



TWIN CITY TIMES

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FREE • Vol. XXIV, No. 5

Your Hometown Newspaper Since 1999

Thursday, May 26, 2022 • FREE

The Franco-American Collection Presents Ron Currie, Jr.

(May 20, 2022) -- The Franco-American Collection at the University of Southern Maine invites you to join us on Zoom on Thursday, May 26, 2022, 5:30 pm-6:30 pm, for a reading with author Ron Currie, Jr.

We are excited to welcome Ron Currie, a novelist, screenwriter, and native Mainer. His work has been translated into 15 languages, and has won the New York Public Library Young Lions Award, the Metcalf Award from the American Academy of Arts and Letters, the Alex Award from the American Library Association, and the Pushcart Prize.

As a screenwriter, Currie has worked, most recently, on the Apple TV+ series EXTRAPOLATIONS, scheduled for release in 2022. His short fiction, nonfiction, essays and criticism have been published in the New York Times, Salon, The Believer, The Chicago Tribune, and many other venues.

Currie will be reading from a new, as-yet unpublished novel, set in the Franco-American Community in Waterville. Be the first to learn about this new novel! A Q & A will follow the reading.

Looking for more information on Ron Currie, Jr. and his work? Check out his website: www.roncurrieauthor.com

There is no fee for our programs which are made possible by generous donations from the Québec Delegation in Boston, Severin Beliveau and Paul Dube on behalf of the Forum Franco-phonie des Affaires, Androscoggin Home Health & Hospice, Country Kitchen, Pinette Dillingham & Lynch, The Albert Lepage Foundation, Regis & Carolyn Lepage, Doris & John Bonneau, Dirigo Credit Union, The Law Offices of Dionne & Couturier, Central Maine Credit Union, and an anonymous donor. We are also supported by our membership. Ask how you can become a member today!

Register here for the Zoom link: <https://maine.zoom.us/j/7955017>

City of Auburn Invites Public to Memorial Monument Dedication

The City of Auburn invites you to a
Memorial Monument Dedication Ceremony
Please join the City of Auburn as we unveil two beautiful new monuments honoring the veterans who served America in wartime & military conflict.
Friday, May 27 | 10-11AM | Mt. Auburn Cemetery | Auburn
Please park on Summer Street

AUBURN, ME (May 17, 2022) -- Please join the City of Auburn Friday as we unveil two beautiful new monuments honoring the veterans who served America in wartime and military conflict.

Memorial Monument Dedication Ceremony; Friday, May 27 at 10:00AM at Mt. Auburn Cemetery (please park on Summer Street).

During the initial days of Covid, when our historically large gatherings at

Veterans' Park were cancelled, the City of Auburn decided to hold an outdoor ceremony at a long-forgotten memorial at Mount Auburn Cemetery which was erected in 1946 by the Lions Club of Auburn. The memorial listed major conflicts in American history up to World War 2. It was later updated to include the Korean and Vietnam conflicts but had not been updated since 1975.

On that day, Mayor Jason Levesque

promised those in attendance that the city would erect new stones to appropriately recognize a new generation of veterans, from Grenada to Panama, from the Cold War to the Persian Gulf War and the Global War on Terror. The Auburn City Council appropriated funding, the stones were designed, and now they are done and are ready to be unveiled for our community. Promises made, promises kept.

Absentee Ballots Now Available for June 14 State Primary Election

LEWISTON, ME (May 18, 2022) -- The State Primary Election will be held on Tuesday, June 14. Absentee ballots for this election are currently available for Lewiston residents from the City Clerk's Office. Registered voters needing an absentee ballot may call the City Clerk's Office, order online from the city's website, mail in an application form, or come into the City Clerk's Of-

fice, located on the second floor of City Hall. Office hours are Monday - Friday, 8:30am - 4:00pm.

Since the purpose of a primary election is for members of political parties to select their nominees to run in the November general election, only registered voters enrolled in the Democratic or Republican parties are eligible to vote in this election. Voters who are not enrolled in one of these political parties cannot vote.

Every race on both party ballots is uncontested with the exception of Representative to Congress on the Republican ballot.

The following candidate races will be appearing on the Lewiston ballots: Governor, Representative to Congress, State Senate, State Representative for Districts 93, 94, 95 and 96, Judge of Probate, Sheriff, District Attorney, County Commissioner for Districts 2 and 3.

The City's website contains sample ballots, directions to polling places and other information that voters may find useful. The website address is: <https://www.lewistonmaine.gov/117/Elections>

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

Outdoor Memorial Day Masses Set for Lewiston

LEWISTON, ME (May 19, 2022) -- Bishop Robert Deeley will celebrate a Memorial Day Mass on Monday, May 30, at 10 a.m. at St. Peter's Cemetery on 217 Switzerland Road in Lewiston. All are invited to this Mass, which is an occasion to pray for all our deceased loved ones, especially those who served our nation and have now gone home to the Lord.

The origins of Memorial Day date back to the Civil War when many cities and towns would set aside a day to remember those who died in the war. Originally called Decoration Day, it was

officially proclaimed by General John Logan, commander of the Grand Army of the Republic, on May 5, 1868, and was first observed on May 30 of that year when flowers were placed on the graves of Union and Confederate soldiers buried at Arlington National Cemetery. In 1971, Congress passed a law placing the celebration of Memorial Day on the last Monday in May.

Lewiston: St. Peter's Cemetery
217 Switzerland Road
10 a.m. (Bishop Robert Deeley will preside at the Mass.)

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Newsmakers, Names & Faces

DFD Russell Medical Centers Welcomes Family Nurse Practitioners

LEEDS and MONMOUTH, ME (May 20, 2022)—DFD Russell Medical Centers (DFD) is pleased to announce the addition of two board-certified Family Nurse Practitioners, Josephine “Josie” Poulin, AANPCB, to the Leeds location and Sheila Hospidales, FNP, to DFD Monmouth. Both professionals practice healthcare with a holistic approach, considering each patient and their families at the center of each care decision they make as part of the DFD team.

Josie Poulin, AANPCB, specializes in family medicine, including services for preventative medicine, chronic illness management, birth control, and simple surgical procedures. Josie comes to DFD’s Leeds location with more than twenty years of experience in nursing, most recently as a family nurse practitioner at Belgrade Regional Health Center in Maine.

“My approach with patients and their families is based on the shared de-



Sheila Hospidales

cision-making model,” said Josie Poulin, AANPCB. “It is important as a medical provider to not only educate and help navigate patients through the healthcare process, but also give them the opportunity to make educated decisions about their care and treatment plan.”

Josie Poulin, AANPCB, received her associ-

ate’s degree in nursing from Central Maine Medical Center School of Nursing, where she was class president. She graduated magna cum laude from South University with an undergraduate degree in nursing. Josie attended Purdue University Global and earned her master’s degree in nursing, also magna cum laude. A member of the Maine Nurse



Josie Poulin

Practitioner Association, Josie enjoys providing preventative care services to patients of all ages while building strong and lasting relationships with them and their families.

Sheila Hospidales, FNP, specializes in family practice, with a focus on holistic and preventative medicine. She comes to DFD’s Monmouth loca-

tion with more than fifteen years of experience in nursing, most recently as a family nurse practitioner in urgent care at ProHealth Care in Waukesha, Wisconsin. Born and raised in Maine, she is thrilled to be returning to her home state.

“My role is to help guide my patients and navigate their health goals,” said Sheila Hospidales, FNP. “I

believe in a well-balanced life [and] I love working with people and helping however I can.”

Sheila Hospidales, FNP, holds a master’s degree in nursing from Simmons University, a bachelor’s degree in psychology from the University of Maine at Orono, and an associate’s degree in nursing from the University of New England. A board-certified family nurse practitioner by both the American Association of Nurse Practitioners and the American Nurses Credentialing Center, Sheila practices healthcare with compassion, guided by the firm belief that listening to her patients is key to providing exceptional care and service.

Josie Poulin, AANPCB, is seeing patients at the DFD Russell Leeds location. Appointments can be made by calling (207) 524-3501. Sheila Hospidales, FNP, is seeing patients at the DFD Russell Monmouth location. Appointments can be made by calling (207) 933-9646.

Mitchell Center & Maine DEP Host Food Scrap Diversion Workshops

MAINE STATE-WIDE (May 18, 2022) -- The Maine Department of Environmental Protection (DEP) is hosting a series of Food Scrap Diversion Workshops in collaboration with the Maine Department of Agriculture, Conservation, and Forestry and the University of Maine Senator George J. Mitchell Center for Sustainable Solutions.

The free half-day public workshops, 8:30 a.m.–1:30 p.m., offer a chance to learn about the most up-to-date information on local food waste recycling initiatives, and will introduce participants

to the concept of local consolidated food scrap collection and management as an alternative to disposal in landfills.

The workshop towns and dates:

- Kennebunk – May 25
- Cumberland – May 27
- Caribou – June 3
- Auburn – June 21

Discussions will focus on developing tools to help communities promote “higher and better uses” for collected organics, along with providing a pathway for successful initiation of food scrap recovery programs. Strat-

egies learned will allow communities to reduce overall disposal costs, decrease reliance on disposal in landfills, improve community health, and enhance local soil health and vitality.

The workshops are free and open to the public. Register and more information are online.

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

Evergreen’s Lindstrom Wins CEO of the Year Award

PORTLAND, ME (May 20, 2022) -- The Maine Credit Union League recognized Jason Lindstrom, President and CEO of Evergreen Credit Union, as this year’s honoree of the James M. Grat-to Award.

“Jason is deeply deserving of this award,” said Todd Mason, President/CEO of the Maine Credit Union League. “He has earned the admiration of his peers, staff, and members for his leadership and willingness to go the extra mile. Whether that’s traveling to Washington, DC, to meet with our congressional delegation or sitting down with a member to help them improve their financial situation,

he works tirelessly on behalf of others. Jason epitomizes the People Helping People philosophy and I’m very pleased he is receiving this special recognition.”

Since taking over as Evergreen CU’s CEO in 2016, the credit union has experienced substantial growth. He led the regulatory initiative which allowed Evergreen CU to extend its reach into York County and its asset size increased from \$270 million to \$470 million. He acts as the President of the Alex Ferguson Chapter of Maine Credit Unions and serves on the Board of the Maine Credit Union League. As part of his service to the Board, Jason chairs the Technology Ser-



vices Committee and participates in governmental affairs activities in Maine and Washington DC. Jason also is deeply committed to his community and is the board treasurer for the Animal Refuge League of Greater Portland.

Please help us in welcoming Fran Gagne to the Champoux Insurance Agency family.

Fran comes to us with over 24 years of knowledge & experience in the insurance industry. Her primary focus is commercial lines, but she also has personal lines experience.



Fran’s clients look to her for her thoroughness and detail-oriented work habits. Fran’s belief is her customers always come first.

In her free time, Fran enjoys spending time with her family & friends and her pride & joy is her grandson, Caiden.



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Newsmakers, Names & Faces

Investing in Health Care for All Mainers

Guest Column by Sen. Nate Libby

MAINE (May 20, 2022) -- In my most recent column, I wrote about Maine's nursing shortage and what the Legislature has worked on to try and address it. Today, I want to share some more information about other ways the Legislature strengthened Maine's health care system this session, namely by making investments as part of this year's historic supplemental budget. The Legislature passes a supplemental budget when the state finds itself with a surplus or a deficit of funds. Fortunately, this year we had a surplus of \$1.2 billion that we used to provide targeted relief to sectors of Maine's economy that

needed it most. The budget passed with overwhelming bipartisan support, which gives testimony to how vital these investments are. Access to quality health care remains one of the top concerns I hear from people in our community, so health care is where we focused much of our attention.

One of the most critical steps we took was directing \$25 million to Maine's hospitals, which are still struggling to balance their bottom lines after COVID-19 hit them hard. Ensuring that our hospitals can keep their doors open and continue serving our communities is essential, as anyone who has experienced a medical emergency or has had an illness in their

family knows. Having a hospital close down can be devastating for a community. The news that St. Mary's will no longer be providing maternity and women's health services was scary and disappointing for many; luckily, Central Maine Medical Center has stated that they're preparing to take on patients who will no longer be served by St. Mary's. While St. Mary's is making this decision due to declining birth rates in our area, it's a reminder that vital health care services can disappear from our communities if we don't adequately support them.

Another sector of our health care economy that needed attention was long-term care for aging Main-

ers. It can be challenging for older Mainers to find long-term care close to home, but that's not how it should be. After a lifetime of hard work and contributing to their communities, older Mainers should be able to spend their golden years in the places they know and love. With Maine's average resident being just short of 45 years old, the need for long-term care options isn't going away any time soon. In the supplemental budget, we allocated funding to support nursing homes, residential care facilities and other providers that allow people in our community to get the care they need close to home.

One important element is making sure that the staff in these long-term

care facilities are able to provide for themselves and their families with the money they earn doing these important but difficult jobs. Staffing shortages have affected many sectors of our economy, nursing homes and residential care facilities included. To help attract and retain workers in this field, the supplemental budget supported cost-of-living adjustments and increased rates to ensure that these direct care workers earn at least 125 percent of the minimum wage. These workers deserve all this and more for the critical work they do, so this is a great step forward.

Finally, we provided funding to cut down on the wait lists that many older Mainers and other adults,

namely those living with disabilities, find themselves on when looking for in-home care. Day-to-day tasks can be challenging for many, and in-home support allows people to retain some independence while staying safe at home.

The surplus we had this year allowed us to move our state forward in some big ways, but there's always more to be done to make our health care system work better for all of us. As always, if you or your family need help finding resources, please visit 211maine.org or dial 2-1-1. You can also reach out to my office any time by calling (207) 287-1515 or emailing me at Nathan.Libby@legislature.maine.gov.

Healing Service in Spanish Set for Lewiston on Friday, May 27

LEWISTON, ME (May 12, 2022)--A healing service, presented in Spanish, will be held at Holy Family Church, located on 607 Sabattus Street in Lewiston, on Friday, May 27, at 6 p.m. All are welcome to participate.

Fr. Michael Sevigny, OFM Cap., the director of the Office of Hispanic Ministry in the Diocese of Portland, will preside at the service. The theme of

the entire gathering is healing, from the celebrant to the music to the participants to prayer teams. Every situation is different but most involved say they receive an increase in awareness of Jesus being present and bringing peace and renewed strength. For more information about the service, contact Prince of Peace Parish at (207) 777-1200.

Masses in Spanish

are organized by the Office of Hispanic Ministry and are currently offered in seven Maine communities: Brewer (St. Teresa Church, 425 S. Main Street, Each Sunday at 8 a.m.), Cherryfield (St. Michael Church, 51 Elm Street, First Sunday of Each Month at 1 p.m.), Lewiston (Basilica of Saints Peter & Paul, 122 Ash Street, Each Saturday at 6 p.m. and also lives-

streamed at www.princeofpeace.me), Pittsfield (St. Agnes Church, 238 Detroit Street, Each Friday at noon), Portland (Sacred Heart Church, 65 Mel-len Street, Each Sunday at 1 p.m.), Sanford (Holy Family Church, 66 North Street, 2nd/4th Sunday of Each Month at 5 p.m. and also livestreamed at www.stthereseeparishmaine.org/livestream), and Water-ville (Sisters of the Bless-

ed Sacrament Chapel, 101 Silver Street, Each Saturday at 4 p.m.).

Funded largely by the annual Catholic Appeal, the Office of Hispanic Ministry assists the Hispanic community living and working in Maine by offering sacramental preparation, including marriage and baptismal preparation; faith formation for adults and children; education on social

service support in the state; and help to individuals and families in becoming more involved in parish life. If you or someone you know might benefit from the services of the Office of Hispanic Ministry, please contact Fr. Sevigny at (207) 777-1200 or José Lopéz at (207) 653-5609. You can also visit the office's Facebook page (www.facebook.com/MaineHispanicCatholics).

Free Boiler Operator & Refrigeration Trainings Offered

AUBURN, ME (May 18, 2022) -- The Center for Workforce and Professional Development at Central Maine Community College (CMCC) is offering free High Pressure Boiler Operator Training May 25 – August 31, 2022, 6:00 – 9:00 PM, and free Refrigeration 608 Training June 7 – July 28, 2022, 3:00 – 6:00 PM. Information and links to register for the program are available at <https://www.bit.ly/CWPDRRegistration>.

High Pressure Boiler Operator training offers a practical approach, knowledge, and techniques to power plant operation and is designed to prepare the student for the Maine Licensing Exam, which can

be taken at CMCC. The course will give the student 450 hours towards the 900 hours needed to sit for the exam. The remaining 450 hours will be required in the field in order to sit for the exam. The average starting wage for a High Pressure Boiler Operator is \$42,000 in the Lewiston/Auburn region.

Upon completion of the Refrigeration 608 training, students will be able to do a variety of things including: identify the components and explain the application and operation of the basic refrigeration cycle and heat transfer, test equipment, and demonstrate accepted refrigeration applications. The EPA approved refrig-

erant handling exam (EPA 608), is included in this free course. Students who successfully complete the course will be eligible for immediate employment. The average median wage for a HVAC Mechanic & Installer is \$52,500 / year. Access to desktop, laptop or tablet with internet connection is needed. Desktop computers are available on campus at CMCC.

Both programs are funded by the Maine Jobs and Recovery Program (MJRP). Participants are eligible for one training and must be at least 18 years of age, possess a high school

diploma, GED, or HiSet, and be a U.S. citizen and/or authorized to work in the U.S. Criminal background check and Covid vaccination records will be required. Additionally, candidates in MJRP-funded programs must be a dislocated, unemployed, or underemployed worker, or someone whose job has been adversely affected by COVID-19. Underemployed can be considered as working part-time but looking for full-time work or working in an occupation below one's skillset.

For more information or to register, please

contact Central Maine Community College's Center for Workforce & Professional Development at workforcedevelopment@cmcc.edu or 207-755-5280.

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munity College is an equal opportunity/affirmative action institution and employer. For more information visit www.cmcc.edu/eec or contact Human Resources at (207) 755-5396.

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Ziggurat Theatre Presents CARAVAN OF DREAMS



FREEPORT, ME (May 13, 2022)—Ziggurat Theatre Ensemble, in association with the Desert of Maine Center for Arts and Ecology, will present the enchanting

fantasy CARAVAN OF DREAMS outdoors at the Desert of Maine beginning on Saturday, June 4 and running through Sunday June 26.

CARAVAN OF

DREAMS is a world-premiere fantasy about a girl who must save her city from mysterious dark forces. Music, comedy, dance, and an impossibly large puppet conjure up a magical world where imagination becomes reality, and nothing is as it seems.

“We are thrilled to be creating this site-specific show for the unique and stunning landscape of the Desert of Maine,” says writer-director Stephen Legawiec. “To have a show in this vast and magical space will be a treat for us and the audi-

ence.”

The ensemble of Maine-based actors includes Marguerite Benham, Jake Cote, Andrew Elijah Edwards, Clay Hawks, Savannah Irish, Colleen Katana, Dashiell Legawiec, Lyra Legawiec, Laura MacLean, Seth Rigoletti, Wilder Short, Caleb Streadwick and Elise Voigt. They are joined by guest artist Mel Angelo. The show is written and directed by Stephen Legawiec. Movement director is Dana Legawiec. Costumes are by Anne Collins. The Puppet Designer is Emilia Mc-



Grath.

CARAVAN OF DREAMS will be presented outdoors in the Desert of Maine at 6pm on these dates: June 4, 5, 11, 12, 18, 19, 25, 26.

This is an outdoor-show only. Please check our website if rain is forecast. ZigguratTheatre.org. More information is available at ZigguratTheatre.org

Food for Thought Presents Astronaut, Audrey Powers



LEWISTON, ME (May 20, 2022) – The University of Southern Maine

Senior College, located at 51 Westminster St., Lewiston, ME, is pleased to announce a zoom presentation of our Food for Thought program, featuring astronaut, Audrey Powers which will be held on Friday, June 3, 2022 at 4 PM.

Audrey Powers, is the Vice President of Mission and Flight Operations and Training, vehicle maintenance and launch complex infrastructure at Launch Site One. Audrey is also an

astronaut, having flown on the second human flight of Blue Origin’s New Shepherd program, NS-18. Previously, Audrey served as vice president of legal and compliance for Blue Origin, overseeing a wide variety of legal matters including regulatory affairs, legislative and policy matters, supplier and customer negotiations and management, maritime law, crisis response, and legal operations.

See Astronaut, page 10

Arbor Week Urban Forestry Recognitions Presented

AUGUSTA, ME (May 19, 2022) – This week, twenty Maine municipalities received Tree City USA awards, presented by the Department of Agriculture, Conservation and Forestry’s Project Canopy community forestry program. One campus, Colby College, was also recognized with a Tree Campus USA award. Tree City USA Awards are earned for commitment to effective urban forest management.

Also included in this 2022 Arbor Week celebration was the awarding of the 2022 Outstanding Tree Farm of the Year, presented to Bombadil Tree Farm (Ashland), and the Hancock County Tree Farm of the Year - Great Pond Mountain Conservation Trust.

Tree City USA communities have met or exceeded four overarching standards:

- Maintaining a tree board or department
- Having a community tree care ordinance
- Investing at least \$2

per capita in urban forestry
Celebrating Arbor Day

Project Canopy encourages communities to develop project proposals that support sustainable community forestry management, increase awareness of the benefits of trees and forests, and increase the health and livability of communities through sound tree planting and maintenance.

Among this year’s Tree City USA recipients, Farmington, Kennebunkport, and Westbrook were recognized for the 45th consecutive year (the Tree City USA Awards program started in 1976). The newcomer to Maine’s list of Tree City USA achievers is Ellsworth.

- Ellsworth – 1 year
- Falmouth – 3 years
- Rockland – 3 years
- Brunswick – 5 year
- Dover-Foxcroft – 9 years
- Veazie – 9 years
- Saco – 12 years
- Castine – 13 years
- Bangor – 17 years

- Auburn – 19 years
- Lewiston – 19 years
- Hallowell – 20 years
- Bath – 25 years
- Orono – 26 years
- Portland – 42 years
- South Portland – 42 years
- Yarmouth – 43 years
- Farmington – 45 years
- Kennebunkport – 45 years
- Westbrook – 45 years

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Bring Food Safety to Your Summer Vacation

WASHINGTON (May 17, 2022) – As summertime brings families and friends together for outdoor celebrations, the U.S. Department of Agriculture (USDA) wants to make sure your summer festivities are food safe. Whether you’re grilling burgers, camping, or having a picnic, everyone should always remember to practice proper handwashing and use a food thermometer.

After observing that consumer behavior in test kitchens revealed that people are skipping basic food safety practices, USDA is concerned that consumers are not doing enough to reduce the risk of foodborne illness.

“Our research shows that participants were not adequately washing their hands or using a food thermometer,” says USDA Deputy Under Secretary for Food Safety Sandra Eskin

“Summer is a time to relax and enjoy delicious meals with friends and family but foodborne pathogens never rest. Following safe food handling practices during this and all other seasons can reduce the risk of you and your loved ones getting sick.”

USDA encourages all Americans to follow these food safety tips to keep you and your family foodborne illness free this summer.

Wash Your Hands

Inadequate handwashing is a contributing factor to many illnesses, including foodborne illness. It is important to follow proper handwashing steps before, during, and after preparing food to prevent bacteria from transferring from your hands to your meal.

Recent USDA consumer research (January 2020-2021) showed that 56% of participants didn’t

attempt to wash their hands during meal preparation. This is a major drop in handwashing attempts from prior years’ research. In year 3, this figure was 71% and in year 2 it was 74%.

In addition to low attempts at handwashing, roughly 95% of participants failed to wash their hands properly. The most common reason in the study for unsuccessful handwashing was failing to rub hands with soap for at least 20 seconds, followed by not wetting hands with water as a first step.

There are five steps for proper handwashing: wet hands, lather with soap, scrub for 20 seconds, rinse, and dry.

Use a Food Thermometer

Don’t forget to bring a food thermometer to your summer activities. Always use a food thermometer to check the internal tem-

perature of your food to determine if it is safe to eat. Insert the thermometer into the thickest part of the meat, through the side, for the most accurate temperature reading. In the study, only 55% of participants used a food thermometer to check the internal temperature of the hamburgers and sausages they were cooking. Use a food thermometer to ensure the following foods have reached their safe internal temperature:

Beef, pork, lamb and veal steaks, chops and roasts: 145 F with a 3-minute rest

Fish: 145 F
Egg dishes: 160 F
Ground meats (beef, pork, lamb and veal): 160 F
All poultry (whole or ground): 165 F

Avoid Cross-Contamination

While preparing your meal this Memorial Day, be sure to keep your raw meat

separate from your fruits and vegetables. Raw meat and poultry can carry bacteria that causes foodborne illness. To reduce the risk of cross-contamination, USDA recommends using separate cutting boards: one for raw meat and poultry, and another for fruits and vegetables.

In this study, cross-contamination was prevalent. Across all participants:

32% contaminated their plates and cutting boards while preparing food.

28% contaminated their kitchen sinks.

12% contaminated spice containers.

8% contaminated the cupboard handles in their kitchen.

These findings are part of a multi-year, mixed-method study that USDA’s Food Safety and Inspection Service (FSIS)

commissioned to evaluate various consumer food handling behaviors. The study uses test kitchens, focus groups, and nationally representative surveys to better understand food safety practices and experiences with food recalls, foodborne illness, and FSIS food safety resources. More information about this study is available in an executive summary (PDF, 49 KB).

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

Access FSIS news releases and other information at www.fsis.usda.gov/newsroom.

Follow FSIS on Twitter at twitter.com/usdafood or in Spanish at: twitter.com/usdafoodsafes.

CCAC Presents Enter The Haggis June 4

BATH, ME (May 18, 2022) – The Chocolate Church Arts Center (CCAC), at 804 Washington Street in Bath, will present an evening with Celtic rock band, Enter the Haggis, on Saturday, June 4.

For nearly two decades, Toronto’s Enter The Haggis (ETH) has combined bagpipes and fiddles with a rock rhythm section to create a distinctively eclectic sound, praised by The Boston Globe, The Washington Post and Canada’s Globe and Mail. Their songs offer singalong melodies and meaningful lyrics which tell the stories of everyday, hard-working people, often faced with seemingly insurmountable challenges. Signature songs like “One Last Drink”, “Gasoline”, “Down With The Ship” and “Lancaster Gate”

have received millions of plays on streaming sites, have appeared in major films, and have been performed and recorded by artists around the world.

Enter The Haggis has appeared on “Live with Regis and Kelly” and “A&E’s Breakfast With The Arts”, and was featured in an hour-long PBS concert special which aired for months on more than 80 affiliate stations across the United States. The band’s legions of diehard fans (the self-described “Haggis Heads”) have crowdfunded the last four ETH albums, and played a huge part in propelling the most recent full-length record to its debut at #9 on the national “Billboard Heatseekers” chart. Enter The Haggis is currently on tour in support of this most recent al-

bum, The Archer’s Parade.

Tickets for Enter the Haggis at CCAC are \$25 advance or \$35 day of show. Tickets for all events at the Chocolate Church Arts Center are available for purchase at www.chocolatechurcharts.org, or by calling the box office at 207-442-8455. All performances will be subject to CCAC’s current COVID-19 related policy, which requires audience members age 12 and up to be fully vaccinated or have a negative COVID-19 test result within 48 hours prior to arriving at a performance, along with a matching photo ID.

FMI Contact:
William Lederer, CCAC Executive Director
William.lederer@chocolatechurch.com/[207-442-8455](tel:207-442-8455)

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!

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Arts & Entertainment

CLT Announces Production Team for “You Can’t Take It With You”



The Production team for You Can’t Take It With You, left to right: Gregory Judd, Chris McDonald, Julie McDonald, Dan Burgess, Jacie McDonald, Kay Warren, Emily Flynn, Chris L’Hommedieu, Jane Mitchell, Sophie Wallace, Nancy Kenneally. Missing from photo: Phil Vampatella, Nicole Frydrych, Julie L’Hommedieu, Matt Conklin, Josie French.

AUBURN, ME (May 17, 2022) -- Director Kay Warren is pleased to introduce the production team for the upcoming Community Little Theatre production of You Can’t Take It With You. You Can’t Take It With You is

the third show of CLT’s 82nd season. The performances will be at Great Fall Performing Arts Center in Auburn from Thursday, June 16, 2022 through June 26, 2022 .

You Can’t Take It With You is a hilarious yet meaningful romantic comedy about a young stenographer, Alice Sycamore, and her zany, eccentric family. Alice falls in love with her conservative boss, Tony Kirby, and asks her family to curtail their antics for one evening so that Tony and his snobbish parents may come to dinner and the families can get acquainted. Alice’s family agrees but is caught unprepared when the Kirby’s arrive on the wrong evening!

Will a family of uptight executives be able to mesh with a family that collects snakes, dances ballet and builds fireworks?

The production team for You Can’t Take It With You includes Kay Warren, Director; Jackie McDonald, Assistant Director and assistant Stage Manager; Emily Flynn, Producer; Greg Judd, Stage Manager; Nicole Frydrych, Prop Master; Jane Mitchell, Costumes; Effrum Morrill, Set Construction; Julie McDonald, Set Construction; Dan Burgess, Set Decor; Phil Vampatella; Set Construction; Kara McDonald; Matt Conklin, Lighting Designer; Chris L’Hommedieu, Sound Designer; Julie L’Hom-

medieu, Sound Assistant; Josie French, Publicity; Nancy Kenneally, Print Publicity; Sophie Wallace, hair and makeup.

The show will be performed June 16, 17, 18, 24, 25 at 7:30 p.m., and 19 and 26 at 2:00 p.m. Call 783-0958 or visit LACL.T. com for tickets and information.

L/A Community Little Theater, located at 30 Academy Street in Auburn, has been producing live theater since 1940. A volunteer, non-profit organization, our goal is to provide affordable and quality entertainment in the performing arts as well as education, training, and experience in theater for area youth. www.laclt.com.

Lott Quartet Live in Concert May 29 & 31

(May 18, 2022) -- The Lott Quartet will be performing the music of Beethoven, Dvorak, and Wynnton Marsalis at the Denmark Arts Center on Sunday, May 29th at 3:00 pm, and at the Leura Hill Eastman Performing Arts Center on Tuesday, May 31st at 7:00 pm.

Based in New Orleans, the Lott Quartet was founded around a mutual love of chamber music and a deep desire to reach audiences with engaging and insightful programming. Recently appointed

as Quartet-in-Residence at the University of New Orleans, the group begins a role as musical ambassadors to the greater Southeast U.S., bringing their passion as performers and educators to audiences and students throughout the Gulf region and beyond.

The May 29th and 31st program begins with the stormy opening to Beethoven’s C minor quartet. This four-movement work showcases the genius writing of a young and fiery Beethoven, whose chosen key of C minor is so of-

ten used to depict his most personal inner struggles. Next, Marsalis’ Hellbound Highway kicks the energy into high gear as the composer takes the audience on a train ride from “down south.” They finally arrive in the Big Easy, dancing to the celebratory Rampart St. Row House Rag. After a brief intermission, the quartet will perform Dvorak’s Quartet No. 14 in A-flat major. Dvorak wrote the work Bohemia shortly after returning from America in 1895. Romantically Czech in nature, hints of American

influence lead Dvorak’s son to state that the work “recapitulated his successful trip to America and his happy return home.” The May 31st concert will feature a special guest performance by the Valley Strings—an ensemble composed of Fryeburg Academy students and community members.

Tickets to the May 29th performance at the Denmark Arts Center are \$15 general admission. Order online at www.denmarkarts.org/events. Tickets to the May 31st performance at the Leura Hill Eastman



PAC are \$15 for adults and free for students (reserved seating). Order online at www.fryeburgacademy.org/pac, or call the box office at 207-544-9066. Both perfor-

mances are funded in part by a grant from the Maine Arts Commission, an independent state agency supported by the National Endowment for the Arts.

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Let's Expand Maine Broadband and Make it Affordable

Guest Column by Sen. Angus King

MAINE (May 17, 2022) -- Early in the 20th century, America's cities were booming. The era of electrification brought new jobs and opportunities to hubs like New York, Chicago, and Boston. Unfortunately, America's rural areas didn't see the benefits of these modern technological advancements; in fact, only ten percent of rural households had access to electricity by 1930. It took decades – and significant government effort – to help rural communities catch up.

A century later, a new technological shift is creating similar challenges for Maine's rural communities. As the internet creates immense new economic, educational, and social opportunities for those with access to a high-speed connection, rural areas continue to be at risk of being left behind.

We learned during the pandemic how important internet connectivity can be – and how lacking it can compromise our daily lives. Kids doing their homework, seniors accessing healthcare, and

many being able to work from home – these essential activities all depend on a reliable connection. That is why we need to ensure every Maine town – even in our most remote areas – has high-speed, affordable internet.

There are two significant challenges our state must overcome to accomplish that goal. Fortunately, over the past year, Congress and President Joe Biden have taken significant steps to address both.

First is the actual building of internet infrastructure, which must run not only through communities from Allagash to Arundel, but also directly to every house in the state. The biggest barrier here is simply investment; it costs significant money to build out broadband, especially in rural communities like Maine's where houses are spread out and where our rocky coast and tree-covered terrain creates challenges.

That's why last year, we included the largest, most comprehensive investments in broadband infrastructure in both the American Rescue Plan and Bipartisan Infrastructure

Law. Between these two historic pieces of legislation, Maine is expected to receive over \$400 million in federal support for broadband expansion – close to the estimated costs to connect the entire state.

This money is a game-changer, but full connectivity won't happen overnight. Building this infrastructure will take time and hard work from organizations like the Maine Connectivity Authority and ConnectME, who are leading efforts to deploy high-speed broadband. Thanks to these federal investments and Maine's additional state funding led by Governor Janet Mills, I'm optimistic that we will see every Maine community connected to the internet's possibilities in the near future.

The second issue – and perhaps the bigger issue in years to come – is cost, because broadband access isn't much good unless you can afford it. For many rural Maine households, some who may already be struggling to put food on the table, the current cost of internet is simply too high.

This affordability

concern was front of mind when we were writing the Bipartisan Infrastructure Law, which is why we required any recipient of funding from the bill to offer a low-cost broadband option. In the bipartisan legislation, we also included \$14.2 billion for the new Affordable Connectivity Program (ACP). This program modernizes and extends the emergency COVID-19 broadband provisions that were included in the 2020 bipartisan spending bill and is a massive step towards ensuring affordable internet access for all. Specifically, the ACP provides eligible low-income households with a \$30 per month credit for their internet costs and support for connected devices. These credits are being accepted by nearly every national internet provider and by dozens of local Maine broadband companies.

Earlier this month, President Biden took an important step to realize the promise of the ACP by securing commitments from many of the nation's largest internet providers that they would provide a \$30 a month high-speed

internet option. This means that the program's credit wouldn't just reduce your internet bill – it would entirely cover it, eliminating the barrier for many to access the internet.

Almost four-hundred thousand Maine people – roughly a third of our state – qualify for the ACP, but only one out of every ten eligible Mainer is enrolled. This program can make a huge difference for folks struggling to pay the bills. If you think you may be eligible for ACP cost-savings, you can simply go to GetInternet.gov or call (877) 384-2575 to check your eligibility. It's quick, easy, and could save you \$30 dollars a month or help

you gain access to an internet-connected device.

Together, the history-making internet investments coming to our state coupled with these vital new affordability programs will go a long way to ensure that all Maine communities have the chance to thrive in the 21st century. There's more work to do – there always is – but we're headed on the right path. Just as electrification did in the 20th century, these broadband investments will soon help connect every American to the infrastructure that powers modern life, and help ensure that people across Maine are able to fully engage in the economy of the future.

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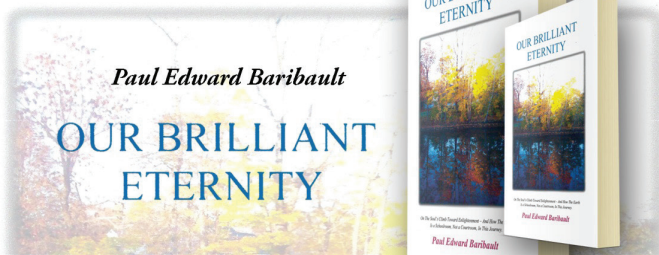
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app.scoreholio.com

Search for "YMCA Kids to Camp Cornhole Tournament"

* This app is simply for day-of updates. You must ALSO register with the YMCA to be entered into the tournament.

YMCA of Auburn-Lewiston | 207-795-4095 | www.alymca.org | 62 Turner St. Auburn, ME 04210

Head Downtown for *Art Walk L/A* May 27



Downtown Handmade

LEWISTON, ME (May 13, 2022) – The 2022 Art Walk L/A season begins on May 27, 2022 from 5-7 pm and continues on final Fridays of each month through September. Enjoy live, in-person arts experiences in more than a dozen locations along Lisbon Street in downtown Lewiston, including a performance by the Lewiston High School Jazz Band in Dufresne Plaza at 5 p.m.* And stay downtown for the first Music in the Park summer concert from 7-9 p.m. in Kennedy Park. Join us!

Art Downtown

Check out visual arts on display at these and other Art Walk LA venues:

The Studio, 291 Lisbon St. Artists Grayling Cunningham and friends

Lewiston Public Library, 200 Lisbon St. Photographer Stephen Harris, plus a book sale!

Kimball Street Studios, 191 Lisbon St. redux, portraits by Kate Cargile

Forage, 180 Lisbon St. the CROW, works by Deanna Ehrhardt

Downtown Handmade, 182 Lisbon St., 2nd floor. Proprietor Sheri Withers Hollenbeck and

friends

Art Walkables
Looking for to-go food items along the art walk route? Try these spots!

Sambusas and Somali tea at Mogadishu Store, 240 Lisbon St.

David-Made Pizza at Forage, 180 Lisbon St.

Spicy Tots at Boba, 97 Lisbon St.

Music in the Park summer concert series
After the art walk, head to Kennedy Park for more music! This month's concert features
Lewiston Elementary



Deanna Ehrhardt, the CROW



LHS Jazz Band 2022

All Star Orchestra
Forêt Endormie

Art Walk LA and all LA Arts programs would not be possible without the generous support of community partners including Community Arts Champion and Advocate sponsors Austin Associates, P.A., Bates College, Baxter Brewing Co., Berman & Simmons, the City of Auburn, the City of Lewiston, Liberty Mutual, Munka Coworking, the Sun Journal as well as

the Bangor Savings Bank Foundation, Maine Arts Commission, the New England Foundation for the Arts, the Onion Foundation, and the Ladd Foundation.

Since 1973, LA Arts, the arts agency for the cities of Lewiston and Auburn Maine, has pursued a mission to engage and inspire a vibrant community through arts and culture. The agency works with governments, businesses, schools and local arts and cultural



Art Walk L/A map QR code organizations to create opportunities for community members across the generations to experience, learn, and participate in the arts. LA Arts organizes arts programs and initiatives, supports the work of local artists and arts organizations, and highlights the essential role the arts play in shaping an economically vital, socially integrated, and forward-looking future for its community. Learn more at www.laarts.org.

*Rain location: Callahan Hall, Lewiston Public Library, 200 Lisbon St., Lewiston



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Canal Street/Centreville Parking Garage Is Again Open!

LEWISTON, ME (May 19, 2022) – As of today, May 19, 2022, the Canal Street/Centreville parking garage is again open to users following updates. The paid parking on Canal Street will resume to that capacity

as of 6 am on May 20th. ADA parking spaces are available in the parking garage. Contractors are still working in the parking garage, and users are asked to proceed with caution and at a safe speed. Any ques-

tions or concerns may be directed to Louie Turcotte at lbturcotte@lewistonmaine.gov. The City of Lewiston appreciates the patience of residents and visitors as work continues within the garage.

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Music in the Park Summer Concert Series Begins May 27



Lewiston Elementary All-Star Orchestra

LEWISTON, ME (May 12, 2022) -- The 2022 Music in the Park summer concert series begins on May 27 in Kennedy Park, Lewiston from 7-9 pm, and continues after each Art Walk L/A on final Fridays through September, 2022. Bring a lawn chair or blanket and enjoy some free, live music in the park!

On May 27, LA Arts presents performances by: Lewiston Elementary All-Star Orchestra Lewiston Elementary students comprise this strings ensemble led by Greg Boardman;

Forêt Endormie Forêt Endormie is a chamber ensemble formed in 2016 by Falls of Rauros guitarist and composer Jordan

Guerette, hailing from the "Forest City" of Portland, Maine (USA). Baxter Brewing Co. will be on site in Kennedy Park with refreshments.

If you're looking for a snack on your way to the park, try these spots on Lisbon St.: Sambusas and Somali tea at Mogadishu Store, 240 Lisbon St.; David-Made Pizza at Forage, 180 Lisbon St.; Spicy Tots at Boba, 97 Lisbon St.

Music in the Park and all LA Arts programs would not be possible without the generous support of community partners including Community Arts Champion and Advocate sponsors Austin Associates, P.A., Bates College, Baxter Brewing Co.,

Berman & Simmons, the City of Auburn, the City of Lewiston, Liberty Mutual, Munka Coworking, the Sun Journal as well as the Bangor Savings Bank Foundation, Maine Arts Commission, the New England Foundation for the Arts, the Onion Foundation, and the Ladd Foundation.

Since 1973, LA Arts, the arts agency for the cities of Lewiston and Auburn Maine, has pursued a mission to engage and inspire a vibrant community through arts and culture. The agency works with governments, businesses, schools and local arts and cultural organizations to create opportunities for community members



Forêt Endormie

across the generations to experience, learn, and participate in the arts.

LA Arts organizes arts programs and initiatives, supports the work of local artists and arts organi-

zations, and highlights the essential role the arts play in shaping an economically vital, socially integrated, and forward-looking future for its community. Learn more at www.laarts.org.

Maine College and Career Access to begin June 6



Students in the springtime session of Maine College and Career Access pose for a selfie after completing their research presentations. From left to right, Catherine Burtis, Horio Eden, Lilian Tuto, and instructor Amy Hatch.

LEWISTON, ME (May 18, 2022) -- Thinking about a career change or starting college? Lewiston Adult Education can help with the Maine College and Career Access program. The class includes success strategies to help you with reading, writing and math.

Students will also meet with members of local colleges along with getting help with applications, completing financial aid forms and learning success strategies to make

the most of a college experience. The 12-week class meets on Mondays through Thursdays. Class begins on June 6 and ends on Aug. 25.

Classes will meet at Lewiston Adult Education's Adult Learning Center, Longley School campus, located at 145 Birch St. in Lewiston, Maine.

For more information about the program, contact Amy Hatch at 207-784-2928, extension 4465 or email her at ahatch@lewistonpublicschools.org

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Shaker Herb House Receives Additional \$160,000

New Gloucester, ME (May 4, 2022) -- The Maine Community Foundation's Spirit Fund, the Davis Family Foundation, and Norway Savings Bank have each issued major grants for the rehabilitation of the Shaker Herb House.

The donor advised Spirit Fund awarded a \$100,000 contribution to the Herb House project recognizing the valuable cultural programs that Shaker Village delivers to the people of Maine. The Davis Family Foundation granted \$50,000 towards new Herb House educational programs, cultural experiences, and community alliances and Norway Savings Bank made a contribution of \$10,000 in support of

the social-mission programs that will be delivered in the new Herb House facilities.

Just a short time ago on April 13, 2022 the National Endowment for the Humanities approved a \$750,000 Infrastructure and Capacity Building Challenge Grant to the United Society of Shakers, Inc. The three recent grants received are qualified matches for the NEH grant, which requires 4:1 matching contributions.

Herb House Campaign Director Michael Graham said, "It's incredibly encouraging to receive support from Maine's leading charitable organizations. We feel fortunate to receive these grants to promote the values and principles that Maine

seems to hold dear, including traditions and heritage, acceptance and inclusion, and places where caring, supportive community thrives. The Shakers and I are very grateful to the Maine Community Foundation, the Davis Family Foundation, and Norway Savings Bank for these generous, major contributions toward the Herb House project."

The Herb House project will begin in 2022 and is currently scheduled for completion in October 2024, marking the bicentennial of the Herb House.

To learn more about the Herb House project, please visit <https://www.maine-shakers.com/capital-campaign/>

Maine Adult Education Launches HiSET Completion Campaign

MAINE (May 19, 2022) -- The Maine Department of Education's Office of Adult Education launched a campaign today to encourage adult learners to complete the HiSET, Maine's high school equivalency test. Those who complete the HiSET are eligible for two years of free community

college in Maine. As part of the campaign, "It's time for HiSET" yard signs will be displayed throughout Maine and local programs will use social media with hashtag #HiSET4ME, mail postcards, and sponsor community events to promote HiSET completion.

Students who live in Maine, graduate high

school or receive a HiSET between 2020 and 2023, and enroll in a Maine community college full time are eligible for two years of free community college.

Read more» <https://mainedonews.net/2022/05/19/media-release-maine-adult-education-launches-hiset-completion-campaign/>

Ready, Set, Grill!

AUBURN, ME (Grassroots Newswire) (May 18, 2022) -- For many, the Memorial Day weekend marks the unofficial start of the summer season. The National Fire Protection Association (NFPA) warns families that the onset of the summer season also marks a rise in home fires started by outdoor grilling activities. According to the NFPA, on average, 10,600 home fires are started by grills each year. July is the peak month for grill fires, followed by June, May, and August.

"Sixty-one percent of U.S. households own a gas grill," says Rick Isaacson, CEO of Servpro Industries, LLC. "A total of sixty-four percent own at least one outdoor BBQ, grill, or smoker. The popularity of this outdoor cooking equipment combined with longer, warmer days creates a unique fire hazard that should be taken seriously."

The time to take precautions is now, adds Isaacson, before the outdoor cooking season is in full swing. The NFPA offers these basic tips for fire-safe grilling:

For gas/propane grills:

Check the gas tank for leaks before using.

Open the lid on all gas grills before lighting the grill.

For charcoal grills:

Use only charcoal

starter fluid to start the fire but never add it or any flammable liquids to a fire that is burning.

Cool coals completely before you dispose of them in a metal container.

For all grills:

Place grill well away from house and deck railings. Don't place under eaves or branches.

Remove grease and fat buildup from grills and trays after each use.

Keep children and pets at least three feet away from the grill.

Never leave the grill unattended when in use.

"Basic precautions set the stage for a safe and enjoyable outdoor cooking season," says Isaacson. "Life is unpredictable, but you can take steps to control the risk of house and property fires caused by outdoor cooking. Whether you are strictly a summer grilling warrior or you use your grill year-round, simple, common-sense actions can help ensure that the only smoke you smell this summer is the sweet aroma of steaks and vegetables grilling."

SERVPRO specializes in fire and water cleanup and restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information about SERVPRO, please visit www.servpro.com. For more information on SERVPRO in the Auburn area, please con-

tact please contact one of the local business owners below.

* For SERVPRO of Augusta/Waterville, please contact Anthony Wolverton who can be reached at (207) 622-7166 or awolverton@servproaw.com.

* For SERVPRO of Lewiston-Auburn, please contact James Brigham who can be reached at (207) 783-2500 or jbrigham@servprolewistonauburn.com.

* For SERVPRO of Oxford/South Paris - ME, please contact James Brigham who can be reached at (207) 539-2501 or jbrigham@servprolewis-tonauburn.com.

About SERVPRO

For more than 50 years, SERVPRO has been a trusted leader in fire and water cleanup and restoration services, construction, mold mitigation, and biohazard and pathogen remediation. SERVPRO's professional services network of more than 2,000 individually owned and operated franchises spans the United States and Canada, responding to property damage emergencies large and small – from million-square-foot commercial facilities to individual homes. When disaster strikes, homeowners, business owners, and major insurance companies alike rely on SERVPRO to make it "Like it never even happened."

Astronaut

Continued from page 4

Audrey received a Bachelors degree in Aeronautical and Astronautical engineering from Purdue University in 1999 and worked as an engineer for almost 10 years prior to becoming a lawyer. As a guidance and controls engineer, she was a flight controller for NASA with 2000 hours of console time in mission control for the international

space station program. After leaving NASA she supported government satellite programs for Lockheed Martin and received a juris doctor in 2008 from Santa Clara University School of Law. Audrey previously served as chair of the board of directors of the Commercial Spaceflight Federation and is the executive sponsor of Blue Origins New Mercury Business Resource Group,

which promotes gender diversity in the workforce at Blue Origin.

To attend the zoom presentation, email us at laseniorcollege@gmail.com by noon on June 2, 2022. We will send you an email link on the morning of the event. Just click on it and you will be there. We look forward to this timely presentation by this very accomplished astronaut!

L/A Community Little Theatre presents

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JACKIE MCDONALD
Assistant Director

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June 19 and 26 at 2:00 p.m.

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Garage Sales - The Ultimate Spring-Cleaning Strategy

PORTLAND, ME (Grassroots Newswire) (May 9, 2022) -- The clean-up and clear-out specialists at the residential-friendly dumpster company Bin There Dump That know that traditional spring-cleaning chores can result in piles of clothing, furniture, small appliances, books, toys, sports equipment, etc., that homeowners no longer need. "That's why late spring is such a popular time for yard sales," says local entrepreneur Bill George, owner of

Bin There Dump That of Portland. "Yard sales are a great way to put things you don't need any more back into circulation, not into landfills and not back in your garage or basement."

Bin There Dump That has developed a comprehensive Garage Sale Guide with tips and tricks to help Portland area homeowners plan and execute a successful, enjoyable yard sale, but there are some basics that Bill says you need to keep in mind before you

begin.

Confirm that your community and/or neighborhood allow homeowners to hold a garage or yard sale. Then look into permit requirements and pick a day - Saturdays are best - when people are likely to come.

Do your research if you are selling art, jewelry, fashion, books, or other items that could have substantial value. Then, focus on pricing things right, keeping in mind that anything you sell your items for is a profit

on items you didn't want or need anyway. (See the Pricing Guide section of our Garage Sale Guide.)

Make plans to get the word out before the sale through social media and word-of-mouth. Place eye-catching, easy-to-read signs (with balloons on the day of the sale) at major intersections near your home and at the entrance to your neighborhood.

"Another great way to attract potential buyers to your sale is to make it a neighborhood event,"

says Bill George. "Your neighbors may even want to share the expense of a dumpster to dispose of the items that don't sell. Keep in mind that, when you select items for your garage sale, you have already made the decision that you don't need them anymore. Stick to that decision and discard them rather than cart them back inside as clutter in your freshly cleaned home."

Bin There Dump That specializes in residential-friendly, easy access dumpsters that are

designed for jobs ranging from simple yard clean-up chores to full remodeling construction projects. To learn more about renting a dumpster, or to discuss a project with a Bin There Dump That Dumpster Consultant, please contact Bin There Dump That of Portland at (207) 224-0337 or portland-me@bintheredumpthat.com. For more dumpster planning tips, or to learn more about Bin There Dump That, please visit <https://www.bintheredumpthatusa.com>.

Catholic Charities Maine Earns National Accreditation

PORTLAND, ME (May 10, 2022) -- Catholic Charities Maine (CCM) has earned national re-accreditation through the Washington, DC-based Council on Accreditation (COA), an independent, not-for-profit accreditor of community-based behavioral health care and social service organizations.

Since 1988, CCM has participated in the Council's voluntary and lengthy review process

to ensure it is fulfilling its mission to deliver excellence in all categories of services — from social services around mental health, counseling, substance use disorders, senior outreach, and child development, to addressing food insecurity and refugee and immigration, among others.

The reviewer comments regarding the Agency speak for themselves, and include: "CCM promotes dignity,

transparency, and mutual respect throughout the organization," and "The staff is passionate about the mission of the organization and the services they provide. The clients interviewed expressed gratitude for feeling hopeful for a quality of life that they had not previously been able to attain."

"Earning this accreditation again and hearing such positive feedback from our reviewers speaks to our commitment to

our mission," says Stephen Letourneau, CEO of CCM. "Our team of nearly 500 employees gives 110 percent in providing the very best services and exceeding our clients' expectations for those services. The COA assessment team consistently commented about the passion, dedication, and professionalism they saw while interacting with our team. For such a large social service agency offering diverse, statewide

services, this is an exceptional achievement."

COA accreditation is an objective, independent, and reliable validation of an agency's performance. The COA accreditation process involves a detailed review and analysis of an organization's administration, management, and service delivery functions against international standards of best practice. The standards driving accreditation ensure that services are well-coor-

inated, culturally competent, evidence-based, outcomes-oriented, and provided by a skilled and supported workforce.

Organizations pursue accreditation to demonstrate that they are implementing best practice standards in the field of human services. Based on their findings, COA's volunteer-based Accreditation Commission voted that CCM had successfully met the criteria for accreditation through 2025.

CLT Presents Online Auction June 5-19



A John Deere tractor in original packaging is one of the items available for bid in the upcoming CLT online auction.

(May 20, 2022) -- The Lewiston-Auburn Community Little Theatre (CLT) will be holding its fourth annual "Not So Little Online Auction" from June 5-19.

"We will definitely have something for ev-

eryone thanks to the continuing support of our donors throughout the greater L-A community," explained Emily Flynn, auction chairperson, board member, and veteran CLT actor. "Items to date include everything

from golfing to dining, collectibles, an array of chocolate delights, and sporting memorabilia," she added. Anyone who wishes to donate items to the auction is asked to send an email to bookabook@roadrunner.com by May 31.

"CLT is making every effort to get back to full production as we return to the stage this spring, having already presented the musical *Let It Be* in January; the musical comedy *Disaster in April*; and opening June 16 the classic comedy *You Can't Take It With You*," said Theatre President Tim Cowan. "However, as we take measures to keep our audiences safe from



A plaque with a photo of Red Sox great Ted Williams is one of the many items available for bid in the upcoming CLT online auction.

a lingering Covid status, we are continuing with limited open seating. Our online auction is a vital opportunity to offset the

loss in ticket sales."

All items will be open for public online bidding starting Sunday, June 5 at laclt.com.

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

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Blood Donations Needed Ahead of Summer

PORTLAND, ME (May 9, 2022) — When schools let out for summer and families set off on vacation, the American Red Cross typically sees a decline in donors, which can impact patient care. It's critically important that donors make an appointment to give now before heading out for summer activities to help maintain a stable blood supply in the coming months.

Unfortunately, the need for blood doesn't take a summer break. Volunteer donors are the only source of blood and platelets for patients with blood disorders, trauma victims and those experiencing difficult childbirths.

In thanks for helping boost the blood supply, all who come to give through May 19, 2022, will receive a \$10 e-gift card to a merchant of choice and will also be automatically en-

tered to win a travel trailer camper that sleeps eight. Details are available at redcross.org/camper. Those who come to give May 20-31 will receive an exclusive 20-ounce Red Cross aluminum water bottle and customizable sticker set, while supplies last.

Donors can help save a life in just an hour. To schedule an appointment to donate blood, platelets or plasma, download the Red Cross Blood Donor App, visit RedCrossBlood.org or call 1-800-CROSS (1-800-733-2767).

Health insights for donors

The Red Cross is testing all donations for COVID-19 antibodies for a limited time. Results may indicate if the donor's immune system has produced antibodies to this coronavirus after vaccination or past exposure, regardless of whether they developed

symptoms.

Plasma from routine blood, platelet and plasma donations that have high levels of COVID-19 antibodies may be used as convalescent plasma to meet potential future needs of COVID-19 patients with a weakened immune system.

The Red Cross is not testing donors to diagnose infection, referred to as a diagnostic test. To protect the health and safety of Red Cross staff and donors, it is important that individuals who have been asked to quarantine or believe they may be ill with COVID-19 postpone donation until they are symptom free for 10 days and feeling well and healthy.

At a time when health information has never been more important, the Red Cross is screening all blood, platelet and plasma donations from self-identified African American do-

ners for the sickle cell trait. This additional screening will provide Black donors with an additional health insight and help the Red Cross identify compatible blood types more quickly to help patients with sickle cell disease. Blood transfusion is an essential treatment for those with sickle cell disease, and blood donations from individuals of the same race, ethnicity and blood type have a unique ability to help patients fighting sickle cell disease.

Donors can expect to receive antibody testing results and sickle cell trait screening results, if applicable, within one to two weeks through the Red Cross Blood Donor App and the online donor portal at RedCrossBlood.org.

Blood drive safety

The Red Cross follows a high standard of safety and infection con-

trol. The Red cross will continue to socially distance wherever possible at blood drives, donation centers and facilities. While donors are no longer required to wear a face mask, individuals may choose to continue to wear a mask for any reason. The Red Cross will also adhere to more stringent face mask requirements per state and/or local guidance, or at the request of blood drive sponsors. Donors are asked to schedule an appointment prior to arriving at a drive.

How to donate blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to

ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

Funding for Employer Training Available

MAINE, STATE-WIDE (May 3, 2022) — A historic \$60 million investment for workforce training and development was made to The Harold Alfond Center for the Advancement of Maine's Workforce, established under the Maine Community College System in October 2021. This funding directly addresses the severe skilled worker shortage and provides clear, affordable educational pathways to Maine adults, no matter

where they are on the job skill development continuum. It provides low or no-cost training for students and subsidizes training for business members who join the Maine Workforce Development Compact.

The Compact is currently comprised of 180+ businesses, associations and municipalities who are seeking short-term training opportunities to expand the professional development of their frontline staff. Training can take place at

any one of Maine's community colleges or by a third party training vendor, which includes company based training. In 2022, \$1,200 per front-line worker is available to Compact members.

Frontline staff make up an estimated 86% of Maine's workforce. Historically, only 19% of training funds are designated to support non-managerial personnel. The subsidized funding, available through the Compact, will help

train and upskill 24,000 frontline workers by 2025.

"We're addressing a great need," said Dan Belyea, chief workforce development officer for the Maine Community College System. "Short-term training programs are designed to work at the speed of business. Trainees get the exact skills they need, ensuring our business partners have the skilled workforce they need to stay competitive in today's market."

By joining the Compact, funding for training is subsidized. Employees are

also eligible for scholarships to continue on in degree programs at any one of Maine's seven community colleges. "This is about creating new pathways so people can continue their education journey," said Dwayne Conway, dean of workforce development at Central Maine Community College. "Our mission is to provide the right training at the right time for Mainers."

Businesses of every size are invited to join the Maine Workforce Development Compact. Benefits include access to training funding including up to

\$1,200 per frontline worker in 2022; up to a \$600 match is available in 2023 and 2024. Community college scholarships are available for staff to continue in a for-credit program of study. Employees also have access to an advisor to help ensure continued success. In addition, the Harold Alfond Center will maintain employees' training records for the employer and trainee to access.

If you are interested in joining, please visit <https://bit.ly/JoinTheCompact> or reach out to alfondtraining@mccs.me.edu.

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Starting Ap. 7 and every 1st and 3rd Thursday through June

LEWISTON -- 1st & 3rd Thursdays from April-June, 4-6pm at the Lewiston Public Library: **TEEN TABLETOP RPGS.** Calling all adventurers and explorers! LPL Teen will be hosting a series of one-shot tabletop role-playing games, in person in the teen lounge on the 1st & 3rd Thursdays of the month from 4-6pm, from April-June. Supplies will be provided – just bring yourself and your creative mind! Each drop in session will feature a different one-shot tabletop RPG, run by game master Hallie. No previous RPG experience is required. This program is intended for teens ages 13-19. For more information, contact the Adult & Teen Services department at 207-513-3135 or lplreference@lewistonmaine.gov, or go to lplonline.org/events/teen-tabletop-rpgs/

May 4 and every Wednesday

GORHAM – 10:00am Weekly story time has resumed at the North Gorham Public Library! Storytime is open to children & their caregivers. Join us weekly for stories, songs and crafts every Wednesday at 10am.

Calendar

Send your submissions to the Editor. More online.

2 Standish Neck Rd, Gorham ME.

or check) at the door, 207-846-5378, or <http://www.midcoastsymphony.org> for details. Under 18 and college students are free.

May 25-28

AUBURN -- Buck A Bag Book Sale at the Auburn Public Library Bookstore. Huge clearance sale May 25-28, Wed-Fri 10:00-4:00, Sat 9:30-12:30. Thousands of books, new ones added each day. \$1 a bag - bring your own bag, any size (as long as you can lift it). Androscoggin Room, Auburn Public Library, 49 Spring Street, Auburn.

May 26

GORHAM -- 2-7pm GPCOG Annual Summit (Councilor Chairman Pratt, and Councilors Kuech and Wilder Cross) Saint Joseph's College

May 28

GRAY -- Dine In Supper - First Congregational Church of Gray, Saturday, May 28, 5:00 at the Parish House, 5 Brown Street, Gray. Handicapped accessible. You MUST

make reservations in advance. Contact Carol at 650-9093 and let her know your name, phone

number, and how many in your party. We are accepting only 50 Reservations! Cut off for reservations will be Wednesday, May 25 at 2:00 P. M. The Menu includes: Baked Pea Beans, 2 Red Hot Dogs, Biscuit, Limited Casseroles and Salads, Assortment of Desserts, and Beverages. Meals are single-sized and are \$10.00. Please pay at the door.

May 30

GORHAM -- Municipal Center, Administrative Offices, Recreation Office & Library closed in observance of Memorial Day

June 1

AUBURN -- Grand Opening of a second An Angel's Wing - Second Chance Thrift Shop Boutique, located in the Auburn Mall (across from Bath & Body Works, in the old leather shop) on June 1. An Angel's Wing is a 501(c)3 - We earn money to help those who are ready for detox, rehab, sober living, for their families, and

for anyone who is affected by Substance Use Disorder. An Angel's Wing believe that everyone deserves the chance to Live, Learn and Recover. Deb York began An Angel's Wing in 2017 and has been helping our community since.

June 4

AUBURN -- The Maine Iris Society announces its upcoming Iris & Spring Flower Show being held on Saturday, June 4th from 130pm to 4pm at the Auburn Middle School, 38 Falcon Dr, Auburn. Admission is free and will feature a sale of Potted Perennials and Irises. Bare-Root Iris Rhizomes will also be available for \$1 each.

June 4-26

FREEPORT -- CARAVAN OF DREAMS, written and directed by Stephen Legawiec; presented by Ziggurat Theatre Ensemble and the Desert of Maine Center for Arts and Ecology. Opens: June 4 and continues through June 26. Held at Desert of Maine; 95 Desert Road; Freeport, ME 04843. Parking is available in the Desert of Maine lot. For tickets, see <https://caravanofdreams.eventbrite.com> or call (207) 854-8882. General Admission: \$25.00; Seniors/Students/veterans \$20.00; Kids 17 or under: \$5.00.

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June 6

AUBURN -- The Auburn Art Club will meet on Monday, June 6 from 12:00 to 2:00 p.m. at the Park Avenue Methodist Church in Auburn. The program will feature an 1870 school. Scholars will be using slates, quill pens, intellectual and mental arithmetic, and preparing their declamations.

A box lunch, including bottled water, chips, and dessert will be provided by the club. Closer to the date the president will e-mail members with more information concerning the lunch. All members are invited to attend.

June 6

GORHAM -- 8:30am Gorham Village Alliance Meeting Council Chambers

June 6

GORHAM -- 7pm Planning Board Meeting Council Chambers

June 7

GORHAM -- 6:30pm Regular Town Council Meeting & Public Hearing on proposed municipal budget Council Chambers

June 8

GORHAM -- 7pm School Committee Meeting Council Chambers

June 9

LEWISTON -- The Sampson Southern Maine Squadron AFB Veterans will be having a get together June 9th at noontime Thursday at the Governors Restaurant in Lewiston. Sampson was once a Naval Training Base 1942-1945 but was used as an Air Force Training Base 1950-1956. All veterans are welcome. FMI email wwmk-wkr1933@gmail.com

Sen. Collins Announces \$14.8 Million for 10 Maine Airports

WASHINGTON, D.C. (May 10, 2022) – U.S. Senator Susan Collins, the Ranking Member of the Transportation Appropriations Subcommittee, announced that 10 Maine airports will receive a total of \$14,795,574 to make critical infrastructure improvements. This funding comes from the Federal Aviation Administration's (FAA) Fiscal Year 2022 Airport Improvement Program. Senator Collins co-authors

the appropriations bill that funds this program each year.

“Maine’s airports are vital pieces of our state’s transportation network that promote job creation and economic development. Throughout the state, airports play a critical role not only in carrying residents and visitors, but also in facilitating medical services for those in rural communities in emergencies when seconds count,” said Senator

Collins. “This significant investment will allow airports across our state to make much-needed improvements to their infrastructure, improving the safety and efficiency of operations.”

Maine airports will use this funding to support airport improvement projects, such as runways and taxiways. The funding will be allocated as follows:

Bangor International Airport will receive \$300,000 to rehabilitate its

runway.

Hancock County – Bar Harbor Airport will receive \$650,000 to improve airport drainage and erosion control.

Brunswick Executive Airport will receive \$147,000 to seal its taxiway pavement surface and joints.

Eastport Municipal Airport will receive \$136,375 to install a runway vertical and visual guidance system.

Newton Field

Airport in Jackson will receive \$531,000 to extend its runway, reconstruct its apron, and rehabilitate its taxiway.

Portland International Jetport will receive \$11,249,447 to rehabilitate its runway.

Presque Isle International Airport will receive \$971,752 to acquire aircraft rescue and firefighting safety equipment, construct a taxi lane, reconstruct perimeter fencing, and seal

apron, runway, and taxiway pavement surface and joints.

Princeton Municipal Airport will receive \$60,000 to seal its apron pavement surface and joints.

Knox County Regional Airport in Rockland will receive \$600,000 to acquire snow removal equipment.

Sanford Seacoast Regional Airport will receive \$150,000 to update its airport master plan.

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Notice of Non-discrimination: Central Maine Community College is an equal opportunity/affirmative action institution and employer. For more information, please contact Human Resources at (207) 755-5396 or humanresources@cmcc.edu.

Ryan Smith Joins Fontaine Family Team

AUBURN, ME -- Fontaine Family – The Real Estate Leader is pleased to announce the addition of Ryan Smith to the team at their Auburn location. Ryan grew up in Albion, Indiana and attended Central Noble High School. He then continued his education at Goshen College in Goshen, Indiana and graduated with a Degree in Business.

Ryan has worked in the modular home building industry for the past 4 years, with additional experience working in finance and coaching. In his downtime, Ryan enjoys competitive running and has run a few marathons. He also enjoys playing music; guitar,

piano, and singing. Ryan is deeply embedded in the local church community where he is affiliated with South Lewiston Baptist Church in Lewiston.

Ryan currently resides in Auburn with his wife and two-year-old son and is expecting another baby in April 2022! He comes to Fontaine with his sales agent license and looks forward to serving both home buyers and home sellers with the support of the Fontaine Team. Ryan will be working out of the Auburn location and can be reached at (207)558-2266 or ryansmith@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.

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