



TWIN CITY TIMES

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Echoes of Floyd to perform at Franco Center Oct. 8



Tribute band Echoes of Floyd will bring its crowd-pleasing Pink Floyd renditions to the Franco Center at 7 p.m. Saturday, Oct. 8. Submitted photo.

LEWISTON, ME (September 25, 2022)—Echoes of Floyd, a Pink Floyd tribute band, will perform at 7 p.m. Saturday, Oct. 8, at the Franco Center. Band members are Rick Mutti (drums), Seth MacLean (vocals, guitars, lapsteel, keyboards), Matt Desreuisseau (keyboards, synths, effects), Geoffrey Williams (vocals, guitars, effects, saxophones), and Mark Grover (bass). They have performed together as a band for over four years, playing to sold-out audiences across New England and beyond.

The band specializes in the accurate reproduction of Pink Floyd’s extensive catalog. Their honest renditions of the deeper cuts, heavy-hitting crowd favorites, and complete renditions of Floyd’s concept albums have earned them accolades with both casual fans and the most devout Floyd fans.

Support for this concert comes from Platz Associates, Maple Way Dental Care, Bennett Radio Group, Sun Journal, Turner Publishing, and Uncle Andy’s Digest, according to Franco Center staff.

Doors open an hour before the show; cash bar will be available. Tickets are \$30 in advance and \$35 at the door on the day of the show. Tickets can be purchased online at francocenter.org, by phone at 207-689-2000, or in person at the box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays.

The Franco Center is at 46 Cedar St., Lewiston. Parking is available in the mill lot. Handicap access to the building is on the Lincoln St. Alley side of the building.

APL Hosts “Dignity in Public Discourse”



AUBURN, ME (September 25, 2022) – Senior College In the Community’s next presentation will be by Dr. Tora Johnson; it is titled “Dignity in Public Discourse.” This collaboration with The Auburn Public Library, will be held on October 11, 2022 at 1pm.

Students will learn about dignity theory, explore the role it plays in public debates over controversial issues, and learn best practices for supporting dignity and moving forward together. We discuss and analyze contentious local and national issues through a dignity lens, and apply new approaches.

Tora Johnson, PhD is Chair, of Environmental & Biological Sciences @USM at Machias.

She earned her PhD in Human Dimensions of Natural Resources from the University of Maine. Her current social and spatial science research focuses on supporting sustainable and prosperous rural communities in a changing world. She has collaborated with installation artists and sculptors on community place-based installation art projects. Also a writer, her award winning book, *Entanglements: The Intertwined Fates of Whales and Fishermen*, was release in 2005.

We hope you will join us for this very topical program. It will be held at the Auburn Public Library in the Androscoggin Room at 49 Spring St. Auburn, ME. If any questions please call 207-333-6640.

WLU Fall Craft Fair Welcomes Crafters

We are looking for local crafters and vendors for the Woman’s Literary Union Fall Craft Fair on Saturday, November 12th from 9am to 2pm. The price is \$20 for a 6 foot space with a table and chair

available for an additional \$5. Vendor setup starts at 7:30am. Please contact Terry at gwigwi001@gmail.com to reserve your table. WLU events are well attended and a good opportunity to reach people celebrat-

ing the fall harvest.

The Woman’s Literary Union of Androscoggin County is a 501(c)(3) charitable nonprofit organization. For more information check womansliteraryunion.org

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Newsmakers, Names & Faces

St. John Paul II Catholic Parish to Celebrate Feast Day, Mission

SCARBOROUGH, ME (September 29, 2022) – Sisters Francesca Silver and Christianna Hamman will present “Turning to God with St. Francis and St. John Paul II” at 9:30am at St. Maximilian Kolbe Church Hall (150 Black Point Rd, Scarborough, ME 04074) on Saturday October 22. The public is welcome to attend.

An annual event, this year’s Fall Mission will be led by two local Sisters and presented on the heels of 40 consecutive hours of Eucharistic Adoration (beginning 4pm on Thursday the 20th). People are welcome to sign up

to attend Eucharistic Adoration at <https://tinyurl.com/40hours-adoration>.

The 40 Hours Devotion, which involves 40 consecutive hours of adoration of the sacramental Eucharist exposed in the monstrance, finds its origin in 1500’s Milan with St. Anthony Mary Zaccaria.

The Mission will also occur on the day after the St. John Paul II Parish community concludes a 9-day prayerful Novena to its patron saint, John Paul II.

All are then invited to gather with us on Saturday, October 22 as we

listen to a presentation on “Turning to God with St. Francis and St. John Paul II” by Sr. Francesca Silver and Sr. Christianna Hammon.

For most people, conversion is a process that lasts the whole of one’s life. This was true for St. Francis, whose life was marked by a continual turning toward God. The talk will explore his significant moments of conversion and apply them to our own lives with St. John Paul II as our guide.

The October 22nd Schedule is as follows:

8 am: 40 consecutive hours of Eucharistic Ado-

ration concludes

8 – 8:30 am: Mass followed by Coffee and Donuts

9:30 – 11:30 am: Presentation on “Turning to God with St. Francis and St. John Paul II” at St. Maximilian Kolbe Church Parish Hall by Sisters Francesca Silver and Christianna Hammon.

Sister Francesca Silver grew up in the mountains of East Tennessee. She earned her bachelor’s degree in Outdoor Education from Northland College and her master’s in Theology from Holy Apostles College and Seminary. Sister Francesca

has extensive experience as an outdoor educator and a classroom teacher, and professed perpetual vows with the Franciscan Sisters of the Eucharist in 2021. She works in campus ministry for the elementary school campus of St. Dominic Academy in Lewiston, and has enjoyed getting to know the people and places of Maine over the past year.

Born and raised in Michigan, Sister Christianna Hamman holds a bachelor’s degree in secondary education with majors in mathematics and Spanish from Western Michigan University and

a master’s degree in theology from Holy Apostles College and Seminary in Connecticut. After college, she moved to Connecticut where she felt the Lord inviting her to join the Franciscan Sisters of the Eucharist to whom she professed perpetual vows in 2018. Currently, she works in campus ministry and teaches Spanish at the middle and high school campus of St. Dominic Academy in Auburn. Sister Christianna enjoys hiking and reading books about saints. She is grateful to the people of Maine for their warm welcome and generosity.

Gray Republicans Open Headquarters

GRAY, ME (September 30, 2022) -- On Saturday morning, September 24, 2022, at 10:00 a.m., the Gray Town Republican Committee officially opened a temporary headquarters at 13 Main Street, #6, in the small shopping plaza across from Cumberland Farms. The office will be open until just after November 8, 2022, Election Day.

The Ribbon Cutting ceremony included four lo-

cal candidates: three from Gray: Amy Arata, running for reelection for House Seat #104, David Reed, running for House Seat #105, and Jennifer White, running for Senate Seat #25, and one from Raymond: Greg Foster, running for House Seat #86.

State Representative Sue Austin from former District 67 attended, as well as Marty Meaney, a member of the Gray Town Council. Members of the

Gray Republican Executive Committee and the Committee Chair, Peter Falkenberg Brown, joined the candidates in cutting the ribbon. Pastor Darwin Vail opened the ceremony with an invocation. After the ribbon cutting, all those in attendance congregated inside for a meet and greet with the candidates.

The office was opened to help spread the word about local and state Republican candidates and

to help get out the vote on November 8. Yard signs and literature are available for those who need them. The Gray Republican Committee also meets once a month.

The Chair, Peter Falkenberg Brown, said, “I want to thank the incredible volunteer efforts of our local committee members. They worked magic in a very short time.”

Brown also stated: “The 2022 midterm elections are a crisis point for America’s economic health, its security and safety, and its cultural well-being. All freedom-loving Ameri-



Photo of Gray Republican Ribbon Cutting (photo by Jack Wibby). L-R: David Reed, April Russell, Rep. Amy Arata, Jennifer White, Fran Monroe, Greg Foster, Peter Falkenberg Brown, Cliff Foster, Pastor Darwin Vail, Rep. Sue Austin, Councilor Marty Meaney

can citizens need to vote Republican on November 8—not because Republican candidates have all the

answers, but because Hard-Left elements in the Democrat Party have brought America closer to ruin in the last two years than anyone could have imagined. It’s time to stop the Left’s descent into poverty and tyranny.”

The office hours are Mon: closed. Tue and Thu: 4-8 p.m. Wed, Fri, Sat, Sun: 12-3 p.m.

Contact information is: (207) 619-0240, info@grayRepublicans.org, <https://grayRepublicans.org>.

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Newsmakers, Names & Faces

Champoux Insurance Agency Awards Make-A-Wish ME \$5,000

LEWISTON, ME (September 30, 2022) — Liberty Mutual and Safeco Insurance are pleased to announce that Champoux Insurance Agency has earned a 2022 Make More Happen Award, which recognizes its exceptional volunteerism with Make-A-Wish Maine and commitment to making a positive community impact. The award includes an initial \$5,000 donation with a chance to double the amount to \$10,000 that will directly benefit Make-A-Wish

Maine, a nonprofit organization dedicated to bringing hope, strength and joy to children with life-threatening medical conditions.

Starting Saturday, October 1, the story of Champoux Insurance Agency and Make-A-Wish Maine will be spotlighted on the official Make More Happen microsite at www.agentgiving.com/Champoux-Insurance-Agency where supporters can vote to help the team reach their donation goal. If the featured story receives at least 500 votes— shares

to social media and comments on their story—the donation will be increased to \$10,000. Make-A-Wish Maine serves children in 16 counties and this \$10,000 donation will allow them to grant one wish to a child in their own state who has been diagnosed with a critical illness.

“This organization profoundly helps children with lifelong illnesses have moments and memories that put a smile on their face and Champoux Insurance Agency is truly honored to advocate for

their great cause,” said Kacey LePage, Account Executive for Champoux Insurance Agency. “We are forever grateful to receive this Make More Happen Award from Liberty Mutual and Safeco to provide Make-A-Wish Maine with much needed funds to continue their impactful work.”

LePage began her journey with Make-A-Wish Maine seven years ago starting as an event volunteer. She now sits on the board for the annual Summer Block Party com-

mittee and is a wish grantee – helping make dreams come true for children across the state. LePage’s team members also volunteer their time and assist with fundraising efforts to support local wishes.

“It warms our hearts to see the endless dedication our agents have for their nonprofit partners through their volunteering, fundraising and overall awareness efforts,” said Stephanie Davis Safeco Insurance Northeast Region Senior Territory Manager. “The Make More Happen

Awards allow our agents to make an even greater impact in Maine and we hope it motivates others to do the same.”

Throughout 2022, Liberty Mutual and Safeco Insurance will select up to 37 independent agents nationwide for a Make More Happen Award donating up to \$370,000 to the nonprofits they support. Agencies became eligible for the award by submitting an application and photos demonstrating their commitment to a specific nonprofit.

Ken Albert Selected to Serve on Technical Expert Panel



LEWISTON, ME (September 28, 2022) -- Ken Albert, President and CEO of Androscoggin Home Healthcare + Hospice, has been appointed to serve on the National Hospice Special Focus Program (SFP) Technical Expert Panel (TEP). Following the final ruling of the 2022 Home Health Prospective Payment System (HH PPS), the National Association for Home Care & Hospice (NAHC)

spearheaded the creation of such a panel to ensure the program would be specifically developed with hospice programs in mind.

“CMS has chosen the very best that the hospice and home care community has to offer in selecting Ken Albert to serve on the Hospice Special Focus Program Technical Expert Panel,” said William A. Dombi, NAHC President. “Ken’s credentials and combined experience

as a state survey director and as a provider of home health, hospice, and palliative care services make him an excellent choice, and we are grateful to Ken for once again volunteering his time and expertise for the good of the community.”

In addition to serving as President and CEO of Androscoggin Home Healthcare + Hospice and the Maine Center for Palliative Medicine, Albert

is the Chair of the NAHC Board of Directors and former Chair of the NAHC Hospice Advisory Council. Additionally, Albert is a nurse and attorney with extensive experience as a federal and state regulator, including service as the Director for the Maine Division of Licensing and Regulatory Services, during which time he oversaw the CMS Special Focus Facility program for long-term care.

SeniorsPlus to Hold Mini Expo in Lewiston

LEWISTON, ME (September 28, 2022) — SeniorsPlus, Western Maine’s designated Area Agency on Aging, in collaboration with the University of New England (UNE), will hold a mini expo at the 8 Falcon Road, Lewiston, headquarters of SeniorsPlus on Friday, October 14, from 9 a.m. to 2 p.m. Free admission includes lunch. Registration required; call SeniorsPlus at 207-795-4010 or email educationcenter@seniorsplus.org to register.

The programming for the day is designed to inspire and educate, while touching on many issues that concern older people

and adults with disabilities.

Guests will be able to choose three of the following sessions to attend; first come, first served.

Music to Spark Joy and Memory: Attendees will learn how the power of music sparks joy, enhances social connections, and makes our memories come to life.

Aging Well & Nutrition: UNE Applied Nutrition graduate students will lead an interactive discussion about the food groups, tips on how to save money in the grocery store, how to overcome appetite changes and ways to incorporate exercise in your daily lives.

Postcard Collage: Attendees will have the opportunity to make a postcard collage to send and share, a general collage, or a combination of the two.

Life Out Loud: This session focuses on self-empowerment and connection and storytelling. Attendees will have the chance to write, share, and listen.

The following Round Table Discussions with Dr. Tom Meuser, Director, UNE Center for Excellence in Aging & Health, will be offered with the sessions concurrently: Ageism & Personal Wellness, Reminiscence & Life Review, and Memory & Brain Health.

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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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Info@TwinCityTimes.com

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Seniors Not Acting Their Age

A Surf and Turf on the Penobscot River Trails

By Ron Chase

The Penobscot River Trails (PRT) in Grindstone consist of 25 kilometers of exceptional mountain bike and cross-country ski trails that parallel the East Branch of the Penobscot River. The superb multi-purpose recreational complex offers hiking, biking, cross-country skiing, snowshoeing, and paddling. There is a visitor center and two arguably palatial warming huts. A well-designed hand-carry canoe-kayak boat landing is located on the river.

Last winter when my wife, Nancy, and I were skiing and snowshoeing the PRT with our retired friends, Diane and John Stokinger, we resolved to return in the summer for a surf and turf adventure. Our plan was to paddle the river one day and bike the trails the next.

Recently, the four of us met at the Hay Brook Canoe-Kayak Facility at the southern end of the PRT network to begin the surf portion of our escape. Leaving a shuttle vehicle in the parking area, we transported four solo kayaks and gear north on Route 11 for about 15 miles to Stacyville. From

there we traveled west on the dirt Swift Brook Road for about 10 miles to Whetstone Falls on the East Branch where there is a small parking area on the left and a path to the lower end of the falls. Crossing the bridge over Whetstone Falls leads to the southeastern entrance of Katahdin Woods and Waters National Monument.

On this day, we were particularly fortunate because the river was flowing at 1,450 cubic feet per second, more than twice the mean volume. Whetstone Falls is rated Class III in difficulty; however, we launched at the foot of the rapid which consisted of perhaps 100 yards of easy Class I maneuvering. Everyone in our group had a trouble-free descent.

Shortly after, we met a couple tubing the river. They too were traveling to Hay Brook. Given their lack of paddles for propulsion, we commented it seemed likely they would have a long day. The unflappable inflatable voyageurs remarked that if problems developed they'd leave the river and walk the PRT.

Kayaking conditions were exceptional. We en-

joyed clear sunny skies, warm temperatures, and a light refreshing headwind. The high water propelled us along in what was primarily quick water with occasional ripples. While paddling, glimpses of the PRT were common.

After proceeding for several miles, we located a gravel beach on an island where we stopped for a lunch break. Continuing downriver, a large group of exuberant cyclists were seen riding south on the PRT. Shortly after, Hay Brook entered on the left. Around the bend, we disembarked at the very convenient Hay Brook Boat Landing completing an 8.25 mile cruise.

We arrived at the large PRT parking lot early the next morning for the turf segment of our outing. Hot humid weather was forecasted for later in the day, so our goal was to complete a ride before the temperatures rose to an uncomfortable level. After signing in at the Visitor Center, we rode north on the Tote Road for about two miles to Riverside Trail junction.

From the junction, the trails are one-way traveling north on River-



A paddler on the East Branch of the Penobscot

side and returning south on Tote Road. Our group separated to pursue varying riding agendas. The Riverside Trail is a stimulating hilly, twisting path with numerous bridges and frequent views of the river; while the inland Tote Road is a wider more level surface. Four Link Trails connect Riverside with Tote Road to facilitate shorter rides.

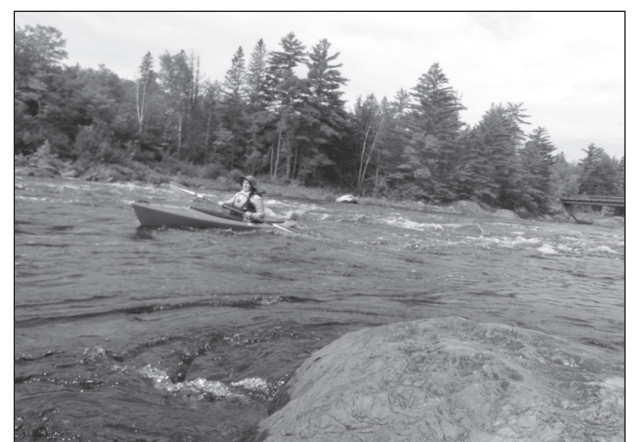
I rode Riverside Trail to Trails End. Just beyond, I passed the Long Meadow Warming Hut to a junction with Long Meadow Hill Trail; an optional spur that turns left. After a steady climb up Meadow Hill for about a kilometer, I enjoyed an exhilarating descent to Tote Road. The remainder of my ride on Tote Road was generally downhill. Based on the signage that trip approximates 17 miles.

Our two day excursion paddling and biking the PRT was a delight. The trails are simply remarkable. We'll return to ski again next winter.

Read about several



A cyclist crosses a bridge on the Riverside Trail



A kayaker maneuvers through the runout on Whetstone Falls

more exciting whitewater river and stream trips

in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*. Five bike trails are also featured along with three unique offshore island bike rides.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online distributors. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals - New England."* Visit his website at www.ronchaseoutdoors.com or he can be reached at ronchaseoutdoors@comcast.net

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CRCofWM Telecasts Dempsey Center Educational Classes

NORWAY, ME (September 29, 2022) – Navigating a cancer diagnosis is difficult in and of itself but finding support and connecting with those who understand adds another layer of challenges, especially when living in a rural area.

To help ease the journey through a cancer diagnosis for those living in Maine, the Cancer Resource Center of Western Maine has partnered with the Dempsey Center to make their educational classes available to the Norway area. Using the Dempsey Connects virtual platform, clients of the Cancer Resource Center of Western Maine will be able to participate in select classes within their Norway Center or virtually from the comfort of their

own home. These telecasted classes will allow clients across the state access high-quality program and encourage connection between those who have been impacted by cancer.

Programs offered October – December 2022 will include:

Managing Cancer Treatment Side Effects with Cannabis/CBD (VIRTUAL) – *Friday, October 28th, 10:00 - 11:15 am*

From treating pain and nausea to helping to ease the symptoms of neuropathy, more and more studies are coming out that demonstrate positive benefits from the safe use of CBD and other cannabinoids. Join the Dempsey Center and experts Dr. Dustin Sulak and Shari Berman to discuss alternative and adjunctive ways

to manage the side effects of cancer and cancer treatments.

This program is open to the public.

The Next Chapter: Support After Cancer Treatment (VIRTUAL) – *Wednesdays, November 2nd thru December 9th, 5:00 – 6:30pm*

When cancer treatment ends the impact of cancer can often continue. Join us for this 5-week series to learn techniques for coping with the new physical and emotional reality of your post-treatment cancer journey. While connecting with other survivors, learn the importance of eating well-coupled with strategies to optimize your diet, identify how movement and fitness can care for your body and mind, and explore how complemen-

tary therapies can improve your well-being.

- Nov 2 – Connect with others in a similar place in their cancer journey

- Nov 9 - Emotional realities post-treatment

- Nov 16 – Movement + Fitness strategies post-treatment

- Nov 23 – No meeting

- Nov 30 - Optimizing nutrition

- Dec 7 - Improving well-being through complementary therapies

Facilitators: Maureen Higgins, MSW; Judy Donnelly, RDN; Tish Caldwell, Certified Oncology Fitness Instructor; Liz Como, LMT, Kailie Sullivan, LCSW. *This program is open to cancer patients at the end of treatment or post-treatment.*

No meeting November 23rd.

Soups On! (LIVE) – *Thursday, November 10th, 2:00 – 4:00pm*

Calling all soup lovers! Learn the art of making delicious soup and adjusting the flavor to meet your personal taste bud needs. Discover new recipes and tricks to freeze your favorites for later meals.

Led by Judy Donnelly, RDN, LD, Nutrition Program Coordinator - this program is open to the public.

What to Eat During Cancer Treatment (HYBRID – Zoom or Live in Norway) – *Wednesday, November 16th, 10:00 – 12:00pm*

Cancer treatment can affect what you are able

to eat and how your body handles food. Join us to learn basic information about maintaining good nutrition to help you feel your best during cancer treatment.

Led by Kelly Falone, RDN, LD – this program is open to all Dempsey Center & CRCofWM clients.

As with all Dempsey Center and Cancer Resource Center of Western Maine services, these telecasted programs will be provided at no cost. Cancer Resource Center of Western Maine clients can sign up for any of these classes by calling the Center at (207) 890-0329. This program is possible thanks to the support of Jane's Trust, a charitable foundation located in Boston, MA, and Hannaford Foundation.

Good Shepherd Food Bank Awarded Funds



Official Statement by Rhiannon C. Hampson, Maine State Director, USDA Rural Development, on National Strategy on Hunger, Nutrition, and Health

MAINE (September 29, 2022) -- USDA Rural Development Maine supports the Biden-Harris Administration's groundbreaking National Strategy on Hunger, Nutrition and Health. Today Maine Rural Development is excited to share that Good Shepherd Food Bank is receiving an award of \$99,999.00 to purchase a broccoli floret machine as part of a growing partnership with Maine food producers and processors. Harvesting Good, a wholly owned subsidiary of Good Shepherd Food Bank of Maine, is on a

mission is to improve access to nutritious food for all consumers and strengthen regional food systems by creating a mid-scale food processing venture. Maine Rural Development is helping them to do just that with this investment.

By investing in workers, food systems, small businesses, health care centers and schools, USDA RD Maine is helping to build the 5 Pillars to end hunger and address health disparities right here at home. Every REAP grant we award to a small country store to upgrade their storage systems and reduce their overhead costs allows them to continue serving their neighbors, and supports critical food access for rural Mainers. When our Community Facilities

program invests in libraries, schools and town offices where summer feeding programs are offered, Rural Development is addressing the food insecurity crisis faced by 1 in 4 children here in Maine, and in many instances helping to provide them with learning experiences centered on healthy foods. Our financial support of YMCA facilities creates safe places for exercise and movement, and our small business grants for outdoor recreation groups ensure that Mainers have the opportunity to improve their health and well-being while enjoying our beautiful state. At Maine USDA Rural Development we are supporting the most vulnerable of our neighbors, and uplifting all of us in doing so.

Free COVID-19 Tests Available for Mainers Through Project ACT

AUGUSTA, ME (September 27, 2022) —

The Maine Department of Health and Human Services (DHHS) announced today that Maine people may now order free COVID-19 tests once a month through Project Access COVID Tests (Project ACT). Households in Maine may place one order per month through the Project ACT website and receive one free kit of five rapid tests mailed to their home address.

Project ACT, a partnership between DHHS and The Rockefeller Foundation, has mailed 489,400 free, at-home COVID-19 test kits to Maine households since its launch in January 2022.

“Through the continued success of our partnership with Project ACT, Maine families can now receive free, convenient COVID-19 tests right at their door every month,” said Health and Human Services Commis-

sioner Jeanne Lambrew and Maine Center for Disease Control and Prevention Director Nirav D. Shah. “Testing, along with vaccination and other common-sense precautions, will help to keep our communities safe and healthy. Visit AccessCOVIDTests.org to ensure your family has tests on hand in case you get sick or come into contact with someone with COVID-19.”

Any Maine resident can visit the Project ACT website, AccessCovidTests.org, to place their order. No payment information is required — both the tests and shipping are free to residents — and the tests will be delivered through Amazon approximately one to two weeks after ordering. The tests require a quick swab inside each nostril, with results available within minutes. Any individual over the age of two can use the tests. As of July 8, 2022, the shelf-life of these rapid antigen tests has been extended

from 6 to 12 months.

Maine was one of six states that participated in the pilot phase of Project ACT to increase access to testing in vulnerable communities. In February 2022, DHHS made the free tests available to all Maine households, regardless of ZIP code. Maine went on to become the first of the six pilot states to extend the program by providing additional tests and allowing reordering of up to three tests kits. Due to the success of Project ACT in Maine and other states, The Rockefeller Foundation extended the program nationwide in August.

DHHS is focused on ensuring access to convenient at-home home tests, also by continuing its partnership with Walgreens which administers BinaxNOW rapid tests at no cost to consumers. More information about accessing free, rapid, at-home tests can be found on the COVID-19 Testing in Maine website.



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For information email cmbackgammon@gmail.com

LEWISTON, ME Backgammon club is looking for new members! Backgammon is a two-player game

in which each player has fifteen pieces. These pieces move along twenty-four 'points' according to the roll of two dice. The objective of the game is to move the fifteen pieces around the board and be first to remove them from the board. Perhaps you remember the game from its heyday in the 70's, or perhaps you've never heard of it before but are looking for a new fun and skillful hobby.

The kind folks at Obscura allow us to use their space so long as all attendees are paying customers. If you're not in the mood for some food or a drink then PLEASE show your generous appreciation at the tip jar.

Our members are great teachers so feel free to come in and try rolling the dice!

Meetings October 6, October 20, November 3, November 17; 6pm - 8pm at Obscura Cafe & Drinkery, 108 Lisbon St. Lewiston

Teen Manga Contest At Lewiston Public Library

TEEN MANGA CONTEST

Draw your own manga art!

- Ages 13-19
- Digital or traditional art
- Fan art & original art categories

Submissions:
October 1 - October 31

Voting:
November 9 - November 23

Lewiston PUBLIC LIBRARY

LEWISTON, ME (September 30, 2022) -- Lewiston Public Library's Teen space is holding a manga drawing contest this fall. Submissions to the Teen Manga Contest can be made online via google form or in-person at the library's 2nd floor Reference Desk from October 1, 2022 through October 31, 2022. Art will be displayed in the LPL teen space and shared on library social media for voting from November 9, 2022 through November 23, 2022. Two winners will receive a pack of manga-making supplies as a

prize.

Teen artists can submit one piece of manga art to join the contest. The two contest categories are original art and fan art. Art must be no larger than a standard piece of printer paper (8.5 x 11"). Digital art must be no larger than 2250 x 3300 pixels. Subject matter must be appropriate for display on library social media and in the Teen Room. Art pieces will be shared on our social media for voting and displayed in the Teen Room. If you do not want your art to be shared, please do not

enter the contest. Participants must be between the ages of 13 and 19 and live or go to school in Lewiston Public Library's service area of Lewiston, Auburn, or Minot.

The Teen Manga Battle is presented in partnership with the Portland Public Teen Library. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on this event is available by contacting the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

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An Angel's Wing's 5th Annual Gala

October 22 at 5:00 p.m.

Hilton Garden Inn
Black & White attire

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Tickets: pre-September \$75. After: \$85
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207-513-6051. <https://square.link/u/9jJvN6Oo>

Raising awareness and funds to help individuals suffering with Substance Use Disorder.

Local Residents Earn Award from WGU

JERSEY CITY, N.J. (Grassroots Newswire) (September 12, 2022) -- The following local residents have earned an Award of Excellence at Western Governors University. The award is given to students who perform at a superior

level in their coursework. * Kira Sorumeito of Auburn, Maine has earned an Award of Excellence at Western Governors University Teachers College. * Marcey Crosskill of Auburn, Maine has earned an Award of Ex-

cellence at Western Governors University College of Business. * Jacqueline Schmitz of Sabattus, Maine has earned an Award of Excellence at Western Governors University College of Health Professions.

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DHHS Issuing \$11M to Adults with Disabilities

AUGUSTA, ME (September 20, 2022)— The Maine Department of Health and Human Services (DHHS) is issuing \$11 million this month to providers of home and community-based services (HCBS) in the latest round of support to help Maine people living with disabilities remain in their communities.

The funding, provided through two complementary payments under the federal American Rescue Plan Act (ARPA), is part of the Department's HCBS Improvement Plan to increase access to high-quality services.

"My Administration is committed to supporting the independence of Maine people living with disabilities and this additional round of funding will help to ensure they can continue to live in the homes and communities they love," said Governor Mills. "This funding will also support the direct care workers who dedicate themselves to providing around the clock, high quality care to people across the state. My Administration will continue to do all we can to support

our community providers and the people they serve."

"Maine designed and secured federal approval for this latest round of funding to accelerate the recovery of home and community-based service providers from the pandemic and to help advance the health, independence, and well-being of Maine people living with disabilities," said DHHS Commissioner Jeanne Lambrew. "This latest round of funding is also in recognition of the valuable work of direct support workers who provide compassionate and high-quality care that enriches lives in homes and communities throughout Maine."

"Our network of providers and direct support professionals continue to face severe staff shortages and increased costs due to both overtime pay and inflation," said Laura Cordes, Executive Director of the Maine Association for Community Service Providers (MACSP). "We are grateful for the support of both Governor Mills and state legislators for these funds that will help to maintain vital daily supports and community access for thousands

of Mainers with disabilities while making changes to service models and improvements in homes throughout the state."

On Wednesday, the Department issued \$4.75 million in grants to HCBS providers that have been working to comply with a federal rule that promotes greater inclusion in the community for individuals with disabilities. The funding helps providers make changes to their policies, procedures, and facilities by a federal deadline of March 2023 to better support individuals in engaging in community life, controlling their personal resources, and seeking employment. While most eligible providers registered for the payments, the Department has re-opened registration for an additional two weeks from September 12th to September 26, 2022 to ensure all eligible providers can access these funds. Eligible providers that have not yet registered may do so online using this web form.

These HCBS services include a broad range of community and work supports for older adults and people with in-

tellectual and physical disabilities, brain injury, and autism under MaineCare Benefits Manual Sections 18, 19, 20, 21, and 29.

Next Wednesday, September 28, the Department will make a one-time MaineCare payment of \$6 million to group homes and family-centered homes serving adults with intellectual and developmental disabilities under Section 21. The payment assists a subset of HCBS providers who are addressing continuing COVID-related staffing challenges in recognition of the significant toll of the pandemic on their residential operations. Registration is not necessary for this payment. Eligible providers have been identified through MaineCare claims and the payments are prorated based on those claims.

These two payments align with the Department's overarching HCBS improvement plan to bolster access to high-quality services for adults with disabilities. The funding supporting the improvement plan was made available to states through the American Rescue Plan specifically for home and

community-based activities. A cornerstone of the plan is approximately \$120 million in recruitment and retention payments the Department issued in February and March to HCBS agencies for bonuses to more than 20,000 direct support workers. The initiative included payments to workers providing aging, behavioral health, and intellectual disability services.

Developed in consultation with stakeholders, including providers and families, the ARPA HCBS improvement plan reflects the consensus that the most immediate challenge facing Maine's HCBS system is attracting and retaining direct support workers. As part of the plan, the Department is also supporting a direct support worker council in partnership with the Long Term Care Ombudsman Program, developing career advancement pathways, making worker certification portable across types of disability and settings of care, collaborating with the Maine Department of Labor and higher education institutions on direct care worker recruitment and training, and pursuing

other longer-term initiatives. The Administration summarized these and other workforce initiatives in a report (PDF) submitted earlier this year to the Legislature.

Above and beyond the ARPA HCBS improvement plan, DHHS is also making historic investments in the HCBS system to support MaineCare rate increases and to improve access to services through an expanded number of slots. The biennial and supplemental budgets for fiscal years 2022 and 2023 invest \$159 million to increase MaineCare rates for HCBS waiver services for older adults and people with disabilities and brain injury.

These investments follow increased funding that Governor Mills has provided each year since 2019 to provide greater access to these services. Despite the strain of the COVID-19 pandemic, over 10 percent more Maine residents were receiving services under the HCBS waivers and their state-funded equivalent (Section 63) in January of 2022 compared to January of 2019 (8,669 compared to 7,791).

MRS Launches Tax Portal Training for Professionals



AUGUSTA, ME (September 28, 2022) – Maine Revenue Services (MRS) has scheduled live online training for businesses and tax professionals on how to use the Maine Tax Portal, Maine's new online tax administration system coming Dec. 1, 2022 for a selected group of business taxes and programs. Businesses and tax professionals should visit Maine.gov/Revenue/Portal to sign up for a training session to learn how and when to use the Maine Tax Portal. Multiple sessions are available now through Dec. 15, 2022.

The Maine Tax Portal modernizes Maine's current tax administration systems to make it faster, easier, and more convenient for taxpayers to file, pay, and manage Maine taxes. The Maine Tax Por-

tal also replaces MRS's current online services (i-File, MEETRS, and EZ Pay) and expands online functionality.

"Since Maine first began offering online tax services, technology has advanced, and many other states and municipalities have modernized their tax systems," said Kirsten Figueroa, Commissioner of the Maine Department of Administrative and Financial Services (DAFS). "Previously, Maine's online tax services were limited to a select few tax types. With the Maine Tax Portal, filing, paying, and managing state taxes will be faster, easier, more convenient, and more accessible for all."

The dates when taxpayers and tax professionals can start using the Maine Tax Portal depend on the tax type or pro-

gram. Beginning December 1, 2022, the Maine Tax Portal will be rolled out to a second group of taxes and programs, including but not limited to business taxes, such as Sales, Use, Service Provider and Income Tax Withholding. The Maine Tax Portal will be rolled out for all Maine tax types and programs by the end of 2024. The roll-out schedule is available at Maine.gov/Revenue/Portal.

Resources, training videos, and other information about the Maine Tax Portal can be found online at Maine.gov/Revenue/Portal. Questions may be sent by emailing taxpayerassist@maine.gov with "MTP" in the subject line or by calling MRS at (207) 624-9784 between 9 a.m. and noon, Monday through Friday, state holidays excepted.

Sen. Collins Announces \$3.5M to Address Lead Hazards



WASHINGTON, D.C. (September 30, 2022)—U.S. Senator Susan Collins announced that the City of Biddeford has received a total of \$3,554,085 to help address lead hazards in nearly 100 homes, helping to make them safer for low-income families with children. As the Ranking Member of the Housing Appropriations Subcommittee, Senator Collins championed this funding.

"More than half of Maine's housing stock was built prior to 1978, the year that lead-based paint was banned, which has resulted in our state having one of the highest levels of lead paint contamination in the country," said Senator Collins. "For decades, childhood lead poisoning has negatively affected the lives of many in the Biddeford community. This funding will be transformational for Biddeford families and improve developmental outcomes for children by limiting exposure to lead. As the Ranking Member of the Housing Appropriations Subcom-

mittee, I will continue to push for funding for lead hazard abatement, increase the safety of housing for Maine families, and alleviate this public health threat."

"I want to thank Senator Collins, on behalf of the people of Biddeford, for being such a strong advocate for this funding. Senator Collins, repeatedly, over the many years, has been a supporter and friend of our residents," said Biddeford Mayor Alan Casavant. "Biddeford has many older buildings, and there has always been a challenge, for many, in affording to remove lead paint from their apartments and homes. This grant allows the City to continue its progress in assisting families in the removal of such a dangerous substance."

The City will be addressing lead hazards in 95 privately-owned housing units providing safer homes for low and very low-income families with children. It will be addressing additional housing-related health and safety hazards using its

Healthy Homes Supplemental funding. The City will be implementing its grant in partnership with several local medical and social service providers.

In 1999, during her first term in office, Senator Collins held a field hearing on lead poisoning in Lewiston. Since that time, she has strongly advocated for increased funding for programs to address lead abatement and has successfully secured robust investments through her role on the Housing Appropriations Subcommittee.

Lead poisoning can cause an increase in learning disabilities, lower rates of IQ, speech development deficiencies, attention deficit disorders, and aggressive behaviors. The funding for this grant to Biddeford was awarded through HUD's Lead-Based Paint Hazard Reduction Grant Program and Healthy Homes Supplemental Funding.

Last year, Senator Collins announced a \$3.4 million grant to address lead hazards in 110 housing units in Lewiston.

Androscoggin Home Healthcare + Hospice Celebrates Banner Year

Spearheaded by a dedicated and caring committee of business leaders and volunteers, Androscoggin Home Healthcare + Hospice celebrated a record-breaking year for its 19th annual Autumn Night Out benefit. Held September 9, 2022,

at the picturesque Poland Spring Resort, this year's Autumn Night Out dinner and auction welcomed 300 guests raising a total of \$140,000.

With this year's Emerald City theme and Led by Emcee Erin Ovalle of

Maine Life Media, guests followed the Yellow Brick Road to enjoy dinner, cocktails, and a silent and live auction, while raising critical resources for Androscoggin Home Healthcare + Hospice. The evening concluded with a display of

fireworks, compliments of Central Maine Pyrotechnics.

Proceeds from Autumn Night Out support end-of-life care for hospice patients and their families, ensuring compassionate and dignified care for all, without worry of financial

hardship. This year's fund-a-need paddle raise aided the vital work of Androscoggin's Pediatrics Services and the impact it has on the youngest lives of those throughout our communities. Among those in attendance were three of

Androscoggin's pediatric patient families, as well as 18 members of Androscoggin's clinical pediatric team. This team of caring, dedicated, and skilled individuals care for 325 pediatric patients throughout 9 Maine counties.



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CLT Honors Outstanding Leaders



Several Community Little Theatre directors were honored at the annual meeting held recently at the theater. Artistic Director Celeste Philippon (middle) presented Jennifer Groover and Brandon Chaloux with their official director's chairs in recognition of their successful directorial debuts during CLT's recently completed 82nd season. Groover directed 'Let It Be' and Chaloux directed "Disaster!"



Jen Groover was also honored for her extraordinary service and leadership as co-executive director of the theater for the past two years. Pictured with her are Roger Philippon, who served with Jen during the past year, and Renee Mahon Davis, who is succeeding Jen as co-executive director.

Fontaine Family Team Welcomes Back Diana Pinkham

AUBURN, ME (August 16, 2022) -- Fontaine Family – The Real Estate Leader is pleased to welcome back associate broker Diana Pinkham to the team at their Auburn location.

Diana attended Laconia High School in Laconia, NH. She then continued her education at Southern New Hampshire University graduating with a Marketing degree. Prior to her last fifteen years in real estate, she owned her own gift basket business called With You in Mind. Her passion has always been working and learning about people. She is currently affiliated with Lewiston/Auburn

Chamber of Commerce, Born this Way Foundation, LOL Poland Springs Women's League and a former member of the NH Lions Club.

Diana has three grown kids, Ryan, Megan and Molly who live in Nashua, NH, Manchester, NH and St. Petersburg, FL respectively. She currently resides in Auburn with her fiancé Yves Lapointe, their two dogs Booker and Skyler, and cat "E". Yves' son Isaac and his rowdy feline Luna complete their blended, fur loving household.

In her free time, Diana loves to garden in the spring and summer. She is an avid but average golfer

and enjoys attending her golf league once a week. Fall is her favorite season with so many trails and farm stands to explore and also when her favorite sports begin, hockey and football. Diana is a huge Bruins fan and loves joining fantasy football leagues.

Diana comes to Fontaine as an Associate Broker and looks forward to working with both buyers and sellers with the support of the Fontaine Team. Her strong past experience will allow her to assist her real estate clients with confidence when buying or selling a home. Diana will be working out of the Au-



burn location and can be reached at (603)489-8671 or dlpre@dianapinkham.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, year after 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

½ 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 FontaineTeam.com, download their app "Fontaine Family Real Estate" or call (207)784-3800 or (207)289-3830.

MENTAL HEALTH AWARENESS THROUGH ART

The Lewiston Youth Advisory Council is putting out a "call for artists of all ages" to forward them a photograph, sketch, painting, or graphic design (not over 11 x 14 in size) in an effort to educate community members about mental health & to remind viewers that they **matter**.

Submissions may be mailed to the Lewiston Youth Advisory Council at the City Administrator's Office, Lewiston City Hall, 27 Pine Street, Lewiston. A brief video (under 3 minutes) may also be submitted at dottie@lewistonmaine.gov. A title; one or two sentences explaining the submitted piece; and contact name, number, and email should accompany each submission.

Deadline for submissions is October 12th (extended from the 5th)

Please contact the email above for more information.



Artwork submitted will become the property of LYAC, and LYAC has the sole discretion as to whether a submission is accepted for an upcoming Mental Health Awareness Forum display. If a submission is chosen for display, the artist will be contacted for completion of an art release form. Depending on response, LYAC may also develop the submissions as a traveling exhibit at places that would like to display the work, such as perhaps a school.

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MENG Reviews Sexual Assault Prevention & Response Program

AUGUSTA, ME (September 8, 2022) (readMedia) -- The Maine National Guard (MENG) today released a memorandum from the National Guard Bureau (NGB) reviewing the MENG's Sexual Assault Prevention and Response (SAPR) and related programs.

The memorandum, which outlines findings and recommendations from NGB, was requested by Adjutant General Douglas Farnham earlier this year to receive an independent review of SAPR programs, related programming, and regulatory adherence to "make sure we are truly doing all that we can for our men and women in uniform." The review came after the MENG submitted a legislative report on the SAPR program as required by LD 625, signed by Gov. Janet Mills in May 2021.

The review was conducted June 27 through June 30 by NGB officials and found that "all aspects of the programs were found in compliance with NGB policies and guidance." The review also noted "minor discrepancies" and offered recommendations that Maj. Gen. Farnham has said will be implemented as soon as possible.

The MENG is also participating in an Advisory Council on Military Sexual Assault, established through an Executive Order from Gov. Mills' earlier this year. The Advisory Council is charged with

making recommendations to the Governor by December 1, 2022 about how the MENG can improve its response to sexual assault and sexual harassment, with particular focus on coordinating state and local law enforcement, prosecutors, and National Guard personnel as they respond to individual cases.

"The safety and welfare of our service members is always our first focus, and this review is an important step forward in helping us identify how we can further strengthen and improve our programs to better serve the men and women of the Maine National Guard," said Maj. Gen. Farnham. "Sexual assault and harassment are not compatible with military service – period. They run completely counter to our core values and what it means to wear our nation's uniform. We will continue to work hard to prevent it, and to deliver accountability if it does occur. I thank the National Guard Bureau for its review of our program. We will begin implementing their recommendations immediately, and I look forward to our continued work and collaboration on the Governor's Advisory Council to discuss better coordinating state resources in support of existing federal programs."

Earlier this year, Gov. Mills also signed into law LD 2029, legislation to strengthen the MENG's response to sexual assault

and harassment. Taken together, LD 2029, the Advisory Council, and other actions being undertaken fulfil the five action steps identified in a recent report by the MENG to improve its ability to respond to sexual harassment and assault. More specifically, LD 2029:

- Streamlines military and civilian protection orders: The law amends the Maine Criminal Code to recognize legal authority of the orders of military commanders outside of duty times. Previously, commanders could issue orders for military members in their command to have no contact with other service members; however, those service members could only be held accountable when they are on military status or military property. While these are lawful orders, they were not recognized in state courts. Because of this gap, there may not have been consequences for harassment once military training is over and the service member is off the military installation – where service members spend most of their time.

- Requires the MENG to provide post-discharge travel funds for sexual assault or harassment proceedings: The law requires the MENG to make post-discharge travel funds available to eligible service members and former service members involved in sexual assault or sexual harassment proceedings.

Once a victim of sexual assault or sexual harassment has left the military, they can be put on a State Active Duty order to participate in investigations and board proceedings, prosecute sex offenders or complete other administrative matters. These orders require travel and its associated costs can be prohibitive. These costs should not be borne by survivors. The MENG will locate funding and make it available for their use.

- Provide the MENG a seat on the Maine Commission on Domestic and Sexual Abuse: The law provides a dedicated seat on the Maine Commission on Domestic and Sexual Abuse for a representative of the MENG with experience in sexual assault response, as designated by 19-A M.R.S. § 4013 (establishes the Maine Commission on Domestic and Sexual Abuse). Previously, the Commission did not formally include any members who represent the military community. While the MENG sent an attendee to these meetings whenever possible, formal and full membership on this Commission will provide the MENG an opportunity to represent and advocate for service members during policy making procedures.

- Attorney General Review of law enforcement response to MENG Sexual Assault and Harassment Allegations: Under national regulations, if the MENG receives an unrestricted re-

port of sexual assault the Guard reports it directly to civilian law enforcement to ensure an independent investigation. If civilian authorities decline to pursue criminal charges in the court system, or if survivors choose not to pursue that action, the Guard then refers cases to outside Federal investigators and uses their findings to pursue administrative action. LD 2029 directed a review by the Attorney General of the manner in which law enforcement agencies and prosecutors in Maine investigated and prosecuted allegations of sexual assault or harassment by National Guard members. The MENG has provided case information to the Attorney General's office, whose review is currently ongoing.

- Establishes Annual Report: The law requires an annual report from the MENG to the Legislature's Committee on Veterans' and Legal Affairs to provide an update on allegations of sexual assault or harassment in the MENG.

The MENG is also working to formalize a partnership with the Maine Coalition Against Sexual Assault to ensure that service members and their family members, whether survivors of sexual violence or not, will have the most robust prevention and response resources possible available to them.

To better support survivors as they interact with law enforcement or the

legal system, in 2017 the Maine National Guard created, and recently strengthened, an Office of the Provost Marshal to serve as a centralized liaison and conduit to the law enforcement and criminal justice community. The Provost Marshal also ensures that service members who are victims of any crime have MENG support as their cases move forward. The NGB review made note of this program in their report, indicating it may be a best practice for other states to adopt.

The MENG also recently hired its first-ever Victim Advocate Coordinator, which will enable the SAPR program to better recruit, train, and credential additional victim advocates, as well as provide additional 24/7 support to victims.

Additionally, with Federal funding now becoming available, Maine and other states are laying the groundwork for an Integrated Primary Prevention Program, as the National Guard looks to enhance existing programming by drawing holistic preventative efforts under a single umbrella. For Maine, this means an additional team of up to four personnel focused on increasing resilience and further reducing self-harm, substance abuse, any form of family or workplace abuse, and other issues that affect military populations and their families.

MCF Creates the State's First Comprehensive Cancer Blueprint

F A L - MOUTH, Maine – Maine Cancer Foundation (MCF) has announced the creation of the first Maine Cancer Blueprint, a comprehensive, interactive, data-driven tool designed to increase knowledge and awareness of issues related to cancer, expand access to care, and support lifestyle changes to reduce cancer risk. With the goal of supporting efforts to reduce disparities in cancer prevention, treatment, and outcomes for all Maine residents, measures will be displayed by race and ethnicity, insurance type, and geographic regions.

"The goal of the Blueprint is to provide credible, detailed data points to in-

form grantmaking and programming efforts by MCF to support targeted interventions for all Mainers," commented John Benoit, a valued member of the MCF Advisory Group and MCF Board.

Initial data exploration shows that rates in Maine for lung and bronchus cancer are higher compared to the United States for most of the populations assessed for all-stage cancer incidence, mortality, and late-stage incidence. This is merely one of the data points that supports the primary focus area for Phase One of the Maine Cancer Blueprint being lung cancer, with actionable insights also developed for colon and rec-

tum cancer, female breast cancer, melanoma, and prostate cancer. Phase Two and subsequent development will focus on detailed analysis and reporting for additional selected cancer types.

The Human Services Research Institute (HSRI) is supporting MCF in the development of the Maine Cancer Blueprint by exploring inequities and variations in cancer rates by examining aspects that may influence cancer risk and analyzing how factors such as social determinants of health, race, ethnicity, insurance status, and socio-economic status impact health outcomes. HSRI will develop measures and report the vari-

ations in cancer incidence, mortality, cost, screening rates, and access to care across Maine in an interactive, cohesive, and user-friendly data visualization.

The Maine Health Data Organization (MHDO), the state agency charged with creating and maintaining a useful, objective, reliable, and comprehensive health information database that is used to improve the health of Maine citizens, is crucial to the success of the Maine Cancer Blueprint. While a variety of public data sources will be explored, MHDO's data will be a primary source, including the All-Payer Claims Database (APCD), Hospital

Encounter Data Sets, and data sets linked to MHDO data, such as the Maine Vital Statistics (birth and death) Records and the Maine Cancer Registry.

"We've been contemplating and planning for the Maine Cancer Blueprint for some time and it's very rewarding to see this comprehensive data-driven tool come to life, thanks to the efforts of the MCF staff in collaboration with MHDO and the dedication of HSRI," said Benoit.

Harvard Pilgrim Health Care, a Point32Health company, provided a matching grant this spring to launch the project.

"We are proud to support the Maine Cancer

Foundation's efforts to develop this data analytics tool to help us all better understand the current state of cancer in Maine and the impact it has on Maine residents," said Bill Whitmore, Maine Market VP for Harvard Pilgrim Health Care. "With this knowledge, this initiative will help make currently available interventions more consistent and equitable for everyone regardless of income or geography and help reduce cancer incidence across the board. We encourage other members of the business community to support the Maine Cancer Foundation in this effort to create better health outcomes for all our citizens."

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

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

2022 Safe Voices Fall Mixer to be Held in Lewiston

LEWISTON, ME (September 27, 2022) -- After three years off due to the COVID-19 pandemic, Safe Voices is once again hosting its annual Fall Mixer & Awards Ceremony in Lewiston. On October 20th, Safe Voices friends and supporters will gather at the Bates Mill Atrium to celebrate organizations and individuals who have worked to support survivors of domestic abuse and human sex trafficking in Maine.

"Our work is often heavy, and although it can be difficult, we're

so honored to be here on behalf of survivors every day. This night is a moment for us to pause, reflect, and say thank you to those who have worked arm-in-arm with us over the last three years," said Safe Voices Executive Director Elise Johansen.

Joining Safe Voices will be Governor Janet Mills, who will speak about the agency's work in Maine communities, as well as representatives from the offices of Congressman Golden and Senators King and Collins.

The evening's

awards ceremony will honor several individuals and organizations that pursue work which benefits domestic abuse and sex trafficking survivors in Maine.

Safe Voices Legal Advocacy Coordinator for Franklin County Kayla Duvall will receive the Shining Star Staff Award for her work supporting survivors navigating the legal system. Andy Jackson of Dovetail Consulting will receive the Kimberly Wilson Community Impact Award for his commitment to expanding the market of

affordable housing, especially in central and western Maine.

Sheila Barnies of Lewiston will receive the Volunteer Service Award for her perennial "caretaking of the caretakers" at Safe Voices.

And finally, Androscoggin Bank will receive the Community Partner Award for their dedication to social and environmental responsibility and their commitment to working with area nonprofits as true community partners.

At the carnival-themed event, guests will enjoy a light meal

catered by DaVinci's Eatery and the Italian Bakery, as well as drinks, themed snacks like cotton candy and popcorn, and entertainment by Madeleine the Magician, a New York City magician specializing in strolling magic, who will mingle with the crowd throughout the evening.

Guests will also enjoy a themed photo booth and a silent auction fundraiser to benefit Safe Voices.

To ensure equitable access for community members and neighbors, tickets are being sold on

a sliding scale from \$25-\$75 and can be purchased at bit.ly/SVmixer. To find out where you fall on the sliding scale, there is a guide included on the ticket page. For organizations interested in purchasing a table, which includes 10 tickets, please contact Grace Kendall at gkendall@safevoices.org.

Event: Safe Voices Fall Mixer & Awards Ceremony

Date: Thursday, October 20, 2022

Time: 5pm-8pm

Location: Bates Mill Atrium, 36 Chestnut Street, Lewiston

City of Lewiston Schedules 3rd Annual Fall Litter Pick Up Day

LEWISTON, MAINE (September 29, 2022) -- Lewiston's fall Citywide Litter Pick Up Day will occur on Sat., Oct. 15, and individuals and teams are being sought to participate. An event overview may be accessed at www.lewistonmaine.gov/litterinfo1015.

"Beautifying Lewiston should be an important goal for everyone. How our city looks makes a difference, and by working together, we can further enhance Lewiston's appearance and boost community pride," said Mayor Carl L. Shelton.

The 8 AM - noon event will commence at Kennedy Park, 120 Park

Street, Lewiston, where Lewiston Public Works personnel will provide complimentary bags, gloves, pickers, and buckets. Online registration is available at www.lewistonmaine.gov/litteroct15, and participants may register individually or as a team member. Participation is free.

When registering, options are given for litter disposal:

- return litter to Kennedy Park; Public Works collection vehicles will be on site;

- request Public Works to pick up litter at a specified site noted on registration form;

- call Public Works Dispatch the morning of the event stating a pick

up location (513-3000, X3450)

- dispose through a participant's weekly trash pick-up.

Safety guidelines are accessible at www.lewistonmaine.gov/littersafety1015, as well as at Kennedy Park the day of the event.

"We undertake this community wide litter pick up effort with residents twice a year, and last spring, we picked up 100 bags of litter. It truly made a difference, and we are looking forward to another successful event to beautify our city. We hope individuals or teams of families, friends, and co-workers will join us," said Mary Ann Brenchick, Public Works Director."

Increase in Property Valuation Renders Lewiston Taxpayer Relief

LEWISTON ME

LEWISTON, ME (July 22, 2022) -- The Lewiston Assessing Department recently completed its annual property valuation review and commitment, and the result is good news for taxpayers!

City Administrator Heather Hunter notes, "I am pleased to share that our total valuation continued to increase this year by \$89.8 million. With this additional 4.27% increase in valuation, the City of Lewiston's tax rate has reduced significantly. The proposed budget tax rate was \$32.35, the appropriated amount was \$29.51, and now the committed amount is \$28.50."

As a result of the increase in total valuation, the City's overall tax rate increase—which was going to be \$1.25—has reduced to a 24 cent increase, a .85% increase

from FY22, with the municipal portion of the rate dropping by 28 cents. In addition, the School Department's increase will be 51 cents versus 90 cents, and the Androscoggin County portion has dropped from a 6 cent increase to a penny.

The significance of the property valuation increase is clearly evident in contrast to former fiscal years. The current FY23 tax rate of \$28.50 is lower than Lewiston's FY19 rate of \$28.67 and 41 cents lower than the City's FY20 rate of \$28.91.

Hunter continues, "We are excited to share this news with taxpayers, and it underscores that Lewiston is a growing city full of economic possibility," pointing to valuation increases provided by Chief Assessor William Healey.

- New England Clean Energy Connect (NECEC) - \$31,400,000
 - CMMC's Cancer Care Center - \$8,600,000
 - Central Maine Power - \$3,300,000
 - Unitil - \$1,700,000
 - Gauvreau Place - \$1,600,000
 - Federal Distributors - \$1,300,000
 - Gendron Realty - \$1,475,000
 - Butler Brothers - \$495,000
 - Residential New Construction - \$5,000,000
- Hunter also extends tremendous accolades to the staff of Lewiston's Assessing Department, praising their conservative and accurate valuation review. "The current fiscal year also included a software conversion, and Assessing staff persevered completing the valuation commitment in a timely manner."



Lewiston Citywide Litter Pick Up Day Saturday, October 15, 2022 - 8 am - Noon



Invite your family and friends and pick up litter in your own neighborhood or go anywhere in the City you see a need! We also encourage church or community groups to adopt an area. Thank you for helping us keep Lewiston clean and beautiful!

REGISTRATION & WAIVER: Volunteers will use an online form for individuals or groups to register and agree to event waiver, as well as identify location to be cleaned. www.lewistonmaine.gov/litteroct15

SUPPLIES: Lewiston Public Works staff will be on site at Kennedy Park on event day from 8 am - noon to distribute supplies: bags, gloves, pickers, buckets.

SAFETY: A safety procedure flyer will be given out with supplies to encourage safe practices for participation. The safety flyer is also available at www.lewistonmaine.gov/littersafety1015 In addition, a safety station pop-up tent will be on site at Kennedy Park.

UNSAFE ITEMS FOR PICK-UP: Unsafe items for pick up should be "called into" Public Works Dispatch for same day pick up by trained personnel (207) 513-3000, X3450.

WHERE TO DISPOSE OF LITTER

- Bags of collected litter may be returned to Kennedy Park for disposal at a drop-off site near park gazebo.
- Public Works will pick up bags of litter at a **specified location** if previously stated on online registration/waiver form **OR** called into Dispatch the morning of the event (207) 513-3000, X3450.
- Residents may put collected bags of litter at curbside with their regular weekly curbside pick-up.

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\$385M to Support Maine Farmers, Loggers; Mitigate Climate Change

WASHINGTON, D.C. (September 14, 2022)—U.S. Senators Susan Collins and Angus King and Representatives Chellie Pingree and Jared Golden announced today that the U.S. Department of Agriculture is investing up to \$385 million in nine projects that will benefit Maine’s forest products and agriculture industries while helping to combat climate change.

The grants, which were awarded under the Partnerships for Climate-Smart Commodities funding opportunity, will be used to support pilot programs that will create market opportunities for American commodities produced using climate-smart production practices. These initial projects will expand markets for climate-smart commodities; leverage the greenhouse gas benefits of climate-smart commodity production; and provide direct, meaningful benefits to production agriculture, including for small and underserved producers.

“By supporting innovative and environmentally friendly logging and

farming practices as well as expanding market opportunities, this funding is a win-win for producers as well as our climate,” said Senators Collins and King and Representatives Pingree and Golden in a joint statement. “We are particularly pleased that USDA is investing in two projects that are being spearheaded in Maine. This funding will allow Wolfe’s Neck Farm to launch an initiative to help farmers implement climate-smart techniques and access the marketplace for climate-smart commodities. Moreover, this funding will benefit our forest products industry by supporting the New England Forestry Foundation’s effort to help landowners and loggers improve forest health and market locally-grown, healthy, low-carbon building materials. In addition to mitigating the impact of climate change, these projects will provide substantial economic benefits to our rural communities.”

Two of the projects with a direct impact on Maine include:

\$35,000,000 for Wolfe’s Neck Farm’s

initiative to promote climate-smart agriculture (CSA), particularly for beef, dairy, wheat, rice, and specialty crops. This project will develop the tools and approaches necessary to catalyze change by: equipping and training technical service providers for CSA implementation, creating transition finance incentives for producers, and developing a robust and self-sustaining marketplace for climate-smart commodities.

\$30,000,000 for the New England Forestry Foundation’s New England Climate-Smart Forest Partnership Project. This project will implement forest management practices with large commercial producers and smaller woodlot owners to store more carbon in the forest, quantify the resulting carbon gains, and build markets for climate-smart forest products to store carbon in wood products and substitute wood products for fossil fuel-based materials.

“We are grateful to the Maine Delegation for their support of our project,” said Alec Giffen with

the New England Forestry Foundation. “In our view, this is a transformational opportunity to pay landowners and loggers for practices that will both mitigate climate change and improve productivity of the land while benefiting wildlife.”

Funding for other projects that cover multiple states, including Maine, and will support Maine farmers include:

\$90,000,000 for a project that will leverage a network of 3,000 conservation districts throughout the nation to grow and advance grassroots efforts to ensure producers and local communities are prepared to meet the demand and have access to climate-smart commodity markets.

\$60,000,000 for a project that will build climate-smart markets and increase capital investments in tree planting that will increase the supply of agroforestry commodities utilizing a network of leaders in forestry. Working directly with manufacturers and retailers to connect potential buyers with producers.

\$55,000,000 for a project that will bring together 20 farming and agroforestry organizations, serving over 20,000 small to mid-scale and underserved farmers who are uniquely impacted by climate change. The project will include soil health and financial benchmark community science; peer-to-peer learning and support; expanded implementation of climate-smart practices; carbon benefits calculation and verification; and, income stream innovations that result in increased sales from farms and forest lands that use and promote climate-smart practices.

\$45,000,000 for a project that will help dairy farmers reduce methane emissions and sequester carbon while receiving credit for doing so. Through this project, Dairy Farmers of America (DFA) climate-smart pilots will directly connect the on-farm greenhouse gas reductions with the low-carbon dairy market opportunity. DFA will use its cooperative business model to ensure that the collective financial benefits are captured at the farm,

creating a compelling opportunity to establish a powerful self-sustaining circular economy model benefiting U.S. agriculture.

\$35,000,000 for a multi-year project that will pilot, test, and evaluate how the supply chain can be optimized for value and climate performance from farm and ranch to markets, starting with the greenhouse gas benefits of grazing systems.

\$25,000,000 for a project to expand climate-smart markets and help finance partnerships and incentivize farmers to advance the Organic Valley Carbon Insetting Program. The funding will support two strategies to reduce supply chain emissions: mitigate GHG emissions and maximize opportunities for carbon sequestration, focusing specifically on dairy and eggs as the climate-smart commodities.

\$10,000,000 for a project that will help to implement climate-smart methods in beef production, reducing GHG emissions and generating carbon credit revenue for producers.

Joseph W. Mayo ALS Scholarships Awarded

LEWISTON, ME (August 15, 2022) --

Over two decades ago, friends of our late Clerk of the House and former State Representative from Thomaston, Maine, asked our ALS affected friend, “what were his needs and objectives during his debilitating struggle with a disease still lacking a cure,” ALS, commonly known as Lou Gehrig’s disease. Joe Mayo’s wish was to assist Maine families experiencing ALS with helping their spouses, children, caregivers, and other offspring with furthering their education, so as to improve their lives and their families..

Upon his passing, these friends led by his successor as Clerk of the House, Millie McFarland; family friend and President of the Maine Bankers Association, Joe Pietroski; former State Representatives, including Rita Melendy, Jeff Mills, Carol Allen Martel, and Judy and Ross Paradis; lobbyist friends including Cheryl Timberlake and Mark Walker; Maine House legislative staff including Jane Figoli; former Speakers of the House including Dan Gwadosky, John Martin, Mike Saxl, Libby Mitchell, and Steve Rowe; and other long time friends and family members



Mayo ALS Scholarship Chairman Joe Pietroski visits and discusses the award and school progress with Madison Levesseur of Whitefield and her Dad, who has ALS, Real Levesseur.

formed the Joseph W. Mayo ALS Scholarship Fund, now part of the Maine Community Foundation Scholarship programs. This is another example of how people can work together to help others.

2022 is the 20th year of awarding up to \$5000 in scholarships to Maine men and woman attending traditional and nontraditional educational programs in memory of Joe.

As current and outgoing Chair of the Scholarship Committee, I am pleased to announce the four Maine high school or

GED graduates in 2022-23, who will be joining dozens of other scholarship recipients from throughout the state in receiving Joseph W. Mayo ALS scholarships.

First, Madison Levesseur of Whitefield, a graduate at Hall-Dale High, and now a junior at the University of Alabama will be receiving a third scholarship to assist her with reaching her educational goals. The daughter of Real Levesseur, Madison has assisted her dad through his struggles with ALS.

Second, Hannah

Roy of Auburn, a graduate of Edward Little High School, and now a junior in the nursing program at St. Joseph’s College in Windham, will also be receiving her third scholarship. Hannah grew up assisting her family with the care of her grandmother who had ALS.

Third, Emma Roy of Lewiston, a graduate of St. Dominic’s High School, and about to enter her freshman year at Dominican University in San Rafael, California. Emma and Hannah are cousins, who were very helpful with aiding their grandmother.

Our fourth scholarship recipient is Charla Burnett of Winterport. A social worker with a bachelor’s degree from the University of Maine, Charla spent many years caring for her mother during her time with ALS. Her Joseph W. Mayo Scholarship award will assist her with obtaining a nursing degree from Beal University in Bangor.

Additional information on the Joseph W. Mayo ALS Scholarship Program for the 2023-24 year may be obtained from the Maine Community Foundation at www.mainecef.org/scholarships.



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Calendar

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Tuesdays

LEWISTON – Baby Storytime held on Tuesdays, starting September 6th at 10:15am. Enjoy an interactive storytime with your baby that includes early literacy fun with books, songs, rhymes and body movement. Recommended for children ages 0 – 24 months old and their caregivers. Play and social time immediately follow the program. Siblings are always welcome. Please stay home if you or your child are sick and not feeling well.

Free. 513-3133; www.LPLonline.org

Wednesdays

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. 2 Standish Neck Rd, Gorham ME.

September 20 – December

LEWISTON -- 3rd Tuesdays from September-December 2022, 3-5pm at the Lewiston Public Library: MAINETRANSNET TEEN TABLETOP TUESDAYS

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop role-playing sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen

space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

For more information, contact the Lewiston Public Library Adult & Teen Services Department at 513-3135 or LPLReference@lewistonmaine.gov. www.LPLonline.org

October 1 – October 31

LEWISTON -- TEEN MANGA CONTEST at LPL: Lewiston Public Library's Teen space is holding a manga drawing contest this fall. Submissions to the Teen Manga Contest can be made online via google form or in-person at the library's 2nd floor Reference Desk from October 1, 2022 through October 31, 2022. Art will be displayed in the LPL teen space and shared on library social media for voting from November 9, 2022 through November 23, 2022. Two winners will receive a pack of manga-making supplies as a prize. Contact the Adult & Teen Services Department at lpreference@lewistonmaine.gov or 513-3135 for more information; www.LPLonline.org

October 6; October 20; November 3; November 17

LEWISTON -- Maine's first & only Backgammon club is looking for new members! Meetings October 6, October 20, November 3, November 17; 6pm - 8pm at Obscura Cafe & Drinkery, 108 Lisbon St. Lewiston

October 8 – November 13

BOOTHBAY -- Boothbay Region Art Foundation's 15th annual juried exhibition, Art in Maine, will be held at the foundation gallery Oct. 8 through Nov. 13. Art in Maine's exhibit presents a fresh and selective look at the fine art being created by Maine artists today, showcasing originality in the media of painting, drawing and sculpture. The opening reception is Saturday, Oct. 8 from 5-7 p.m.; over \$1,000 dollars in prizes will be awarded.

The prospectus and other details can be found on the gallery's website: www.boothbayartists.org.

Works will be juried by artist Kathleen Galligan who is represented by Portland Maine's Greenhut Gallery and Littlefield Gallery in Winterport.

October 12

GORHAM -- Lakes Region Senior Center is holding an OPEN HOUSE on Wednesday, October 12, 2022 from 10-1 at 40 Acorn Street, Gorham, Maine. (This is actually in Little Falls, of Gorham.) We would like to acquaint you with our Senior Center and the many programs that we have to offer. Refreshments will be served. Please bring a friend.

October 12

AUBURN -- The Androscoggin Retired Educators' Association will meet at 10:30 a.m. on Wednesday, October 12 at the Sixth Street Congregational Church at 109 Sixth Street in Auburn.

This meeting is our annual scholarship auction. Ruben Cornelius will be the auctioneer. Members are asked to bring in one or two items for the auction. Baked goods are always popular, gift baskets and gift certificates are well-received, as well as handmade goods and other small items. Bring your checkbook, your pocketbook, your penny bank, just come and be ready to support this worthwhile project.

The luncheon, to be prepared by members of the church, will cost \$12, and will be Chef's choice. This includes coffee or tea and dessert.

AREA meets five times per year: September,

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October, November, March and April. Dues are \$10 per year for members, \$6 for the non-teacher spouse or partner. Honorary members who are age 85 or older no longer need to pay dues.

All educators are welcome. This includes teachers, teacher assistants, guidance counselors, custodians, secretaries, administrators, anyone who has worked in education in public school or private school. You need not have worked in Androscoggin County or even in the State of Maine.

Officers this year are: President, Rosita Friel; Vice-President, Donna Whelan; Secretary, Deanna Marken; Treasurer, Gina Fuller.

Please send reservation and a check for dues and lunch to David Wing, 42 Hatch Hill Road, Greene, Maine 04236.

October 13
LEWISTON -- 12:00

PM – 1:00 PM, Callahan Hall, Lewiston Public Library, or virtual: GREAT FALLS FORUM: SOUL-SEARCHING PHILANTHROPY

This Great Falls Forum panel will discuss how shifts in the world of philanthropy are impacting policies and practices in Maine-based philanthropies and what this means for the ways philanthropic resources are convened locally. Panelists will provide perspectives on giving based upon the evolutions taking place within their own institutions and provide insights into practices that hold the most promise for tackling Lewiston's most pressing issues.

Free. In person or virtual. Bring your bag lunch. The Zoom link will be posted to the Library website and Facebook prior to the event.

513-3135; www.LPLonline.org

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New Kayak for sale Kayak bought at Cabalas. Comes with life jacket, paddles. It is a sit on, color red. Paid \$400. Asking \$200. Used once! Call (207) 413-7502

SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2022 White Mountain Hotel & Resort - December 4 - 5, 2022

Trip includes 1 night lodging and 3 meals, including the Grand Sunday Brunch, 2 different entertainment shows, Austrian Sleigh ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch on Sunday at Polly's Pancake Parlor. A \$100 deposit per person is due upon signing. Price is \$369 pp double occupancy.

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat

ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission

to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569. For more information about any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207-345-9569.

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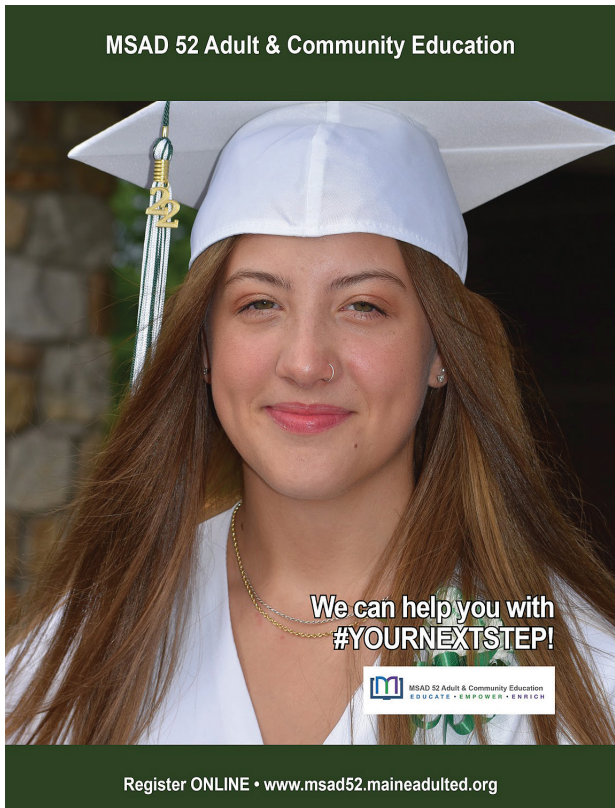
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Examples of classes: Beginner Computer/software training, Small business, Pinterest projects, self-defense, cooking, watercolor painting, MAKE & TAKE crafts, Jewelry making, baking, cake decorating, Homesteading skills, woodworking & MORE!

Please feel free to reach out to Kelly Cabral at 225-1010 to learn more about this AWESOME opportunity!

TURNER, ME that you would want to share AND get paid to do so? We are #YOURNEXT-
(September 29, 2022) -- Do you have a skill or craft

Mason's Brewing Co. to Open Auburn Distillery, Restaurant

AUBURN, ME (August 10, 2022) – The City of Auburn and Mason's Brewing Company are delighted to announce that Mason's will be expanding their widely successful Maine brand into the heart of beautiful downtown Auburn. Mason's will occupy the ground and first floors of the exciting new mixed-use facility being built at 186 Main Street by Great Falls Construction.

The location, situated along the Androscoggin River, will feature a brewery, distillery, and an upscale dining experience

similar to Mason's current location in Brewer.

"At Mason's, we take deep pride in creating the perfect beer with precision, hard work and quality ingredients," says Chris Morley, Mason's owner and brewer. "We are excited to expand our brand in Auburn and to connect with this community."

This collaboration has been in the works for a while now, according to Jay Brenchick, Auburn's Director of Economic Development.

"I have been working with Chris for two

years to get this project off the ground at this site and couldn't be more pleased that it has become a reality." Auburn Mayor Jason Levesque is particularly excited about the news that Mason's is coming to Auburn. "Mason's is a great example of a high-end, existing operation that sees real value in expansion into Auburn due to our city's growth and business-friendly policies," said Levesque.

Mason's Auburn location is expected to open in late spring/early summer 2023.

Auburn Celebrates the Expansion, Opening of PRIME360

LEWISTON, ME (September 15, 2022) — A ribbon cutting ceremony was held for the opening of PRIME360's new location at 41 Stevens Mill Rd. in Auburn on Saturday, September 10, 2022. LA Metro Chamber President + CEO Shanna Cox was joined by the PRIME360 team, L/A Taco who served up delicious eats, and members of the public.

PRIME360 is a local performance and lifestyle coaching gym dedicated to

enhancing the lives of the Auburn community.

"BJ chose to start his business here in Auburn, and while he has expanded and gone global with online support, today's ribbon cutting is proof of his commitment to community, this community. He, like so many others who have made Auburn one of the top 10 zipcodes in the US, chooses to make his life here," remarked Shanna Cox.

The PRIME360 gym implements a unique style

of training known as Applied Functional Science, with an emphasis on function. The PRIME360 team helps their clients improve in whatever area of life they are seeking to get better. From the elite athlete seeking to attain the next level, to the athlete who wants to make the team, to the adults who want to be out of pain so that they can live their lives the way they want with no restrictions, PRIME360 will help you reach your goals.

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