auburn Public Library Announces Programs to Celebrate Black History Month



Bob Greene

Black History in Maine with Bob Greene Tuesday, February 15, 2022 – 4:00-5:00 p.m.

It is frequently said that Maine is the whitest state in America. Yet Black people have a long history in the Pine Tree State. The first one we know the name of was here some 12 years before the Pilgrims arrived at Plymouth Rock. Maine's first doctor may have been a Black man. And the nation's first Black lawyer passed the bar and began practicing in Portland. Yes, Maine had slaves, but

Maine also had builders, farmers, fishermen, ship captains, educators, and so many more that we never talk about.

This program will be presented by Bob Greene, a native of Portland and the eighth generation of his family to be born in Cumberland County. His roots in Maine stretch back into the 1700s. After graduating from Portland High, Bob went off to college and a career as a journalist, covering among other things airplane crashes, Mississippi River floods and the fu-

neral of Dr. Martin Luther King Jr. He has met three presidents: Harry Truman, Lyndon Johnson and Robert Mugabe of Zimbabwe. And, as The Associated Press Tennis Writer, Bob traveled the world covering the sport. After retiring he returned home to Maine where his genealogical research has led to his deep knowledge about Maine's Black history. He currently teaches a Black History of Maine course at OLLI (Osher Lifelong Learning Institute) at the University of Southern Maine. Bob also is the 2021 recipient of the Maine Historical Society's Neal Allen Award, which is presented each year for exceptional contributions to Maine History.

Film Screening: Evanston's Living History

Tuesday, February 22, 2022 – 4:00-5:00 p.m.

The Auburn Public Library will host a virtual screening of Evanston's Living History: The Fight to Escape Racial Discrimination

"It is the story of a community's struggle for justice; with roots extending to the town of Abbeville, South Carolina and the horrific lynching of one of its prominent citizens, Anthony Crawford. It is the story of Crawgranddaughter, great-granddaughter, and great, great-granddaughter working alongside the families of Emmett Till, Michael Schwerener, James Earl Chaney, and Andrew Goodman to gain passage of United States Senate Resolution 39, which apologized for the failure of the Senate to enact anti-lynching legislation. It is the story of Evanston's greatest generation, and their courageous fight to free Evanston (IL) from the bondage of racial discrimination." (from Kanopy.com)

Discussion with the Filmmaker of Evanston's Living History, Craig Dudnick

Friday, February 25, 2022 – 3:00-4:00 p.m.

Auburn Public Library is pleased to host the filmmaker of Evanston's Living History: The Fight to Escape Racial Discrimination, Craig Dudnick, via Zoom. Plan to join us for a 30-minute talk, followed by 30 minutes of discussion. Filmmaker Craig Dudnick will take



Craig Dudnick

us through history, starting in 1865 with the birth of Mr. Anthony Crawford up to 2005, when the Senate apologized for not backing anti-lynching legislation. This talk will be followed by a discussion of the movie; participants are encouraged to view the film prior to this talk/discussion. You may join us (via Zoom) to view this movie on Tuesday, February 22, or watch the movie on your own prior to this program. (The

movie is available on Kanopy.)

All of these programs will be virtual, taking place via Zoom. For our planning purposes, registration is required. To register, visit the events page of our website, www.auburn-publiclibrary.org or email dwallace@auburnpubliclibrary.org. Registrants will be emailed the Zoom link on the day of the program(s) for which they register.

Recent Reports of Gunshots Fired

LEWISTON, ME (January 28, 2022) -- In recent days, the Lewiston Police Department responded to several calls involving reports of gunshots being fired.

On Wednesday, January 27th @04:38am, Police responded to the area of College/Holland St. for a report of gunshots heard in the area. When police arrived, they located shell casings in the street. Preliminary findings suggest the gunfire likely came from a vehicle and that

the shots were fired in the

On Thursday, January 27th @11:11pm, Police responded to the area of Sabattus/East Ave for gunshots being heard in the area. No evidence was located at the scene and the incident was deemed to be unfounded.

On Friday, January, 28th @12:20am, Police responded to 137 College St for a report of gunshots. Police later located evidence that a firearm had been discharged.

This afternoon (January 28, 2022) Lewiston Police received a report of an abandoned vehicle that appeared to be damaged by bullet holes, parked in a Union St. parking lot. Police confirmed the damage caused to the vehicle was a result of gunfire. Police have secured the vehicle.

At this time there have been no reports of injuries from these shootings and they remain under investigation. If anyone has any addition-

al information they are asked to call 513-3001 or 784-6421.

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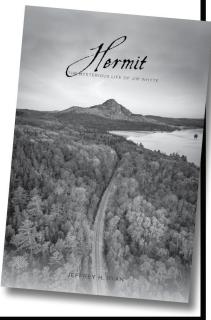
"Ryan is an excellent storyteller, and this tale is as good as any novel, especially since it's based on real people and real events."

— 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.





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MEMIC Issues Slip-and-Fall Advisory Amid Winter Weather Extremes

PORTLAND, ME (February 1, 2022) - The MEMIC Group, specialists in workplace safety, is reminding policyholders and business owners with on-site employees to avoid costly and preventable workforce injuries by taking simple steps now to prevent slips, trips and falls as extreme winter weather targets the Northeast.

An expansive area of snow and ice is expected to

develop along an approximately 2,000-mile-long swath of the country. By Wednesday night, wintry hazards are possible from Texas and Arkansas into the Ohio Valley. In the blizzard-struck Northeast, rain may collide with snow from a recent blizzard to create standing water likely to create slippery, frozen surfaces Thursday and Fri-

"Unless safety man-

agers want history to repeat itself this Groundhog Day, there are some easy ways to mitigate the risk prior to, during, and after this and any similar winter weather event," MEMIC Vice President of Loss Control Karl Siegfried said. "Forward thinking businesses need to put preventing weather-related injuries top of mind now, especially in a time of staffing and labor shortages, to avoid costly injuries that could idle their operations."

Employers and property owners from Maine to Western New York State should regularly sand and salt all sidewalks, pathways, stairs, and parking lots – locations most often cited in slip-and-fall injuries – use extra caution while driving and walking, and wear appropriate footwear and traction enhancers. Additional safety tips on preventing slipand-fall injuries are available at the MEMIC Winter Safety page.

Slips, trips and falls continue to be one of the costliest and most preventable forms of workplace injury. According to The National Institute for Occupational Safety and Health (NIOSH), slips, trips and falls were collectively the third leading

cause of work-related injuries treated in an emergency department in 2019. NIOSH said 27 percent of 888,220 nonfatal work injuries resulting in days away from work in 2019 were related to slips, trips

"Winter injuries can be prevented with simple sand, salt, and shoveling," Siegfried said. "And, above all else, with cau-

Amtrak Downeaster Announces \$20 Round Trip Fares

(February 2, 2022) -- The Amtrak Downeaster is celebrating 20 years of connecting Northern New England with reliable and convenient passenger rail service between Brunswick, Maine and Boston,

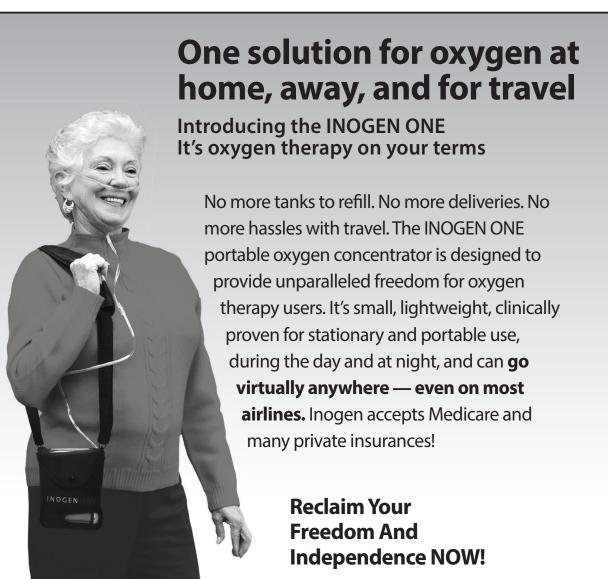
Massachusetts. Since December 15, 2001, more than 65,000 Downeaster trains have operated, transporting more than 8.29 million passengers the equivalent of nearly 674 million passenger

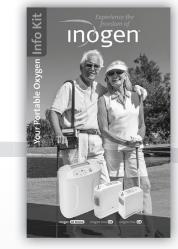
For a limited time, help us celebrate with \$20 round trip fares on the Amtrak Downeaster. With 5 round-trips daily, the Amtrak Downeaster is your car-free connection from Brunswick, Maine to Boston, Massachusetts and beyond. Sit back, relax and enjoy the scenery of northern New England.

Come on board for less when you book now through February 25 for travel January 1 through February 28, 2022.

To receive this discount, use the Fare Finder above. The discount will automatically be applied when qualifying travel is selected. Or, use the Amtrak app and enter discount code V471 when booking your trip.

Learn more about local announcements for the anniversary celebration AmtrakDowneaster.





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MKT-P0108

Court-Ordered Mailing to Re-Enroll Libertarian Voters

(February 3, 2022) -- Complying with a federal District Court order, the Maine Secretary of State has mailed nearly 6,000 letters to former Libertarian Party of Maine registered voters to make it easier for them to re-enroll in the party.

A federal judge previously ruled that the state's action to unenroll the voters from the party was illegal, and the LPME's status as a qualified party for elections should be restored for the 2022 election cycle. To comply with the judge's December 31, 2021 court order, Secretary of State Shenna Bellows filed a status report January 31 saying the office "mailed 5,830 letters to former members of LPME that were disenrolled after the 2018 election."

Included with each letter is a pre-addressed postage-paid postcard, which the recipient may sign and place in the mail to re-enroll in LPME. Special envelopes for overseas voters were used for 16 individuals with overseas mailing addresses to ensure that they received the

mailing and could return the postcard free of charge.

Recipients of the letters have until March 31 to return the cards or they can go to their town clerk and re-register there. If that presents a hardship, they can request an extension.

"The state's illegal action was devastating to efforts to grow the Libertarian Party of Maine and provide a real alternative to the major party duopoly," said Jim Baines, LPME chair. "We have a lot of work to do to recover from the damage, and this mailing is just a start."

Baines noted that the party is working to qualify a number of candidates for state and local office to provide an alternative to the high taxes, big spending, and authoritarian mandates of the Democrats and Republicans.

"People interested in the Libertarian Party should be on the lookout for candidate announcements, local caucuses, fund-raisers, and other activities in the coming weeks," said Baines. Learn more at lpme.org or on the Libertarian Party of Maine page on Facebook.

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

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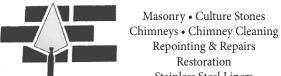
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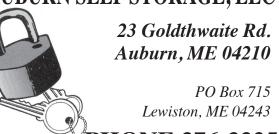
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Feb. 10 – Ap. 14 LEWISTON -- Tuesdays/Thursdays, February 8th-April 14th, 10 am – 11 am; Tai Chi for Health and Balance, an exercise program that also helps improve well-being and prevent falls. The total cost for the ten-week class is \$20 per person.

8 Falcon Road, Lewiston, ME 04240. Registration required: call 1-800-620-6036 or e-mail info@ heathylivingforme.org

Feb. 11, 12, 13

BUXTON - 7pm Feb. 11; 7pm Feb. 12; 10am Feb 13. SURGE Revival Meetings Join Living Waters Christian Church for 3 days of revival meetings as we invite Heaven to invade Earth. God is calling people to hear His voice and

Calendar

Send your submissions to the Editor. More online.

receive salvation, healing, and deliverance! Pete Talbot and Derek Morgan are revivalists from Bethel School of Supernatural Ministry who are hungry to see God move in miracles, signs, and wonders. Special guests: Kingdom Life Worship on Fri & Sat nights! Living Waters Christian Church - 197 Parker Farm Road, Buxton, ME 04093

Feb. 15

GORHAM – 8am Ordinance Committee Meeting Conference Room A

Feb. 16

GORHAM - 8am

Gorham Economic Development Corporation Meeting Conference Room A

Feb. 17

GORHAM - 6:30pm Tentative Recurring CIP Meeting TBD

Feb. 23

LEWISTON

12:30pm at the Lewiston Public Library: READ YOUR MIND: MAIA KOBABE & SHELBY CRISWELL

In February Lewiston Public Library will host authors Maia Kobabe and Shelby Criswell to discuss how queerness & gender identity impact teen mental health, through the lens of their graphic novels Gender Queer and Queer As All Get Out. Maia and Shelby will be interviewed by youth from our community guest organization MaineTransNet. Free. The Zoom link will be posted to the Library website and Facebook prior to the event. 513-3135; www. LPLonline.org

Feb. 26

GRAY -- Takeout Bean Supper - First Congregational Church of Gray. You MUST order in advance. Contact Carol at 650-9093 and let her know your name, phone number, how many meals you want and choice of pie. Cut off for reservations will be Wednesday, February 23 at 2:00 P.M. Please park at the Parish House, 5 Brown St.

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and enter the Parish House by the Front Door. Meals are single-sized and are \$10.00 each. Pick up time is 4:30 to 5:30. Please pay at time of pick up. Menu -Baked Pea Beans, 2 Red Hot Dogs, Coleslaw, Bis-

cuit, and choice of Apple or Blueberry pie.

Face Masks and Social distancing required! Remember, Cut off for reservations will Wednesday February 23 at

6 Companies Begin LA's Top Gun Entrepreneurial Accelerator Program

LEWISTON, ME (February 4, 2022) - The Lewiston Auburn Metropolitan Chamber of Commerce, along with The Maine Center for Entrepreneurs (MCE) held the kick off for the Top Gun 2022 Class. Beginning in 2009, Top Gun has helped over 200 Maine entrepreneurs launch and grow their companies, and expanded to include Androscoggin County in 2014. The LA Cohort of Top Gun is supported by the City of Auburn, City of Lewiston, and Munka Coworking, a reflection of these partners'

sustained commitment to

local entrepreneurs and startup businesses.

Entrepreneurs selected for each region completed an application process that included submitting a pitch deck, pitching their business, and one-on-one interviews with program staff. Top Gun consists of "hands-on" training and group learning exercises taught by subject matter experts in finance, business law, marketing, and other critical aspects of business development. The Wednesday night kickoff reviewed the VI-RAL scale, a tool used to identify priority pathways for startups.

The LA Metro Chamber and partners are pleased to announce this year's Top Gun partici-

Lewiston/Auburn

All Speed Tech Education, with founder Elizabeth Pajak helps individuals become comfortable and confident using tech, with learning provided at the user's pace.

Teach2Move, founders Malik Hall, Katrina Hall, and Jamier Hall is a 7 week program for schools that supports the social emotional needs of athletes across academics and athletics.

Black Diamond Detailing, with founders Abdirahman Saeed and Abdinur Mohamed offers auto detailing on the go for people with busy lives.

The Maine Event Brew Tours & Shuttle with founders Diana DeJesus and Robert Washington offer unique, curated brew tour experiences in Androscoggin and Oxford coun-

Deals Everywhere with founder Nicholas Danforth provides residents an easy app for finding local deals, while promoting local businesses.

Kerfluffle Fiber Farm with founder Mandy Mc-Donald has the one of a kind Hooded Infinity Scarf as the premier product from their growing fiber arts line.

"Our cohort is composed of driven entrepreneurs with businesses that contribute to the quality of life and economy of the region. We love this program and investing time, mentoring, and support into growing their businesses" said Shanna Cox, President + CEO of the Chamber. "We are looking forward to the next 4 months and to the regional showcase and pitch-off in

Top Gun is sponsored statewide by Bangor Savings Bank and supported by the Maine Department of Economic and Community Development, partner economic development organizations, and by local businesses, corporate and non-profit sponsors and dozens of volunteer advisors and mentors around the state. Additionally, Maine Technology Institute has provided a \$25,000 cash prize to be awarded at a final statewide Showcase pitch-off to be held in May 2022.

Mayor Carl Sheline Seeks to Establish Honorary In-Residence Writing, Music, and Art Positions

LEWISTON, (February 2, 2022) -- Mayor Carl Sheline is seeking to establish honorary writing, musical, and artist positions to be filled by Lewiston High School (LHS) students with a passion in a respec-

tive area of focus. As such, LHS students interested in applying for an honorary position of Writer in Residence, Musician or Vocalist in Residence, or Artist in Residence may do so at www.lewistonmaine.gov/

artsinlewiston

The Writer in Residence will be occasionally asked to compose written pieces for City of Lewiston events, activities, and holidays, as well as at times requested to recite his/her

work. The Musician or Vocalist in Residence will be asked to perform music at various City of Lewiston functions and events. The Artist in Residence will be asked to periodically create

City of Lewiston.

Mayor Sheline notes, "A thriving arts scene is vital to the success of Lewiston. I'm excited about the City's public art initiative and our high school's original pieces of art for the new performing arts wing.

These arts in residence positions enable the City of Lewiston to send a clear message about the value of creativity and art for our future."

Application: lewistonmaine.gov/artsin-



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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.

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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.

CLEANERS

CC Island Cleaning Company. Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

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

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Wood boiler – Must go! \$2,500.

Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer.

GORHAM. (207) 222-2755.

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

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outings. Call for FREE inhome 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 IS-LAND - 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.

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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

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Boys & Girls Clubs of Southern Maine Expands Services to Lewiston Armory

Lewiston, (February 3, 2022) -Boys & Girls Clubs of Southern Maine (BGCSM) is excited to announce a new Teen Center set to open this spring at the Lewiston Armory. BGCSM recently signed a multi-year lease for the space with the City of Lewiston. This site will offer expanded teen programming for middle and high school students from both the Lewiston and Auburn communities.

Since 1995, BGCSM has operated a Clubhouse in Auburn, serving approximately 95 Auburn/Lewiston youth, ages 6-18, each year. Transportation for Lewiston residents has been a barrier to regular attendance at the Auburn Clubhouse and the facility cannot accommodate the growing number of teens interested in joining the

"For over 25 years, Boys & Girls Club has served Lewiston youth and teens at our location in Auburn. We are excited to continue this tradition of service by establishing a Teen Center at the Lewiston Armory. Together with our Auburn location, these two sites will allow us to increase the number of vouth and teens we serve each day," says Gary Violette, Club Director.

The Armory's location, next door to the middle school and on the bus route for the high school, is ideal for this initiative. Five rooms, over 1,600 square feet of program space, and use of the Armory gymnasium, will give ample room for diverse activities. "We are very excited to welcome Boys & Girls Clubs of Southern Maine to the Lewiston Armory. Their goals and mission complement our vision for increased recreation access for the Lewiston community," shares Nicole Welch, Recreation Director for the City of Lewiston.

The new BGCSM Lewiston Teen Center will provide 75 young adults with programs to support their academic success, arts, health & wellness, and leadership skills. Substance abuse prevention strategies, nutrition, and college readiness programs will also be offered. BGCSM is raising capital to renovate the space and hopes to open the program this spring. Healthy meals will be provided to all members daily. The Teen Center will operate five days a week from 2:00 pm-7:00 pm following the school calendar. Anyone interested in supporting this effort can contact, Mara Moorhead at mmoorhead@bgcmaine.org.

"We are thrilled to be serving the youth of Lewiston in a more accessible way. Our work in this community and our partnerships with organizations like Tree Street Youth, New Beginnings, Lewiston Rec, Long Creek, and the Career Center will ensure that this Teen Center equips tomorrow's leaders with the tools they need as they enter adulthood," says Brian Elowe, BGCSM

Tree Streets

Continued from page 1

"Hebert Construction is honored to be selected by the Lewiston Choice Neighborhood Initiative and join this development's already great team," said Michael Hebert, owner and managing member of Hebert Construction. "We are eager for the opportunity to contribute to the continued development and growth of Lewiston's Tree Streets neighborhood. Lewiston is fortunate to have a strong network of skilled craftsmen and trades people. We are committed to collaborating and engaging with people and organizations in our hometown to ensure this development is a successful one."

Choice funding, the catalyst for Tree Streets transformation, is already

creating significant investment in Lewiston and providing real and meaningful opportunities for the people who live in the Tree Streets neighborhood. The Lewiston Choice Neighborhood Initiative will include several additional investments: two more phases of multifamily housing development, expanding access to urgently needed childcare, improving access to behavioral health and dental care, investing in education and job training, providing support for youth, and increasing safety in Lewiston's downtown.

Lewiston is the smallest city to be awarded both the U.S. Department of Housing and Urban Development's Choice Planning Grant and the \$30 million Choice Implementation Grant.

Mallett Brothers Concert Re-scheduled to June 17

(February 3, 2022)—The ter has been re-scheduled Feb. 4. Tickets for the can-

the Gendron Franco Cen-Mallett Brothers concert at to Friday, June 17. It was celled February event will be

originally scheduled for

honored at the June 17 event. For more information, call the box office at 207-689-2000.

Morris Criticizes \$600/Year Hike in Insurance Premiums

AUGUSTA, (February 2, 2022) --Rep. Josh Morris today criticized the Mills administration for passing changes to Maine's insurance market that will lead to a massive increase in Mainers' health insurance premiums -- according to a new analysis released this

The analysis was presented today to the LegisInsurance, and Financial Services Committee.

According to the administration's own hired analysis, Mills' policy will raise premiums up to \$600 per year per person.

"Legislative Republicans raised alarms about the cost of Gov. Mills' health insurance policies, and now her own administration is saying we were right," Rep. Morris said. crats passed this policy on a partisan basis, and now Mainers are stuck with the bill. Democrat rule in Augusta is proving to be expensive for Mainers."

The Mills law, LD 1725, will force the merger of Maine's small and individual insurance markets by 2023.

Morris (R-Turner) is the lead Republican on the Legislature's Health Coverage, Insurance, and Financial Services Committee. He introduced a bill, LD 352, that would stop the Mills insurance cost increases, but it received no Democratic sup-

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