



TWIN CITY TIMES

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Sen. Rotundo of Lewiston Sworn into Maine Senate

AUGUSTA, ME (December 7, 2022) — Earlier today, Sen. Peggy Rotundo, D-Lewiston, was sworn into the Maine Senate. Sen. Rotundo was elected to her first term in the Senate in November.

Gov. Janet Mills administered the oath of office to Sen. Rotundo and 34 of her Senate colleagues, all of whom have been elected to serve two-year terms. She represents the people of Senate District 21, which consists of Lewiston.

“I am excited to be a member of the 131st Legislature in the Maine State Senate,” said Sen. Rotundo. “We have many issues that Maine is facing, and now is the time to come up with meaningful solutions that get to the root of many of these problems and create lasting solutions for years to come. I am looking forward to working with my fellow Senators, as well as my constituents to continue to make Maine an incredible state to live, work and raise a family in.”

Sen. Peggy Rotundo was first elected to the Legislature in 2000 as a senator and served the four terms allowed under term limits. During her first tenure in the Senate, she served as the chair of the Appropriations and Financial Affairs Committee for four years and the State and Local Government Committee. She served on the Education and Cultural Affairs Committee; the Agriculture, Conservation and Forestry Committee; the Committee on Bills in the Second Reading; and the Senate Ethics Committee. She also served as the Senate Chair of the Citizens Trade Policy Commission. In 2008, she was elected to her first term in the House of Representatives, where she chaired the budget-writing committee and the Citizen Trade Policy Commission and served on the Government Oversight Committee.

The swearing-in ceremony was held inside the Senate Chamber, and was attended by family and friends of the Senators, as well as the general public. A livestream of the event was made available to the general public, and can be viewed

See **Rotundo**, page 16

Aroma Joe’s New Main St Lewiston Location Opens



Left to Right: Brian Doyle, City of Lewiston Economic Development, Elbert Johnson, Director of Engagement with LA Metro Chamber of Commerce, Shanna Cox LA Metro Chamber of Commerce President and CEO, City of Lewiston Mayor Carl Sheline, Franchisee Tulio DeAlmeida, wife Aiva and children Ethan and Elizabeth, Aroma Joe’s Main St Lewiston GM Christine Girardin & Team leader Arianna Williams, and Norway Savings Bank VP of Commercial Lending Ian Pullen

LEWISTON, ME (December 6, 2022) – Aroma Joe’s, one of the nation’s leading handcrafted beverage chains, announces their newest Lewiston, ME location. Located at 754 Main Street, this 1500 square foot drive thru and walk-up location features handcrafted coffee and espresso drinks, unique flavor infusions, signature AJ’s RUSH® Energy Drinks and all-day food options. This new location is owned and operated by franchisee Tulio DeAlmeida.

Local dignitaries including Aroma Joe’s Franchisee’s Tulio and Aiva DeAlmeida, Lewiston Mayor Carl Sheline, L/A Metro Chamber President & CEO Shanna Cox & Ian Pullen from Norway Savings Bank were on hand Wednesday to mark the occasion with Grand Opening Ribbon Cutting Ceremony. “We’re very excited to welcome this new Aroma Joe’s to our community,” Shanna

Cox stated, “and to see Tulio’s expanding with a new location.” Commercial lender Ian Pullen had a few positive words to share “Norway Savings is thankful to be able to partner with great people like Tulio and Aiva. They have been a positive force and job creators in our community. We are very excited for them their family and the community to be able to utilize this new location.” Lewiston Mayor Carl Sheline also had encouraging comments. “With its central location near shopping and traffic, this location is a great addition to our city. I want to thank Mr. DeAlmeida for choosing the city of Lewiston for his third location.”

“I came to the U.S. from Brazil with only \$473 dollars in my pocket and not speaking any English,” said Aroma Joe’s franchisee Tulio DeAlmeida. “Over the last six years, Aroma Joe’s has supported me on my path to realizing the American

dream. I enjoy making community connections and to make someone’s day better by providing a great product and great customer service. I love Aroma Joe’s, our customers and especially our baristas. They are like family to me. None of this would be possible though without the support of my wife Aiva and the sacrifices she has made to enable me to pursue this dream.”

Tulio opened his first Aroma Joe’s location at 166 Center Street in Auburn, Maine, in February of 2017, a second location at 403 Sabattus Street Lewiston, Maine, in January of 2020, and now his third location at 754 Main Street in Lewiston. The Grand Opening Ribbon Cutting kicked off a 3 day Grand Opening celebration featuring Free coffee on Wednesday, Bogo AJ’s Rush Energy Drinks on Thursday and a Give Back Campaign on Friday where 10% off all sales that day will go to support the Dempsey Center.

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Newsmakers, Names & Faces

CMMC Again “High Performing” in Maternity Care



Elaine Law holds a patient at CMMC NICU

LEWISTON, ME (December 7, 2022) – Central Maine Medical Center (CMMC) has once again been recognized as High Performing in Maternity Care by U.S. News & World Report. The publication began listing “Best Hospitals for Maternity” last year. CMMC is one of only two hospitals in Maine to garner the distinc-

tion this year.

To achieve a High Performing rating, a hospital had to score significantly higher than average on a combination of eight quality measures. CMMC achieved high ranks on a number of fronts, including breast milk feeding for new infants. Also, according to U.S. News & World Report, “This hospital met



criteria to be recognized as Birthing-Friendly because it participated in a quality improvement collaborative and implemented patient safety practices in order to improve maternal outcomes.”

The U.S. News & World Report ranking comes at a time that CMMC’s maternity department has welcomed and fully integrated new team members from St. Mary’s Hospital in Lewiston which recently closed its maternity ward this summer.

“I am happy to have joined Central Maine’s women’s health team and to continue to serve the women of this community,” said Maureen Perdue, DO, who was part of the St. Mary’s team that joined CMMC. “All providers,

nurses and staff provide excellent, compassionate care during a very important and vulnerable time for women through pregnancy and

childbirth. We are committed to continued excellence and plan more growth within our department to build on the need for resources for women our community and the greater central Maine area.”

“Getting this recognition from a major U.S. publication like U.S. News & World Report is

gratifying, but not surprising,” said Steve Littleton, DBA, FACHE, president and CEO, Central Maine Healthcare. “It is a validation of what people in central Maine already know: CMMC is a great place to have a baby, and that is backed up by U.S. News and World Report’s findings.



NICU team 3

Vigil to Raise Awareness Of Homelessness in Lewiston/Auburn

LEWISTON, ME (December 6, 2022) – New Beginnings, Lewiston/Auburn Alliance for Services to the Homeless (LAASH), Trinity Jubilee Center, and the Pleasant St. Drop-in Center invite the community to join their annual candlelight vigil to remember people without stable homes during the holiday season to be held from 4:30 to 5:30 p.m. on Wednesday, December 21, 2022 in downtown Lewiston. The vigil is part of a national movement of cities marking National Homeless Persons’ Memorial Day on or near the winter solstice, the first day of winter and the longest night of the year.

Supporters are in-

vited to meet at 4:30 p.m. below the HOPEFUL sign along Main Street in Lewiston, and are encouraged to add names, photos, and candles to a temporary visual memorial to honor our unhoused friends and neighbors who died in the past year. Each person should bring their own flashlight or electric candle to hold, and a sign if they choose.

Vigil participants will then stand along both sides of Main Street in Lewiston with lights and signs to raise awareness about the crisis of homelessness to passersby during the Wednesday evening commute from 4:30 until 5:30 pm (between Mill St./ Hopeful sign and Lincoln

St./Veteran’s memorial).

PLEASE DRESS WARMLY – event will be held no matter the weather.

Names or photos for the event’s visual memorial may be submitted in advance via email to nicole@newbeginmaine.org by 12/15/22.

Parking is available in nearby municipal lots. Event details and downloadable flyer available on New Beginning’s website at <https://newbeginmaine.org/events/2022-homeless-vigil/>

Each year since 1990, the National Coalition for the Homeless has co-sponsored National Homeless Persons’ Memorial Day. In an effort to maximize the impact of the day, or-

ganizers have encouraged statewide and local groups to hold events of their own. New Beginnings and LAASH have held the L/A Vigil annually for more than 20 years.

ABOUT the Sponsors:

New Beginnings (134 College Street Lewiston) has helped runaway and homeless youth find opportunities for the safety, connection, and growth that they need to thrive since 1980 through shelter, housing, and outreach programs since. To learn more visit <https://newbeginmaine.org/> or call (207)795-4077. For 24-hour Helpline, call Marian’s Place Shelter: (207)795-4070.

The Lewiston/Auburn Alliance of Services to the Homeless (LAASH) is a collaborative of organizations that seeks to improve the manner in which homeless persons and those at-risk of homelessness in the Greater Lewiston-Auburn area are assisted to find housing with appropriate services to maintain independence. Connect at <https://www.facebook.com/groups/LAASH1> or email contactlaash@gmail.com.

Trinity Jubilee Center (53 Spruce Street Lewiston) is a secular organization in the heart of Lewiston, serving those in need since 1991 with a soup kitchen, food pantry, day shelter and warming

center, refugee assistance, and help finding work and housing. (207)782-5700. <https://www.trinityjubileecenter.org/>

Pleasant Street Drop-In Center (First Universalist Church of Auburn UU at 169 Pleasant Street Auburn) is a volunteer-run low barrier weekend resource center welcoming the unhoused community with meals, donated basic needs items, and clothing – currently open Sundays and Wednesday mornings. PSDI welcomes people of all backgrounds and life experiences to “come as you are” as valued members of our community. Facebook group at <https://www.facebook.com/groups/716529479663868>



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Newsmakers, Names & Faces

Dawn Lopez Joins Maine Source Homes & Realty



AUBURN, ME (December 6, 2022)—Dawn Lopez, a native of Long Beach, California who has lived 20 years in Maine, has joined Auburn-based Maine Source Homes & Realty as a Sales Agent/Realtor®. In her new role

with the company, Ms. Lopez will be working with the internal team led by Broker/Realtor® Toni Ferraro, assisting clients on both the buying and selling side of real estate transactions.

“Dawn’s two decades of excelling in the sales industry has garnered her an outstanding reputation as an innovative agent,” said Jon Mercier, Designated Broker/Realtor® at Maine Source Homes & Realty. “She has an intimate knowledge

of the buying and selling process, and works transparently, honestly, and diligently to achieve the best outcomes for her clients. She is a wonderful addition to the Maine Source Family!”

In her spare time, Dawn Lopez stays busy with her teenage daughter, who is active in softball. A strong advocate for animal rescue, she loves to camp, travel, cook, garden, and participate in local Lewiston-Auburn area activities.

Geiger Presents 3rd Quarter Star Awards Recipients



LEWISTON, ME (December 6, 2022) – Geiger, the world’s largest privately held and family-owned promotional products distributor, recently presented its 3rd Quarter Geiger Star Awards, with 52 associates receiving recognition.

“The Geiger Stars are superstars,” said Geiger President and CEO Jo-an Lantz. “The individuals and teams recognized this quarter were selfless with their time and efforts in helping other areas of the company in addition to their own responsibilities. It is inspiring and humbling to recognize their accomplishments.”

Associates nominate

their colleagues for these awards, which acknowledge efforts to honor “The Geiger Way,” a set of tenets that emphasize the principles of continuous improvement and embrace fresh and innovative ways to add value to the customer experience. These recipients positively contribute to the company’s business in five areas of accomplishment: business achievement, community service, customer satisfaction, leadership, and process improvement.

This quarter, three individual awards were presented to Jodi Schaffer, John Paine, and Tricia Bell, and two group awards were given to members of

the Farmers’ Almanac Web Store Project Team and the Decorations and Distribution Center Support Team.

The full list of 3rd Quarter Geiger Star Team Awards group recipients include:

Jayson Balderama, Tricia Bell, Chris Gagne, Kimberly Haseltine, Maria Hoffman, Dawn Laprell, John Paine, Mike Plourde, and Patrick Travers (Farmers’ Almanac Web Store Project Team).

Kim Beaudin, Kimberly Blais, Kasey Carver, Alicia Critelli, Charly Dion, Jason Dix, Cassie Duclos, Stella Duclos, Mike French, Kaitlyne Gibson, Celeste Gravel, Jessica Harvey, Kimberly

Haseltine, Erin Hutchinson, Lee Jones, Christine Knowlton, Scott Laberge, Michelle Lagasse, Dawn LaPrell, Helene Laverdure, Jess Levy, Tyler MacNeill, Jim Mathieu, Kelly Miller-Craft, Ryan Mockler, Pam Morris, Kara Murphy, Katherine Parlove, Mike Plourde, Johnathan Plummer, Chris Pomerleau, John Priest, Sheri Ridgeway, Andrea Sands, Scott Smith, Sam Stewart, Kelly

Sutton, Dan Szantyr, Priscilla Thoreson, Tyler Turcotte, Brandi Vachon, and

Julie Vickers (Decorations and Distribution Center Support Team).



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DANIEL P. KEENAN, ESQ.

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MCHPP Offering To-Go Lunch on Christmas Day

BRUNSWICK, ME (December 8, 2022) -- On Sunday, December 25th, Mid Coast Hunger Prevention Program will offer a to-go Christmas lunch. The meal is free and open to all- no questions asked. A festive lunch of glazed ham (or baked sweet potato), baked pineapple, and green beans will be available for pick-up from 11am to 12:30pm at 12 Tenney Way in Brunswick. No registration or prior use of MCHPP’s services is required.

Mid Coast Hunger

Prevention Program offers dignity and empowerment by providing all members of our community with access to healthy food. Services include prepared meals, grocery distribution on-site, at local schools, and satellite locations in Harpswell and Lisbon Falls. The MCHPP food pantry—located at 12 Tenney Way, Brunswick—is open to the public on Tuesdays, Wednesdays, and Friday from 11 am–2 pm; Tuesday evenings 4-6 pm; and Saturdays from noon–3

pm; the Soup Kitchen serves freshly made-to-go meals on Mondays–Fridays from 11 am–12:30 pm and Saturdays noon–1:30 pm. MCHPP is diligently working to maintain the health and safety of our staff, clients, and volunteers. We are committed to ensuring that our services are open and available to any and all in need.

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(207) 795-5017

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New Locally-Owned Urgent Care Clinic Opening in Gray



An exterior shot of the new Gray Urgent Care building at 6 Turnpike Acres Road in Gray, ME

GRAY, ME (December 9, 2022) – Residents in and around Gray-New Gloucester will soon have a new option when it comes to non-emergency medical treatment.

Gray Urgent Care, an urgent care clinic owned and operated by two local

medical professionals, will open to the public on Monday, December 12.

The practice is located at 6 Turnpike Acres Road in Gray, which is next to the post office just off of Gray Road.

Owners Patricia and Anna Kittredge say they're

opening the clinic with the goal of bringing expert medical care to an underserved area, while also emphasizing a connection with the local community.

“The care that I want to provide is not a big box urgent care model. I never want my patients to feel

like a number,” Patricia says. “I want to give them personal, patient-centered, compassionate care.”

Both Patricia and Anna are longtime Gray residents. Patricia is a family nurse practitioner who will serve as Gray Urgent Care’s chief medical officer and treating provider. Anna, a veteran and physician assistant with extensive military medical experience, is the practice’s chief operating officer.

Gray Urgent Care will offer walk-in service to patients Monday through Friday from 8 a.m. to 6 p.m. with no appointments necessary. Locals will be able to avoid trips to Portland or Lewiston for treatment, as well as the potential for long wait times.

Services will include on-site x-rays and point-of-care testing, as well as treatment for a variety of acute, non-emergent conditions ranging from fractures and sprains to viral



Patricia Kittredge, Chief Medical Officer of Gray Urgent Care.

infections to COVID-19, among many others. The clinic also offers physicals for school/youth sports.

For a full list of services and other information, please visit the clinic’s website.

Influenza Rates Rise Sharply Across Maine

AUGUSTA, ME (December 6, 2022) — Maine is experiencing a sharp increase in seasonal influenza (flu) activity statewide. The Maine Center for Disease Control and Prevention (Maine CDC) reminds residents and vis-

itors to take steps to stay healthy, including getting the flu vaccine.

For millions of people every season, coming down with flu means a fever, cough, sore throat, runny or stuffy nose, muscle aches, and fatigue. This can lead

to time missed from work or school. Contracting flu can also result in more severe symptoms that can lead to hospitalization and death.

The best protection is the flu vaccine, which is recommended for those

aged 6 months and older.

“Maine’s flu season is undeniably here but it’s not too late to protect yourself and your loved ones in time for holiday gatherings,” said Maine CDC Director Nirav D. Shah. “This year’s flu vaccine is a good match for the strains of the virus circulating in Maine and across the country. Getting your flu vaccine is the most effective way to prevent the spread of flu, as well as its worst impacts.”

All 16 counties are experiencing a sustained increase in flu activity. There were 63 influenza-associated hospitalizations reported to Maine CDC last week, a 152 percent increase from the previous week. Of those

hospitalizations, nearly 50 percent were in people age 65 and older. This year, Maine CDC has reported 3,446 positive influenza tests, 110 hospitalizations, and 31 outbreaks, suggesting a higher and more rapid increase in flu activity than is typical for this time of the year.

Flu vaccination can reduce the risk of illness, visits to the doctor, and missed work or school. The flu vaccine can also reduce the severity of the illness. Studies show the flu vaccine saves children’s lives and prevents serious events associated with chronic lung disease, diabetes, and heart disease. It also helps prevent

flu-related hospitalization among working-age and older adults.

In addition to getting vaccinated, people can take the following steps to reduce the spread of illness:

Stay home when you are sick

Wash your hands
Cover your coughs and sneezes

Avoid close contact with people who are sick

Avoid touching your eyes, nose, and mouth

Clean and disinfect surfaces and objects

For more information about flu, please visit: www.maine flu.gov. To find the nearest flu vaccination center, please visit: www.vaccines.gov.

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AARP Urges PUC to Oppose Unfair CMP Rate Proposals

PORTLAND, ME (December 7, 2022) -- Fighting to save Mainers money on their utility bills, AARP Maine has formally intervened in the case filed by CMP that would increase residential customers' rates by as much as five dollars more a month.

The Maine Public Utilities Commission (PUC) is currently considering the request to raise rates as much as 50 percent for residential customers. In its testimony to the PUC last week, AARP Maine calls for closer scrutiny of the proposal and for the Commission to consider the significant burden such increases will have on older Mainers and their families.

Apart from the Office of the Public Advocate, AARP Maine is the only consumer voice weighing in on this critical issue.

"AARP has a long history of fighting to prevent unfair utility rate hikes so people 50 and older can

keep more of the money they've earned," said Noël Bonam, AARP Maine State Director. "This is a pocketbook issue for older Maine residents, many of whom struggle to balance paying utility bills and other household expenses such as buying food and medicine."

The CMP proposal before the PUC would likely impact every one of their customers. As AARP Maine stated in last week's testimony:

The Commission should reject CMP's proposed three-year rate plan. Rates should not be approved for expenses and investments that have not yet been implemented or determined to be useful. Multi-year rate plans, such as those proposed by CMP, contain trackers and mandatory rate adjustments that shift the risks to ratepayers and eliminate the role of shareholders in the utility ratemaking process. Approval of any rate



increase should reflect the minimal level of investment to ensure reliability of service and customer service.

The Commission should reject CMP's expenditures for unnecessary projects and programs that are better funded from federal or state taxes and not utility rates. AARP opposes investments for privately owned businesses, such as Electric Vehicle charging equipment, and distribution costs that should be properly imposed on those who want to use the electric grid to invest in energy projects from which ratepayers do not receive the revenues.

The PUC should reject CMP's proposed increase in the minimum monthly cus-

tomers charge from \$10 to \$15.

CMP's proposed optional Time of Use rate options for residential customers, EV owners, and heat pump customers should be denied at this time due to the lack of any analysis of customer preferences, reliable evidence of customer participation, or impact on CMP's regulated rates. Alternatively, CMP should conduct customer research and test Time of Use rate options prior to proposing large scale programs and marketing costs.

The Commission should require CMP to explore the poten-

tial for a peak time rebate program that would reward customers (rather than punishing customers with high peak hour rates under Time of Use rates) for reducing usage at the most expensive days and hours in the wholesale market. This peak load reduction has value that can be used to reduce rates to all customers.

The Commission should require improvements in customer service in return for more investments in CMP's billing and customer service technologies. CMP's proposal to use a negative option to enroll customers in text messages should be rejected.

The Commission should impose the lowest level of the rate of return or allowable profit to CMP's shareholders that is legally defensible in light of

the emergency associated with the high electric bills that have rapidly increased in the last 12 months.

AARP Maine is fighting to keep electricity costs fair and reasonable. The increases proposed by CMP will unduly burden every CMP customer, and AARP Maine is calling on the PUC to reject these unfair rate hikes.

UPCOMING TELE-TOWN HALL: AARP Maine is hosting a live tele-town hall forum with the Maine Public Advocate, William Harwood, on Thursday, December 15, 2022 from 4-5PM to discuss utility rates in Maine. Members of the public are invited to register for the tele-town hall at <https://vekeo.com/aarpmaine/#event-38894>. AARP Maine State Director, Noël Bonam, will facilitate the discussion and take questions from the listening audience during the call.

Norway Savings Bank Provides Financial Literacy Tools to Schools

NORWAY, ME (December 6, 2022) – Norway Savings Bank has announced that it will renew a three-year agreement to provide free financial literacy education to students in 10 middle and high schools in Maine and New Hampshire.

"We are pleased to renew our agreement with our financial literacy partner, Banzai," said Dan Walsh, President and CEO of Norway Savings Bank. "Financial education provides foundational knowledge that helps kids to be more successful adults. With fun, interactive and age-appropriate online tools and workbooks, Banzai makes learning very enjoyable."

"In my personal finance class, students really enjoy taking the Ban-

zai Plus course and then playing the online game to simulate real life financial decisions and manage their budget," said John Mayo, teacher at Lake Region High School in Naples, ME. "This gives students a chance to practice managing finances and experience the challenges they may face in their own lives. It's really important for kids to develop these skills so they can be more successful adults."

Students from our sponsored schools have shared what they've learned from using Banzai. Some of their feedback included:

"I learned what I have to do to save for college and how to make a budget." – Brunswick Junior High student

"I learned to save

money for the things you really need or want." – Loranger Middle School student

"One thing I learned from (Banzai) is that it is important to make a long term goal." – Telstar Middle School student

The following schools in Maine will have free access to Banzai's tools for the next three years: Brunswick Junior High School, Gorham Middle School, Kennebunk High School, Oxford Hills Comprehensive High School, Lewiston High School, Lake Region High School, Lake Region Middle School, Telstar Middle School and Loranger (Old Orchard Beach) Middle School. Crosby Kennett Middle School in Conway, NH will also have free access to Banzai.

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Arts & Entertainment

Cast Announced for CLT Season Opener “It’s Only A Play”



The cast of CLT’s upcoming production of the comedy “It’s Only A Play” is pictured here at a recent rehearsal. Standing left to right are Jamie Bannister, Roger Philippon, John Blanchette, and Brian Pfohl. Seated are Jennifer Groover and Sarah Duncan, and below them is Benjamin Simpson. The show opens on January 19.

AUBURN, ME (December 7, 2022) — Director Eileen Messina has announced the cast for the upcoming Community Little Theatre (CLT) pro-

duction of the Terrence McNally comedy “It’s Only A Play,” which will open CLT’s 83rd season on January 19, 2023.

A wealthy first-time

Broadway producer is throwing an opening night party for a new show at her luxurious Manhattan home. She is joined by the playwright, a tele-

vision star, a novice producer, a doped-up diva, a brilliant British director, a lethal drama critic, and a fresh-off-the-bus coat-check attendant. As they nervously wait for the first reviews to come in, they gossip, bicker, name-drop, and regale about their respective theater experiences.

The show ran for 274 performances on Broadway in 2014 with a cast led by Nathan Lane, Matthew Broderick, Megan Mullally, Stockard Channing and F. Murray Abraham. Alternately raucous and ridiculous, this comedy proves that sometimes the biggest laughs happen offstage. The play includes adult themes and strong language.

Making up the cast of “It’s Only A Play” are Jamie Bannister as the producer Julia Budder; Jennifer Groover as the diva Virginia Noyes; Brian Pfohl as the playwright Peter Austin; John Blanch-



ette as the actor James Wicker; Benjamin Simpson as the director Frankie Finger; Sarah Duncan as the attendant Gus Head; and Roger Philippon as the critic Ira Drew.

“It’s Only A Play” will be performed at CLT on 30 Academy Street in Auburn at 7:30 p.m. on January 19, 20, 21, 26, 27 and 28; and at 2:00 p.m. on January 22 and 29. Ticket prices (including all fees) are \$22.00 for adults, \$19.00 for seniors, and \$14.00 for students.

Tickets are available online at www.laclt.com/box-office or by calling 207-783-0958.

Subscribers to CLT’s 83rd season can enjoy savings of 25 percent and get four shows for the price of three. Priority reserved seating is offered to subscribers, and the new season ticket prices are \$66.00 for adults, \$57.00 for seniors, and \$42.00 for students (prices include all fees). Season tickets are now on sale at www.laclt.com/box-office.

Sights & Sounds of Christmas at the Franco Center

LEWISTON, ME (December 4, 2022) — “Make it a holiday tradition to visit the Franco Center each year for our spectacular Christmas show,” said Elaine Roop, the nonprofit’s board president. “Our show has all the best sights and sounds of the season all rolled into one magical live production.”

With an evening show at 7:30 p.m. Satur-

day, Dec. 17, followed by a late afternoon show at 5:30 p.m. Sunday, Dec. 18, the Franco Center’s beautiful Performance Hall stage will be the scene of holiday-themed performances, music, and a light show.

Franco Center Production Director Hodgkin described the overall emphasis on an old-fashioned homestyle Christmas. “If you are looking

to get in the holiday spirit, don’t miss this show,” said Hodgkin.

Dramatic Christmas readings and skits featuring Emily Boyd, Michelle Breton, Pam Bryant, and Holden Gray are planned. Musical performances will include Emma Encarnacion, Jackie Preston, Ross Cunningham, Hodgkin, and Theresa Cormier. The Dance Center students will perform

scenes from “The Nutcracker” and “Frozen 2.”

Throughout the event several musical pieces will be accompanied by a holiday light show. A live radio show will be dramatized by CarlaRose Dubois, David Hanright, Randy Hunt, and Bob LeBlanc. Several songs will be included for the audience to sing along with the performers. Great Falls Model Railroad club will have a display in Heritage Hall that patrons can view before the show and during intermission.

The Franco Center will be brimming with Christmas decorations, more than a dozen lit Christmas trees, holiday lights and music, throughout its building offering festive backdrops for selfies and family photos. “Make time for your loved ones this season and attend our spectacular Christmas show,” said Roop.



Jake Hodgkin will direct the Sights & Sounds of Christmas variety show at the Franco Center Dec. 17 and 18. Melissa Hodgkin is stage manager of the production. The Franco Center is at 46 Cedar St., Lewiston. Call 207-689-2000 for tickets.

Tickets for the Franco Center’s Sights & Sounds of Christmas Show range from \$15 to \$30 for adults and \$10 to \$20 for children and students.

Tickets can be purchased online at www.francocenter.org/shows or by phone at 207-689-2000. Tickets can also be purchased in person at our box office between 10 a.m. and 1 p.m. on Tuesdays and Wednesdays.

Support for this Christmas event comes from Skelton Taintor & Abbott, Norway Savings Bank, Berman & Simmons, Maple Way Dental Care, Bennett Radio Group, Sun Journal, Turner Publishing, and Uncle Andy’s Digest.

The Franco Center is at 46 Cedar St., Lewiston. Parking is available in the mill lot. The building is handicap accessible on the Lincoln St. Alley side.

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Geiger Promotes John Priest to Distribution Operations Manager



for Walmart's Lewiston warehouse.

"As kitting manager, John did a fantastic job leading that area through unprecedented growth and the challenges brought forth by the pandemic," said Distribution Center Manager Lee Jones. "I'm very excited to have him heading the Lewiston Distribution Center team, where his leadership skills and business knowledge will allow him to make an immediate impact as we look forward to continued growth in 2023 and beyond."

LEWISTON, ME – December 8, 2022 – Geiger, the world's largest privately held and family-owned promotional products distributor, congratulates John Priest on his promotion to distribution operations manager. John previously served as kitting manager for the last two years. Prior to that, he was the meat and produce receiving manager

As distribution operations manager, John will oversee the teams involved in receiving and fulfilling orders for 250 corporate clients to ensure an unmatched customer experience.

Girl Scout Troop 5043 Donates and Installs Flags



AUBURN, ME (December 9, 2022) -- Girl Scouts of Maine Troop 5043 installed a new American flag and POW flag at a Marine neighbor's house today. The troop retired two American flags, learning the proper retirement ceremony and process from troop aunt, Jax, who is also a veteran and fellow VFW member in Auburn.

The Girl Scout troop met Ron Freschette while going door to door selling nuts and chocolate for the Fall Products sales. Ron was so apologetic of his

tattered flags but didn't have the help needed to physically replace them. So the troop volunteered as a service project. The troop purchased two new flags from their cookie sales fund, the money they use for troop activities throughout the year as well as community service projects. They took this honor of an opportunity to learn about flag ceremonies, helping and honoring veterans, and being a good neighbor. The participating troop members will earn a flag ceremony patch as

well as completing steps for several other badges while they plan their Bronze Award projects.

Ron was so appreciative, he had two pans of freshly baked super chocolate brownies and hot chocolate waiting for the troop after a job well done.

Several troop members have scheduled future visits with him to help snowplow, teach him how to use his camera, and match him with a new dog through a local non profit for veteran canine companions.

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WHA Art Gallery at CMMC Features New Artists



"Bold" by Julie Kaczynski

LEWISTON, ME (December 9, 2022) -- The Woman's Hospital Association (WHA) Rotating Art Gallery at Central Maine Medical Center in Lewiston is displaying the art of Julie Kaczynski and the photography of Dan Marquis for the month of December.

Kaczynski graduated from Maine College of Art in 1993 majoring in photography and specializing in portraits. A few years ago, she started using oil paint to explore the interaction between color, light, movement and texture, and the moods those invoke. "The ever-changing atmosphere

in Maine is my inspiration".

Maquis is a well-known local photographer. His photos have been published in photography magazines and also hang on the walls of several New England hospitals and other public buildings. "My interest in photography was sparked by my love of nature and the outdoors. I have been an avid bird watcher and kayaker for some twenty years. Both of these pursuits afford me many photo opportunities. I am completely self-taught. Although I am basically a nature photographer at heart, in the last few years



"Full Moon Over Great Falls" by Dan Marquis

I have focused my camera lens on shooting cityscapes; particularly in Lewiston and Auburn".

The works on display may be purchased through

the WHA Gift Shop located adjacent to the main lobby at Central Maine Medical Center. A percentage of sale proceeds benefits patients of CMMC.

Holiday Books and Gifts Available at APL Bookstore

AUBURN, ME (December 9, 2022) -- The APL Bookstore located on the ground floor of the Auburn Library (49 Spring Street) is open 9:30 am to 1:00 pm Saturdays. Children's books are only

.25 cents and all other books are \$2 or less. Holiday-themed books (including Richard Paul Evans), ornaments and small gift items are currently available.

We carry popular

fiction by authors such as Louise Penny, John Grisham, David Balducci, Kate Quinn, etc., as well as sci-fi, mystery, manga and young adult. Browse nonfiction books on art, biography, business, cook-

ing, crafts, gardening, history, Maine, psychology, self-help, travel, etc. There are children chapter and picture books along with puzzles, games, DVDs and audio books.

If you have any questions, please call 333-6640. All proceeds are donated to the library. We hope to see you Saturday.

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Mental Health is Health...Period



Members of LYAC

LEWISTON, ME (December 8, 2022) – Lewiston community members talked and truly listened to each other at the December 8 Be Kind To Your Mind Community Conversation About Mental Health Awareness held at Connors Elementary. The point that mental health is health period—just like a cold, broken leg, or another physical condition—was repeatedly stressed.

The exchange was honest and powerful, and Mayor Carl L. Sheline praised the hosting Lewiston Youth Advisory Council (LYAC) for being in tune with the community’s needs. Councilor Linda Scott, City Council liaison to the youth council, also praised LYAC for helping people feel comfortable to open up and share.

“Mental health is a topic we shouldn’t shy away from. By courageously talking about it,

we can start to reduce the stigma surrounding mental health and, even better, focus on getting the help and resources to those who need it the most within our community. I am incredibly proud of our Lewiston youth for taking the initiative to have this conversation. They are in touch with our community needs, and we should follow their example by bravely engaging in discussions like this with our families, friends, and neighbors. I am inspired by their advocacy work, as it demonstrates the impact that can occur when communication is at the forefront,” said Mayor Carl L. Sheline.

Mayor Sheline also led a moment of silence in honor of the recent passing of former youth council member Omar Osman.

A panel of professionals fielded audience questions from elected officials, parents, youth, and teachers. On site were:

Colin O’Neill, Tri-County Mental Health Services Chief Clinical Officer; Amran Osman, Generational Noor Executive Director and Founder; Megan Parks, Licensed Social Worker/Substance Use Counselor/Clinical Supervisor; Lisa Escobar, Lewiston Public Schools Substance Use Coordinator/Licensed Counselor; and Lewiston Police Detective Joe Philippon.

Questions were thought provoking to include, “Is it OK for teen boys to cry; what do you do if your parents or guardians are struggling with mental health; and what if your feelings are dismissed by others?”

Other topics included the importance of validating people’s feelings, understanding emotional triggers, knowing you aren’t crazy if you are struggling, looking at root causes, de-stigmatizing mental health challenges through



Detective Philippon and Amran Osman of Generational Noor

education, knowing it’s ok to express yourself if you are sad, understanding that mental health isn’t the absence of stress and anxiety

but having the ability to manage it, increasing mental health cultural competency, recognizing that
See Health, page 16



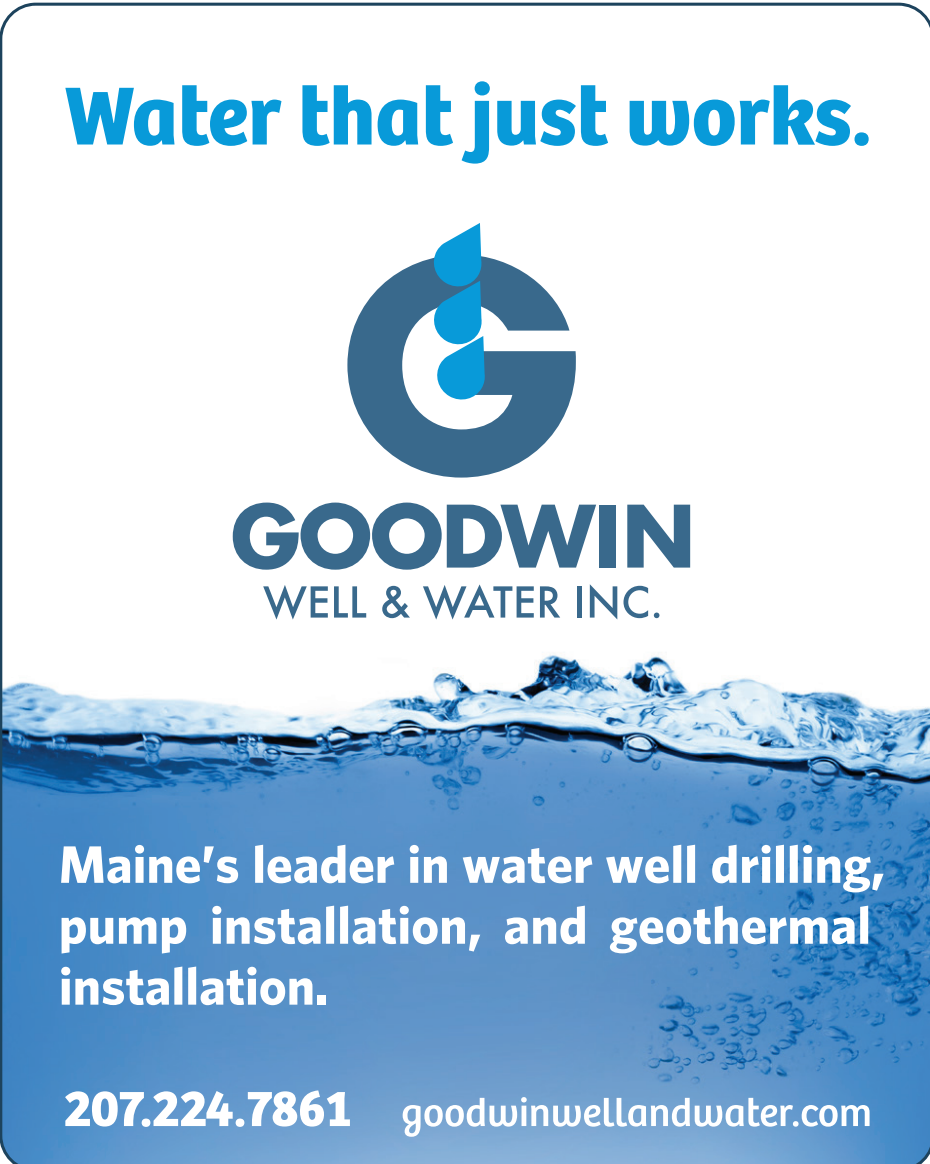
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Find Gifts for Everyone on Your List Locally

MAINE (December 9, 2022) -- Buoy Locally supports local businesses all year round including during the holidays; they've created a gift guide full of ideas from Buoy Businesses so you can support local while getting your holiday shopping done and earning reward points by using your Buoy Local card. Check out the gift ideas at <https://buoylocal.com/holiday-gift-guide>



Proposal to Remove Tax Benefits in Support of Lobster Industry



STATE HOUSE, (December 7, 2022) – On Tuesday, Maine Legislative Republicans held a press conference at Hallowell Seafood & Produce to discuss the efforts by outside environmental groups to destroy the State's beleaguered lobster industry.

Senate Republican Leader-elect Sen. Trey Stewart, R-Aroostook, and House Republican Leader-elect Rep. Billy Bob Faulkingham, R-Winter Harbor, were joined by Maine lobstermen and fellow legislators as they told reporters the pair submitted legislation prohibiting any business from participating in the state's Business Equipment Tax Reimbursement and Business Equipment Tax Exemption Programs that, based on third-party certifications, bans, boycotts or otherwise prevents or restricts the sale or distribution of any Maine-based goods that are legally harvested, grown or produced.

One such retailer that has banned the sale of Maine Lobster based on third-party certifications is Whole Foods in Portland.

"This is a war. It is

not just about lobster fishing – it is a war on workers, family values, conservation, science and common sense," said Faulkingham. "It is going to take all of us standing together combined with many others throughout Maine to preserve the ability of lobster fishing families to earn a living, conserve the resource, and create jobs for thousands of Mainers."

In addition to the loss of the tax programs, the legislation will also ban the state from any contracts with such businesses. Stewart said they would also work with legislators from other New England states to encourage them to take action as well as investigate whether something else was behind the environmental groups' actions.

"We will also be asking the Attorney General to investigate the Marine Stewardship Council and Seafood Watch to see who they are funded by, what foreign governments are involved in their groups and what benefits result from their partners by singling-out Maine's lobster industry," said Stewart. "This group makes almost

90% of their funding by selling their logo and we'd like to know what, if any, impact their decision had on their funding streams."

"An attack on the Maine lobster industry is an attack on all of Maine," he added.

Rep. Billy Bob Faulkingham, R-Winter Harbor, who was recently elected Maine House Republican Leader, is a commercial lobster fisherman. In the past, he has been an outspoken representative of Maine's lobster fishing families. His efforts include bringing together 151 Republican, Democratic and Independent state legislators from across Maine in support of Maine's lobster fishing industry.

Senator Trey Stewart, R-Aroostook, is serving his second term in the Maine Senate representing the constituents of District 2. He was recently elected as the Senate Republican Leader for the Caucus and has served as the Senate Republican Lead for the Energy, Utilities, and Technology Committee and the Health Coverage, Insurance and Financial Services Committee.

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



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

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Tips for Creating a Dementia-Friendly Holiday Season

NEW YORK (December 9, 2022) — With the holiday season underway, the Alzheimer’s Foundation of America (AFA) is providing four tips to help families affected by dementia enjoy the spirit of the season in a dementia-friendly way.

“The holiday season can be both joyful and stressful for all of us, especially individuals living with a dementia-related illness,” said Jennifer Reeder, LCSW, AFA’s Director of Educational and Social Services. “Being proactive, adaptable, and inclusive of the person’s wishes and abilities are the best ways to help them have a happy and joyful holiday season.”

Families, partners and friends caring for someone with dementia should consider the following steps:

Avoid overdecorating. Decorating is part of the holiday season fun, however, too much stimulation may be challenging for someone with dementia. Keep decorations festive, but simple—too many flickering lights or noisy items could be overwhelming. Instead of elaborate decorations, try choosing a few favorite items. Phase in decorations over a period of days instead of all at once, so that changes to the person’s environment are less confusing.

Create a safe and calm space. Don’t use fragile decorations (which



can shatter and create sharp fragments) or ones that could be mistaken for edible treats. Be mindful of potential tripping hazards on the floor, such as wires for decorations. Securely hook Christmas trees to the wall to avoid

falls and use menorahs or kinaras with electric candles to reduce fire hazards. As well as a physically safe environment, create a space where your loved one can sit in comfort and where guests can visit in small groups or one-to-one. As much as possible, maintain the person’s normal routine when scheduling visits.

Adapt past favorite traditions or create new ones. Build on old traditions when appropriate, such as enjoying favorite music or movies, or looking at pictures of past holiday celebrations. Start new ones that center on activities and events the

person enjoys and can do, such as touring neighborhood holiday lights,

and do it together. Take a strengths-based and person-centered approach

and incorporate what the person can do and what they choose to do now, rather than dwelling on what they used to do. Focus on those things that bring joy and let go of activities that seem too stressful.

Involve the person in the planning and preparations. Whenever possible, involve the person by asking what traditions are important to them—it keeps them active and involved and helps you prioritize and plan appropriately. For example, if they always sent out holiday cards or baked holiday cookies and still want to do so, do it together with them. If they can no longer shop for gifts for their loved ones, invite them to help with wrapping the gifts so that they feel they are contributing.

The AFA Helpline is available seven days a week to help provide additional information about creating dementia-friendly holidays or any other caregiving questions. Connect with a licensed social worker by phone (866-232-8484), web-chat (www.alzfdn.org) or text message (646-586-5283). The web chat and text message features can serve individuals in more than 90 different languages.

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December 15

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 roleplaying 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.

Calendar

Send your submissions to the Editor. More online.

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

December 17

BUXTON -- Free Christmas Concert with the Westbrook City Band

Family friendly event featuring seasonal favorites and a sing-along, held Saturday, December 17, 2022

at 2:00 PM. North Congregational Church, 22 Church Hill Rd., Buxton, ME 04093

December 18

LEWISTON -- All are welcome to gather at a Christmas concert that will benefit a fund for a new piano at Holy Family Church on 607 Sabattus Street in Lewiston. The choir of the church will perform under the direction of Paul Caron on Sunday, December 18, from 2 p.m. to 3 p.m.

December 22

LEWISTON -- Throwback Thursday Movie Matinee will be happening at The Lewiston Public Library in Callahan Hall on 12/22/22 from 4-6PM. The event listing can also be found on our website at <https://lplonline.org/events/throwback-thursday-movie-matinee-home-alone/>

December 24

BUXTON -- Free to the public! Turkey Dinner - Saturday, December 24 2022 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Christmas Service immediately



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for seating. Wearing of face masks for those who are not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

Calendar Features Original Artwork by Maine-Based Artists

ORONO, ME (December 9, 2022)—The Maine Agricultural Mediation Program (MAMP) announces the release of its 2023 wall calendar featuring original artwork by Maine-based artists. MAMP is part of the U.S. Department of Agriculture Agricultural Mediation Program and is managed locally by the University of Maine Cooperative Extension.

The 2023 calendar, which features a farm and food system-inspired image each month, has a wire binding and measures 8.5 x 11 inches. Copies can be purchased on Extension's

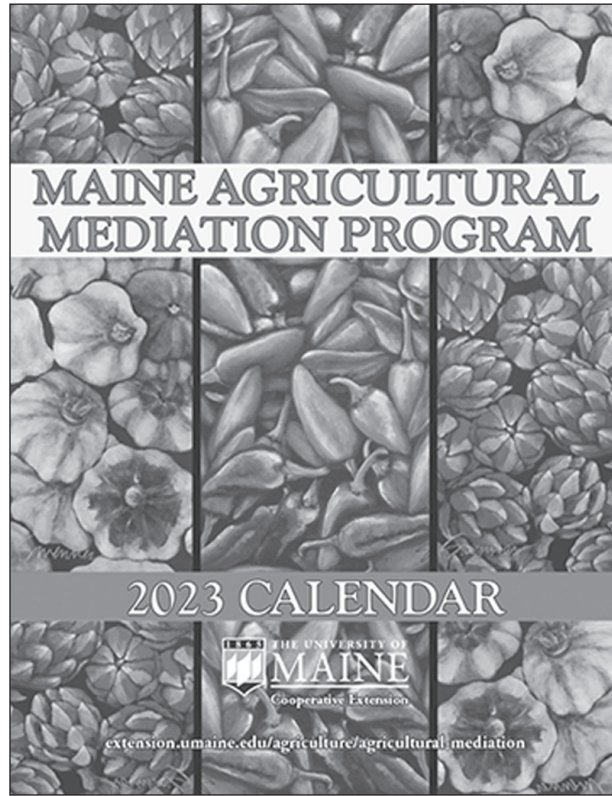
website for \$6.50, which includes shipping.

MAMP supports farmers and families in discussions surrounding priorities, goals and decision-making as it relates to changes in the future of the farm, immediate markets and relationships with lenders. Mediation is voluntary and confidential. It can help resolve conflict around topics that include agricultural loans, conservation programs, wetland determinations, pesticides, family farm transition, lease issues, neighbor disputes and worker/employer disagreements. Visit the program website to learn

more about agricultural mediation at UMaine Extension:

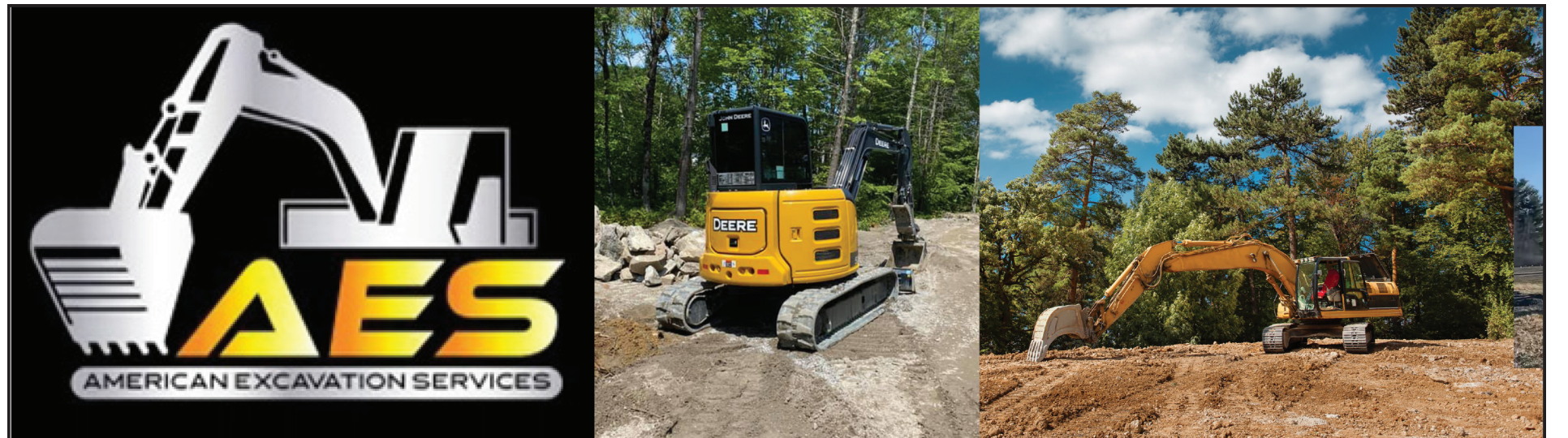
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Health

Continued from page 9

those with struggles aren't second tier individuals, enhancing communication, and securing more mental health resources and funding.

Mental health reflective artwork was on display from Generational Noor and Sadrii Mohamed, and mental health resources were also available, to include LYAC's QR Code that provides a listing of places to contact for assistance.

In addition, post-its were available for people to express how they were feeling upon arrival and how they were feeling after the community conversation. Arrival post-its included "feel like giving up" and "overwhelmed." Departing post-its were encouraging and included comments like, "there's hope because people are listening" and "clarity and hope in our youth."

Attendees mingled and further discussed mental health with youth council members and fellow audience members after wrap-up. Kaydence Gibson, LYAC member, looked around and said, "I'm really proud of us." More on the Lewiston Youth Advisory Council and resources from the event can be found at www.lewiston-maine.gov/lyac



Ava Golder and Corinne Rosario



Feysal A. showing Rep. Craven mental health artwork

Psalterium Institute to Offer Christmas Concerts

BRUNSWICK, LEWISTON, ME (December 7, 2022)—The Psalterium Institute will present "Advent & Christmas: An Evening of Sacred Choral Music" in both Brunswick and Lewiston on the weekend before Christmas. Admission to both concerts is free, but a freewill offering of \$10 per attendee, if they are able, will be appreciated.

The performances will be under the direction of Leon Griesbach and will feature the Psalterium Institute Chamber Choir, Boy Choir, and Magnificat Girl Choir. Here is the schedule:

Saturday, December 17 St. John the Baptist Church, 39 Pleasant Street, Brunswick at 6:30 p.m.

Sunday, December 18 Basilica of Saints Peter and Paul, 122 Ash Street, Lewiston at 6:30 p.m.

The Psalterium Institute is dedicated to the mission of training singers to produce beautiful choral music, while also instructing them in the traditions of Catholic sacred music including Gregorian chant, sacred polyphony, and

modern sacred repertoire.

Griesbach, the executive director and founder of the Institute, is the former director of music at the Cathedral of the Immaculate Conception in Portland and former director of liturgical music at the Pontifical North American College in Italy, where he led the seminary's 45-voice choir in liturgies at the seminary and St. Peter's Basilica.

"My experiences in choral music over the last 30 years have all formed me deeply," he said. "Every time I hear a powerful performance, see a brilliant work of art, find myself in an awe-inspiring structure, or in other situations where beauty is apparent, I am most often brought back to moments as a boy chorister, weeping because something is so beautiful it hurts. One of the reasons I founded the Institute was to ignite in each heart a desire that takes them on a lifelong journey punctuated by moments of deeply consoling and satisfying beauty."

For both singers and listeners, in settings both sacred and secular, the In-

stitute serves as a source of education and formation in broader musical education.

"The Institute presents learning and listening opportunities to an array of audiences while training clergy, music directors, cantors, and choristers for the full range of liturgical offerings throughout the Diocese of Portland," said Griesbach.

For more information about the concerts or the Institute, visit www.psalteriuminstitute.org.

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Rotundo

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online at <http://legislature.maine.gov/senate/>.

Of the 35 members of the Maine Senate, there are 22 Democrats and 13 Republicans. Fourteen are

women and 21 are men. There are 13 new members of the Senate: seven have recently served in the House of Representatives, and six have no previous legislative experience. Twenty-two members are

incumbents.

The Legislature will reconvene at the start of the New Year. Learn more about Sen. Rotundo and subscribe to her e-newsletter at www.mainesenate.org.



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