



# TWIN CITY TIMES

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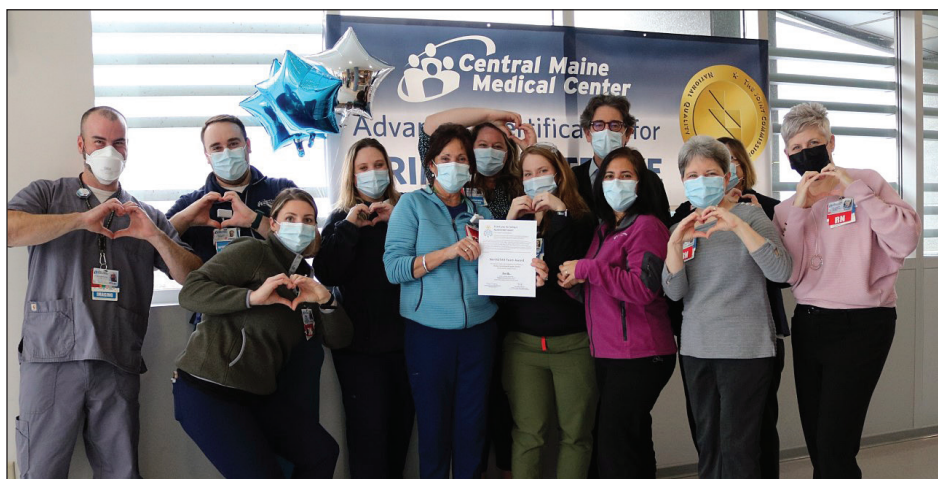
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## CMMC Stroke Team Earns National Certification



Kris Chaisson (far right) with members of the CMMC stroke team celebrating recertification.

**LEWISTON, ME (January 18, 2023)** -- Central Maine Medical Center's stroke team has earned recertification by The Joint Commission, a non-profit organization that accredits U.S. healthcare organizations and programs.

According to the American Heart Association, this certification "is the most demanding and designed for those hospitals that have specific abilities to receive and treat complex stroke cases."

Angela Dubuc, RN, MSN, CPHQ, System Director of Quality Services, said, "At the closing session, the Joint Commission surveyor expressed how positively thrilled she was with our stroke program at

CMMC She described a team that was engaged in performance improvement, excelling in our pre-hospital, ED and ICU care."

At a recent ceremony at CMMC, Kris Chaisson, BSN, MS, RN, CCRN, VP of nursing at Central Maine Healthcare, presented the stroke team with the North-STAR Award for receiving the Primary Stroke Center recertification. "I could not be prouder of this team," Chaisson said. "The hard work that went into earning this certification is a reflection on how committed our stroke team is to our patients. To accomplish during one of the most challenging years of the pandemic is especially impressive."

## The Public Theatre's Father-Daughter Valentine Ball Returns



**LEWISTON, ME (January 19, 2023)** – The Public Theatre's annual *Father-Daughter Valentine Ball* returns in-person, and this year's event is more inclusive than ever to celebrate the diverse families in our community! Treat your child to a festive evening of dressing up and dancing! Children 4-12 years-old are sure to treasure this special time with their loved ones at The Public Theatre's 25th Annual Father-Daughter Valentine Ball.

The *Father-Daughter Valentine Ball* will take place at The Ramada Inn, in Lewiston, on **Saturday, February 11, 2023 from 6:30 to 8:30 pm**. The event will include dancing, raffle baskets (featuring themes for adults and children), a 50/50 raffle, cookies, light refreshments, and an evening's worth of fun and memories! At the Ball you will also have the opportunity to purchase an 8x10 professional photograph to commemorate the special occasion. Orders and payment will be handled at the event.

The *Father-Daughter Valentine*

*Ball* is a wonderful and special community event that brings joy and people together. Tickets are \$45 One Adult with One Child, \$15 for each additional Child, and \$30 for each additional Adult. In past years, *Father-Daughter Valentine Ball* tickets have sold out quickly, so don't wait!

The *Father-Daughter Valentine Ball* will raise much needed funds to bring live professional theatre to Maine, delighting and inspiring audiences with life-affirming contemporary plays. This event also supports The Public Theatre's education and outreach programs. Throughout the pandemic, the Theatre has partnered with schools and libraries across Maine to bring the arts—in the form of FREE in-person or virtual workshops, creative collaborations, specially priced student matinees, and more.

For more information about the event and to purchase tickets, visit thepublictheatre.org. To inquire about sponsorship opportunities please contact the Theatre by phone at 207-782-3200.

## DuBois Realty Group Supports Dempsey Center



began in 2016 and, combined with other philanthropic efforts of the DuBois Realty Group, has totaled over \$120,000 in contributions to local charities and youth programs to date. "All of our team members live, work and play within our service area. We believe we have a responsibility to give back to the communities from which we earn a living and we hope to inspire other local Realtors(R) and businesses to do more of the same," states Brian DuBois, Broker-Owner.

Other local charities include the Auburn-Lewiston YMCA, The Greater Androscoggin Humane Society, Trinity Jubilee Center, and Wounded Heroes of Maine. Marnie reflected, "We are overwhelmed with the success of this program. Our goal was to donate \$10,000 annually and now we've doubled those initial benchmarks in six years through the outpouring of support from our clients and their unwavering loyalty to our business. Truly humbling."

The DuBois Realty Group can be contacted by calling 207-344-3230 or online at [www.duboisrealtygroup.net](http://www.duboisrealtygroup.net) or by stopping by the office located at 243 Mt. Auburn Avenue in Auburn (office park located behind Home Depot).

**AUBURN, ME (January 3, 2022)** -- Marnie DuBois, Broker-Owner of the DuBois Realty Group of Keller Williams Realty, is shown presenting a check to Deneka Deletetsky, of The Dempsey Center. This contribution is part of DRG's Give Where You Live community support campaign where \$100 from each real estate closing is designated to one of five local charity partners as selected by DRG clients. 20 of those clients chose The Dempsey Center in 2022, enabling the DuBois Realty Group to provide \$2,000 in support.

The Give Where You Live program

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# Newsmakers, Names & Faces

## AARP MAINE Accepting Grant Applications

**PORTLAND, ME (January 20, 2023)**—AARP Maine invites local eligible organizations and governments across the country to apply for the 2023 AARP Community Challenge grant program, now through March 15 at 5:00 p.m. Eastern. Grants fund quick-action projects that help communities become more livable in the long-term by improving public spaces, transportation, housing, civic engagement, diversity and inclusion, and more. Now in its seventh year, the program is part of AARP's nationwide Livable Communities initiative, which supports the efforts of cities, towns, neighborhoods and rural areas to become great places to live for all residents, especially those age 50 and older.

"AARP Maine is committed to helping communities across the state become great places to live and thrive for people of all ages with an

emphasis on people age 50 and older," said Noël Bonnam, AARP Maine State Director. "The Community Challenge has proven that quick-action projects can lead to long-lasting improvements enhancing Mainers' quality of life and enabling people of all ages to thrive in the places they call home."

Previous Community Challenge grants have led to impressive results with nearly half of grantees leveraging their projects into additional funding support from private and public sector partners and eight in ten overcoming barriers and advancing change.

In 2023, the AARP Community Challenge is accepting applications across three different grant opportunities, two of which are new this year.

All projects must be consistent with AARP's mission to serve the needs of people 50 and older along with other eligibility criteria. AARP will prioritize



proposals that are inclusive, address disparities, and directly engage volunteers age 50 and older.

New this year, the program will provide capacity-building micro-grants paired with additional resources, such as one-on-one coaching, webinars, cohort learning opportunities and more for improving walkability and starting or expanding a community garden.

Also new this year, the Community Challenge will also offer demonstration grants. A portion will be focused on transportation improvements with funding support provided by Toyota Motor North America. Another portion

of demonstration grants will focus on promoting greater awareness of the benefits of accessory dwelling units as a housing solution

AARP will also offer grants under a flagship opportunity to support projects that improve public places; transportation; housing; diversity, equity and inclusion; digital connections; community health and economic empowerment; and new this year community resilience; and civic engagement.

Since 2017, AARP has awarded more than \$12.7 million to over 1,060 projects – including 42 in Maine – through the

Community Challenge to nonprofit organizations and government entities in all 50 states, the District of Columbia, Puerto Rico and the U.S. Virgin Islands. The program provides direct support to all community types, including rural, suburban and urban communities with a special focus on the needs of those 50 and older.

The Community Challenge is open to eligible nonprofit organizations and government entities. Other types of organizations are considered on a case-by-case basis. Grants can range from several hundred dollars for small, short-term activities to tens of thousands for

larger projects.

The application deadline is 5:00 p.m. Eastern, March 15, 2023. All projects must be completed by November 30, 2023. To submit an application and view past grantees, visit [www.AARP.org/CommunityChallenge](http://www.AARP.org/CommunityChallenge).

AARP Maine works in collaboration with communities across the state, bringing people together, and providing resources and expertise to help make Maine's counties, towns and cities great places to live and thrive for people of all ages. Highlights of successful age-friendly initiatives include the expansion and enhancement of existing transportation options, the development of inclusive public space improvements that address disparities, the improvement and beautification of roadways, sidewalks and crosswalks, encouragement of safe biking and walking, and the development of home maintenance and support services.

## Best-Selling Maine Author Returns From Texas Book Tour

**PORTLAND, ME (January 19, 2023)** – Best-selling author and acclaimed speaker, John Brubaker, has returned from his book tour to South Texas promoting his new children's book, *Roody Kangaroo Moves Forward*. The tour included book signings, speaking engagements and readings at schools in six towns in the southern most portion of the coastal bend area: Riviera, Falfurrias, Driscoll, Bishop, Ricardo, and Sarita Texas.

Brubaker's children's book, *Roody Kangaroo Moves Forward*, is an inspirational story that

teaches children lessons about the importance of resilience and the power of mindset. Brubaker's previous works have earned him multiple literary awards and recognition as a leader in the publishing world.

"It was thrilling to be able to have the opportunity to meet and interact with readers in South Texas. I grew up in a rural town and specifically wanted to share my message with students who are in a similar environment I was as a kid. They need to know their dreams and goals can extend beyond their county line. This was one of the most meaningful experi-

ences of my career. I hope the teachers and students came away as inspired as I did."

Brubaker's book is available exclusively on the website: [www.CUCO-roody.com](http://www.CUCO-roody.com) and he is currently scheduling author visits at schools locally in Maine.

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

## Maine Single-Family Home Sales Ease During 2022

**AUGUSTA, ME (January 20, 2023)**—The real estate market in Maine adjusted during the 2022 sales year due to an increase in mortgage interest rates and a shortage of available homes for sale. Statistics released by Maine Listings indicate a 17.49 percent decrease in single-family existing home sales last year. Home prices, however, continue to rise. The median sales price (MSP) for the year reached \$335,000—up 12.04 percent over 2021. The MSP indicates that half of the homes were sold for more and half sold for less.

"The sales year end-

ed with just over 16,800 homes sold and a median sales price of \$335,000—down 8.5 percent since its peak in June," says Carmen McPhail, 2023 President of the Maine Association of REALTORS® and Associate Broker at family-owned United Country Lifestyle Properties of Maine, with offices in Lincoln, Bangor and Lubec. "Overall, the numbers reflect the impact of mortgage rate increases, the typical fourth-quarter seasonal slowdown and a continued shortage of for-sale housing inventory."

Statistics gathered by Maine Listings for the

month of December 2022 indicate an 8.9 percent MSP increase to \$330,000 compared to December 2021. Sales declined 36.6 percent comparing December 2022 to December 2021.

According to the National Association of Realtors, single-family home sales across the county declined 33.5 percent comparing December 2022 to December 2021, and the MSP rose 2.0 percent to \$372,700. Regionally, December 2022 sales in the Northeast were down 28.8 percent compared to December 2021 and the MSP increased 1.6 percent to \$391,400.



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# Newsmakers, Names & Faces

## Republicans Seek Change at Office of Child & Family Services

**AUGUSTA, ME (January 17, 2023)** – Legislative Republicans unveiled a wide-ranging package of solutions on Tuesday to help address the longstanding issues that have plagued Maine’s Office of Child and Family Services (OCFS) and its Child Protective Services unit.

The options, presented during the Senate Republican’s weekly press briefing, ranged from changing OCFS’s perceived retaliatory and defensive culture and assessing supervisory staff to providing better training and moving accountability, quality assurance and decision appeals functions to a third party such as the Maine Child Welfare Services Ombudsman.

For Sen. Trey Stewart, R-Aroostook, who led the press briefing, some of the recent issues involve reunification efforts by OCFS, including families that shouldn’t have been reunited due to ongoing child safety risks but were and those who remained apart but should be reunited. Still, he said working in a bipartisan fashion is

key to solving the structural issues with OCFS.

“We, as an entire caucus, look forward to working with our colleagues on the other side of the aisle and frankly the Governor’s office to come up with real meaningful solutions that are going to get our number of child fatalities down to zero,” Stewart said during the briefing. “Success is not more money in the budget or an expansion of government here or there. Success is when no more children are dying in the State of Maine that are within the system.”

One of the major reforms Senate Republicans are advocating for is the complete removal of OCFS from DHHS. This would make it a cabinet level department similar to what existed before the merger of several departments in 2004 as part of a government-wide restructuring.

“I think it’s time to separate the [Office] of Child and Family Services from the Department of Health and Human Services and create two different departments that can more easily be over-



Senate Republican Leader Sen. Trey Stewart, R-Aroostook (center), flanked by members of the Senate Republican Caucus, kicks off a press briefing at the Maine State House in Augusta on Tuesday, Jan. 17, 2023. The subject of the weekly briefing was the struggles of the Maine Office of Child and Family Services and proposed legislation to help address the issues. (Mike Fern/Senate Republican Office)

seen” said Sen. Jeff Timberlake, R-Androscoggin. “We need to do everything we can to make sure that we do not lose another child here in the State of Maine.”

Timberlake, a member of the Legislature’s Government Oversight Committee (GOC), and other lawmakers presented ideas around three policy areas: OCFS operational improvement, oversight and accountability, and ultimately restructuring into a separate agency. The effort comes on the heels of GOC’s investigation of OCFS after four children

who had some sort of child protective history with OCFS died within months of each other in 2021.

That inquiry led to a report completed last March by the Legislature’s Office of Program Evaluation and Government Accountability that was critical of the operations within OCFS. A subsequent report issued by Maine’s Child Welfare Services Ombudsman earlier this month showed the situation has worsened.

“We have had report after report come out and show that Child Protective [Services] really has not

made any recognizable improvements as can be measured by outcomes,” Sen. Lisa Keim, R-Oxford, said during the press briefing. “So children in Maine are not being kept safe. Children – our children – are dying.”

Sen. Marianne Moore, R-Washington, the Senate Republican Lead for the Legislature’s Health and Human Services Committee, outlined a host of issues within OCFS that were identified last year and still have not been resolved.

“One of our priorities and has continued to be our priorities is that we want to see operational improvement,” Moore said, referring to more caseworker access to medical information and expanded training for both caseworkers and supervisors. “We’re sending these young caseworkers out there to do a job where they’re just out of college. They may not have the experience and we really do need to have that.”

Sen. Rick Bennett, who is also a member of GOC as well as the Senate Republican Lead for

the Appropriations and Financial Affairs Committee (AFA), said Senate Republicans are looking for bipartisan solutions and child welfare is one area where there should be no partisanship whatsoever.

“It is a tough, tough area of policymaking; and I think at its essence we need better accountability,” said Bennett. “We need to fix the lines of accountability in [DHHS]. We’ve got lots of ideas on how to do that and I stand ready to work with people across the aisle and the Administration to fix this broken system.”

Bennett added he’ll ensure there will be available funding to aid the process through his role on AFA. However, he clarified that the funds must be spent wisely to solve the problems instead of just throwing more money at them and it should be done by working across the aisle.

“I prefer to do everything in a bipartisan fashion – there’s far too much partisanship in this building,” Bennett said. “On this issue, there should be absolutely none.”

## Phil House Marks 35 Years as Organist at Auburn UU



An anniversary bouquet adorns the piano beside Choir Director Pam Weeks, Organist Phil House and Rev. Jodi Hayashida at the First Universalist Church of Auburn.

**AUBURN, ME (January 17, 2023)** – On Sunday, January 8, the First Universalist Church of Auburn celebrated 35 years with organist Phil House, known for his stride technique and stirring spiritual style.

House been the church’s organist since 1988. He has made Auburn UU his home because of the congregation’s mutual respect and compassion for each, and “our mission of embracing each other’s search for spiritual devel-

opment.”

House’s inspiring musical ministry remains true to aphorism: “When words fail, music speaks.” Congregation

members marvel that he always prepares exactly the right piece of music to suit any situation.

House was invited to give an organ concert at St. Stephen’s Cathedral in Vienna, Austria, in 1998, but he is more often found playing at Poland Spring Inn or local nursing homes. “When I see smiles, tears and foot-tapping from someone who previously showed no emotion at all,” says Phil, “that is spiritual to me. I have reached down into that person’s soul for that moment.”

A career in music House boasts a 45-year career in music. He first began playing piano by ear at age 5. Without formal study music, he played at the Bryant

Pond Baptist Church at age 12. House became organist of the Deering Memorial United Methodist Church in South Paris at age 16, as well as the Norway United Methodist Church. Phil attended Westminster Choir College in Princeton, N.J. for just one year, but found it too formal. He was hired to play at Auburn UU in 1970 by Vesta Orr, long time organist when she was giving up the position.

Moving to Nashville in 1972, Phil played piano professionally for 13 years as organist at St. John’s United Methodist Church in Nashville and at St. Thomas Hospital Chapel. Phil well understood the role music plays in spirituality. The minister would often tell the

congregation. “I could easily dismiss all of you now because we have just heard the sermon from the organ.”

Returning to Maine in 1986, he started searching for a church to play for. House met Auburn UU organist Jonathan Whitmore while playing at Graziano’s Restaurant in Lisbon. Whitmore referred him to Judy Webber, choir director at that time. Vesta Orr told Webber, “I don’t care how much he charges- HIRE HIM.”

House’s music can be heard nearly every Sunday during 10 a.m. worship service at the First Universalist Church of Auburn, located at 169 Pleasant Street. Parking: accessible. FMI 783-0461 or [www.auburnuu.org](http://www.auburnuu.org).

### TWIN CITY TIMES

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# Seniors Not Acting Their Age

## Challenging Conditions on Doublehead Mountain



Hikers pass washed out areas climbing Doublehead Mountain



Scenic ledges near the summit of South Doublehead provide panoramic views of surrounding mountains



Mountain Pond and the hills of western Maine can be seen from an overlook on North Doublehead

**By Ron Chase**

Situated south of the Carter Mountain Range, Doublehead Mountain is a twin-peaked prominence in Jackson, New Hampshire. Three hiking trails on Doublehead lead to the summits of North and South Doublehead and offer opportunities for loop and out-and-back hikes. Scenic ledges near the summits provide panoramic views of the taller surrounding mountains and the valleys below.

When our retired friends, Laurie Wunder and Tom Meredith, invited us to join them for a climb of Doublehead, my wife, Nancy, and I readily agreed. A special occasion of sorts, it would be our

first mountain hike of 2023 on the second day of the year.

The four of us met at the Doublehead Mountain Trailhead parking area on Dundee Road on a partly sunny, seasonably warm, breezy morning. When Nancy and I arrived, Tom and Laurie were inspecting trail conditions. Early winter snowstorms, followed by rainy weather, have made predicting trail conditions difficult, particularly at higher elevations. Tom noted that the trail surface at the trailhead was hard-packed snow and they planned to use stabilicers for traction. Nancy and I opted to wear micro spikes. After some discussion, we decided to forego carrying

snowshoes based on the assumption that frequent trail usage would result in packed trails throughout the trek.

Two of the three Doublehead Trails, Doublehead Ski Trail and Old Path, can be accessed from the parking area. The third, New Path, is located about a half-mile farther up Dundee Road but lacks parking.

Initially, we hiked gradually uphill on the wide snow-covered Doublehead Ski Trail in a mixed hardwood and conifer forest. As the gradient increased, scattered wet, washed out areas resulting from recent rains complicated and slowed progress.

After six-tenths of

a mile, we arrived at the junction for Old Path on the right. A decision was needed whether to continue up the Ski Trail to North Doublehead or follow Old Path to the col between the two peaks. We opted to climb the steeper Old Path and possibly descend the more gradual Ski Trail. A final determination on that choice or returning over South Doublehead via New Path was postponed.

Bearing right on Old Path, the trail narrowed and steepened while we continued to grapple with some wet sections. Entering a predominantly conifer forest in deeper snow, the path angled left. We traversed along the west facing slope for a short distance before turning abruptly right and climbing precipitously to the col and the junction with New Path.

Our arrival at the trail junction required more decision-making. The descent on New Path from South Doublehead is even steeper than Old Path and requires walking back to the parking area on Dundee Road. We found that option unappealing and decided on a brief hike to the summit of South Doublehead followed by a return to Old Path for a climb of North Doublehead.

The short jaunt to the summit of South Doublehead was quickly accomplished. Views from ledges just below the summit are phenomenal. Donning parkas for protection from harsh winds, we savored marvelous panoramic vistas of the Carrigan-Hancock region, and the Wildcat and Carter Ranges. Alas, Mount Washington and the Southern Presidentials were enveloped in clouds and hidden from view.

Returning to Old Path, we began the ascent of North Doublehead. The three-tenths mile route required negotiating through some drifted snow before scrambling up icy precipitous ledges. Our micro spikes and stabilicers provided much needed traction on the ice.

Doublehead Cabin, built by the Civilian Conservation Corps in the 1930s, marks the summit of 3,053 foot North Doublehead. Overnight reservations can be made through the U.S. Forest Service. On the opposite side of the cabin is an exceptional viewpoint facing east.

Sheltered from the northwest winds, we relaxed at the top of the overlook for an overdue lunch.

Views of Mountain Pond and the hills of western Maine were a visual delight during our repast. Leftover holiday chocolates were a popular menu item.

Snow conditions while descending the Ski Trail varied. We proceeded easily down sections compressed by sleds used for hauling gear to and from the cabin. In a few areas, badly-rutted snow-pack made travel challenging. Snowshoes would have been helpful in those sectors.

We hadn't seen any other hikers all day until we started descending where we met several climbers including a couple who had reservations at the cabin. I admit pangs of envy.

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](http://www.northcountrypress.com/maine-al-fresco) or in bookstores and through online retailers. His previous books are "The Great Mars Hill Bank Robbery" and "Mountains for Mortals - New England." Visit his website at [www.ronchase-outdoors.com](http://www.ronchase-outdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net)

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# Remaining \$850 Inflation Relief Checks Have Been Mailed

**AUGUSTA, ME (January 18, 2023)** — The Maine Department of Administrative and Financial Services (DAFS) announced today that all remaining \$850 inflation relief checks have been sent out to waiting Maine taxpayers, thanks to the additional funding provided through the Governor’s Emergency Winter Energy Relief Plan.

The remaining 10,200 inflation relief checks, which had been awaiting the additional funding,

were sent out via US Postal Service today. Qualifying recipients for the inflation checks needed to file their 2021 Maine tax return by October 31, 2022. Those payments that remained resulted from tax returns filed near the deadline.

The original estimate of 858,000 responders assumed a 4 percent increase of tax filers but, as a result of broad encouragement and advertising over the summer, the actual increase was nearly 12 percent for a total of nearly

876,000 recipients. This unanticipated response underscored the program’s success reaching Maine residents who are most at risk; largely those not required to file a return.

In response, Governor Mills transferred an immediate \$8 million in available funding for the program in November 2022 and included an additional \$11.5 million in her proposed Emergency Winter Energy Relief Plan, which the Governor signed into law on January

4, 2023.

“We are pleased to be able to complete this nation-leading inflation relief program and get money into the hands of Maine people who need it,” said Kirsten Figueroa, Commissioner of the Department of Administrative and Financial Services. “With the completion of this program, our office is now shifting gears to process the recently approved energy relief payments, with the goal of beginning to send those out by the

end of this month.”

Maine people who have filed and have not received their inflation relief checks can check the status of their relief check on the Department of Administrative and Financial Services website at <https://portal.maine.gov/refundstatus/payment>.

The inflation relief payments, which began in the spring of 2022, returned more than \$747 million of the state’s surplus to eligible Maine people. The Emergency Winter Energy

Relief Plan will add another \$398 million from the state’s surplus through additional \$450 energy relief checks to help Maine people and their families stay warm, safe and secure this winter amid record high energy prices.

The Department today also announced the launch of a new FAQ website to help Maine people with the forthcoming Winter Energy Relief Payments. The website can be viewed at: [www.maine.gov/energyrelief](http://www.maine.gov/energyrelief)

# Report: High Levels of Radon Gas Detected in 37% of Maine Homes

**AUGUSTA, ME (January 4, 2023)** – Radon is the second leading cause of lung cancer and the “State of Lung Cancer” report reveals that it is detected at high levels in about 37% of homes in Maine. During January for Radon Action Month, the American Lung Association in Maine is urging everyone to test their home for radon.

Radon is a naturally occurring radioactive gas

emitted from the ground. Radon can enter a home through cracks in floors, basement walls, foundations and other openings. Exposure to radon is the second leading cause of lung cancer in the United States and is the leading cause of lung cancer in people who have never smoked.

Here in Maine, about 37% of radon test results equal or exceed the En-

vironmental Protection Agency (EPA) action level of 4 pCi/L, according to the Lung Association’s “State of Lung Cancer” report.

“Radon is responsible for an estimated 21,000 lung cancer deaths every year and is the leading cause of lung cancer in people who have never smoked. Since radon is odorless, tasteless and colorless, the only way to detect radon in your home is

to test the air. This is why it is critical for everyone to test their home,” said Lance Boucher, Director of Advocacy for the Lung Association. “Radon Action Month is the perfect time to learn more about this dangerous gas and take action to protect yourself and your loved ones.”

Do-it-yourself radon test kits are simple to use and inexpensive. EPA urges anyone with radon levels at

or above 4 picoCuries per liter (pCi/L) to take action to install a mitigation system in their homes. Both the EPA and the American Lung Association recommend that mitigation be considered if levels are greater than 2 pCi/L. After high levels are detected, a radon mitigation system should be installed by a radon professional.

A typical radon mitigation system consists of a

vent pipe, fan, and properly sealing cracks and other openings. This system collects radon gas from underneath the foundation and vents it to the outside of your home. If you need to have a radon mitigation system installed, contact your state radon program for a list of certified radon mitigation professionals.

Learn more about radon testing and mitigation at [www.Lung.org/Radon](http://www.Lung.org/Radon).

# Warden Service Urges Caution Before Venturing Onto Ice

**AUGUSTA, ME (January 13, 2023)** – Ice conditions vary across the state, and the Maine Warden Service is urging everyone to check the ice before heading out onto any of Maine’s lakes, ponds and rivers.

“Ice conditions on many of Maine’s larger lakes are still unsafe, and even though smaller ponds may have ice, we are urging everyone to check the ice before heading out,” said Maine Warden Service Colonel Dan Scott.

Today’s warmer weather and rain throughout much of the state, coupled with the warmer than usual early winter, has left many lakes with open water, and other lakes and ponds with varying ice conditions.

“There are waters with areas of safe ice, but ice conditions can vary even on the same body of water, so best practice is to bring along an ice chisel or some means of testing the depth of the ice and check it frequently as you walk to your location,” said Colonel Scott.

For more information on ice safety, and a short video showcasing how to safely check the thickness of the ice, please visit [mefishwildlife.com/icesafety](http://mefishwildlife.com/icesafety).

“Use extreme caution especially if you plan to bring a snowmobile or ATV onto the ice. Not only does the added weight of the machine require thicker ice, but your increased speed causes you to move from safe to unsafe ice much more rapidly,” said



Colonel Scott.

If you are considering going out onto the ice, the Maine Warden Service offers these tips to stay safe on the ice:

Never guess the thickness of the ice - Check it! Check the ice in several different places using an auger or some other means to make a test hole and determine the thickness. Make several, beginning at the shore, and continuing

as you go out.

Check the ice with a partner, so if something does happen, someone is there to help you. If you are doing it alone, wear a lifejacket.

If ice at the shoreline is cracked or squishy, stay off! Watch out for thin, clear or honeycombed ice. Dark snow and dark ice are other signs of weak spots.

Avoid areas with currents, around bridges and pressure ridges. Wind and currents can break ice. Areas around Inlets and outlets always have thinner ice.

Parents should alert children of unsafe ice in their area, and make sure that they stay off areas with unsafe ice.

If you break through

the ice, remember: Don’t panic; Don’t try to climb out immediately - you will probably break the ice again. Reach for solid ice; Lay both arms on the unbroken ice and kick hard. This will help lift your body onto the ice. Once on the ice, roll, DON’T WALK, to safety; To help someone who has fallen through the ice, lie down flat and reach with

a branch, plank or rope or form a human chain. Don’t stand. After securing the victim, wiggle backwards to the solid ice.

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## Final Performances of “It’s Only A Play” this Weekend at CLT



**AUBURN, ME (January 20, 2023)** – The Terrence McNally comedy “It’s Only A Play” continues this weekend at Community Little Theatre (CLT) in Auburn. An irreverent backstage farce about the comedy of Broadway is alternately raucous, ridiculous, and tender. Pictured here left to right are cast members Roger Philippon, Sophie Claire, Brian Pfohl, John Blanchette, Jennifer Groover, Ben Simpson, and Sarah Duncan. Performances will be at 7:30 p.m., Thursday through Saturday, January 26, 27 and 28; and the final performance at 2:00 p.m. on Sunday January 29. Call 207-783-0958 or visit [LACT.com](http://LACT.com) for tickets and information.

Send all items for  
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# Hebert Construction Celebrates 80 Years in Business

**LEWISTON, ME (January 17, 2023)** – Hebert Construction, a family-owned commercial construction contractor, is proud to celebrate its 80th anniversary. As a new generation takes the helm, the company remains focused on the values and expertise that got them here, while keeping the door open for fresh perspectives.

Hebert Construction started as a small carpentry company based in Lewiston, and over the years evolved into a multi-generational, family-run staple of Maine. Ed Hebert, an independent home carpenter,

launched the business in 1943. Twenty years later, both of Ed's sons, Richard and Dan Hebert, became part of the team. Today, the company remains in the family with Richard's son Michael Hebert as owner/President, Dan's son Tim Hebert as owner/CEO, and Simon Hebert, Michael's son and the fourth generation, now COO.

Hebert Construction is an industry leader in the planning and execution of collaborative, sustainable, and community-forward construction projects. Over the past year in an incredibly competitive job mar-

ket, Hebert added 14 new employees to its team, while also promoting top talent within the current team. As Hebert enters its 80th year, the entire team is united behind building uncompromised value in the communities where they live.

In 2023, Hebert Construction will take on a variety of projects, including restoring Lewiston's Picker House, a 72-unit housing project at the site of the former Continental Mill. The city of Lewiston also looks forward to Hebert's commitment to developing Avesta Housing's Wedge-



wood Block project within the Tree Street neighborhood. The block development includes construction

of eight new multi-family structures and the historical restoration of the existing structure at 111 Pine St.

For more information, please contact us at [leads@hebertconstruction.com](mailto:leads@hebertconstruction.com).

# Robert Wozniak Named New Chief Financial Officer



**LEWISTON, ME (January 19, 2023)** -- Geiger, the world's largest privately held and family-owned promotional products distributor, has promoted Robert Wozniak to the position

of chief financial officer.

Wozniak's promotion is concurrent with the retirement of former CFO Bob Blaisdell, who will join Geiger's Board of Directors.

"Rob's insightful perspective and diverse experience in corporate finance and mergers and acquisitions will position Geiger for long-term growth on a global scale," said Geiger President & CEO Jo-an Lantz.

Wozniak joined Geiger in 2021 and previously held the multifaceted role of vice president

of finance, M&A and FP&A, a role that included deal pipeline creation, advancing Geiger's international footprint through acquisitions, and working with the leadership team on long-range financial planning and analysis.

During his tenure as vice president, Wozniak oversaw four major acquisitions. The most recent of which was announced last week as Geiger acquired Seattle-based promotional products company Incentives by Design.

"Our business has been on a path of tremen-

dous growth, and with significant investments in people, technology, and sustainability, we are well-positioned for an even stronger future," said Wozniak. "I'm thrilled to step into this new role at such an exciting time for Geiger and am confident our team will continue to build on Geiger's industry-leading position." Advertising Specialty Institute ranked Geiger No. 9 of the top distributors in 2022, citing an 18% reported annual growth in revenue.

Before joining Gei-

ger, Wozniak was the senior manager of the investment analysis team at Ahold Delhaize, one of the world's largest food retail groups, where he focused on large-scale investments and strategic projects for U.S. businesses including Hannaford, Food Lion, Stop & Shop, and Giant. Prior to Ahold Delhaize, he was a senior associate at an investment firm, Audax Group.

Wozniak earned a bachelor's degree in business administration from Boston University. He currently resides in Port-

land with his wife and daughter.

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# Lost Valley Hosting Dunkin' Winter Warrior Tour

AUBURN, ME (January 19, 2023) – Lost Valley will host the Dunkin' Winter Warrior Tour on Friday, Jan. 27 during the ski area's Winterfest event.

The Winter Warrior mobile tour will bring a Dunkin' sampling truck to Lost Valley to hand out

free iced coffee samples and Brownie Batter Donuts at an outdoor ice bar. Lost Valley Brew Pub staff will create a Dunkin' Iced Coffee cocktail with \$1 from the sale of each drink on Jan. 27 going to Central Maine Adaptive Sports.

Skiers who show their Dunkin' Rewards mem-

bership on Jan. 27 can get 15% off their Lost Valley lift ticket price for that day. The Dunkin' tour team will have giveaways of Dunkin' swag, hand out \$5 Dunkin' cards, and will have an inflatable curling rink open to the public. Dunkin' will sponsor fireworks on the mountain at 9:00 PM after



Dunkin' curling rink. Credit: Lost Valley

a torchlight skiing parade. Lost Valley opens at 3:00 PM on Jan. 27.

The Dunkin' Winter Warrior tour is making

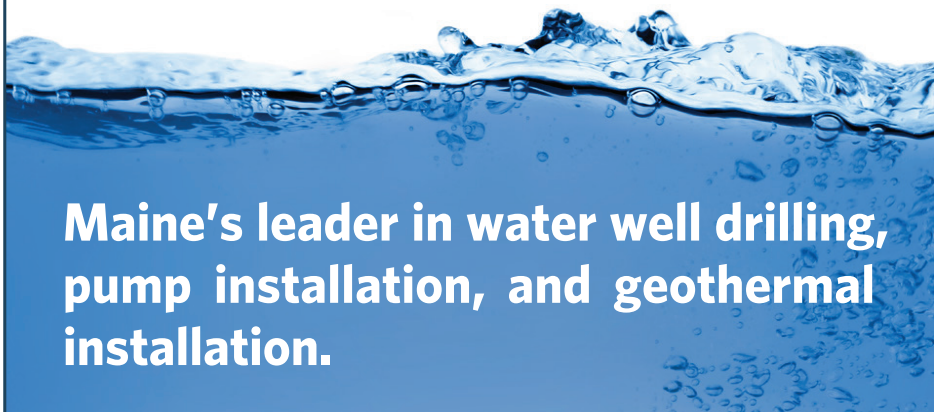
stops throughout Maine to connect with Dunkin' fans who take on winter, and the rest of the year, with their favorite Dunkin' iced cof-

fee. Dunkin' will be surprising true winter warriors with Dunkin' winter gear, ice scrapers, and Dunkin' hot cards across Maine.

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# Sen. Collins Visits Auburn Police Activities League (PAL) Center



**AUBURN, ME (January 6, 2023)** – U.S. Senator Susan Collins visited the Auburn Police Activities League (PAL) Center to receive a tour of the facility and discuss a \$3 million grant she secured to build a new, larger facility. Auburn Mayor Jason Levesque, Chief of Police & PAL President Jason Moen, and other local officials joined Senator Collins at the center.

As a leader of the Housing and Urban Development Appropriations Subcommittee, Senator Collins secured this funding in the Fiscal Year 2023 Housing and Urban Development appropriations bill that was signed into law last week. Senator Collins is the incoming Vice Chairman of the Senate Appropriations Committee.

“Thanks to the vision of the Auburn Police Department and city leaders, the Auburn Police Activities League (PAL) Center has been building brighter futures by providing children with a safe, structured environment to play and learn after school; receive food, clothes, and school supplies; and build relationships with law enforcement officers who protect the local community,” said Senator Collins. “This \$3 million grant will allow the Auburn PAL Center to build a larger facility that will offer expanded services for the community. I enjoyed speaking with local leaders about how transformational this funding bill be.”

“This visit displays Senator Collins dedication to improving the lives of Mainers through impactful collaboration between federal and municipal organizations,” said Auburn Mayor Jason Levesque. “There is no better way to understand how this project will be an essential piece of eliminating generational poverty throughout this expansive neighborhood than by being here, talking with residents staff and our youth.”

“I appreciate that Senator Collins recognizes the positive impact that our PAL program has on the kids that we serve,” said Auburn Police Chief Jason Moen. “This funding will be critical to the continued success of our PAL program for years to come.”

“Auburn is deeply grateful that Senator Collins saw this opportunity

to change the lives of our young people by creating a safe and caring space in the new PAL Center,” said Auburn City Manager Phil Crowell. “This new facility will impact the lives of hundreds of families every day. Many of our PAL kids’ parents are part of Auburn’s workforce, and they need a safe place for their children to spend time after school. The PAL Center has been providing that for over nine years and will now be able to serve many more children in the years to come.”

The PAL Center provides educational programs (learning about



oral health care, music lessons, arts and crafts, etc.) and athletic activities for children after school and during the summer as well as positive interaction with police officers. In addition, student volunteers from Central Maine Community Colleges Law Enforcement Program engage in mentorships with children at the center. Additionally, the PAL Center offers free breakfast and lunch each morning (in

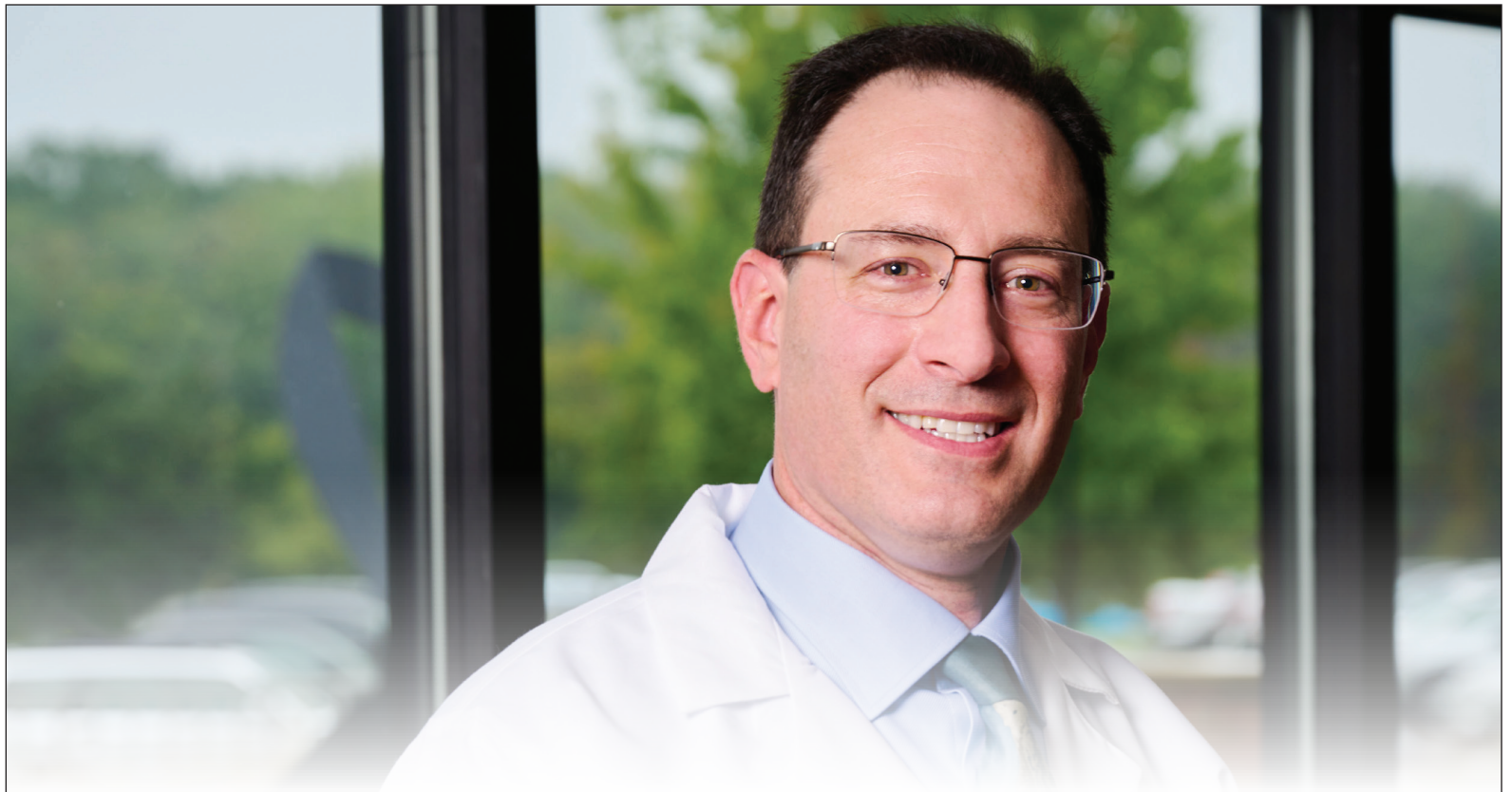
partnership with the Auburn School Department) during the summer. They also have a community garden that is planted and nurtured by the children at the PAL Center and the Master Gardeners of the University of Maine Cooperative Extension. This year alone, the PAL Center worked in partnership with local groups to provide Thanksgiving meals to 95 people and Christmas presents and stockings to over



200 children.

The \$3 million grant will be used to support the construction of a new Auburn PAL Community Center at 24 Chestnut Street, which will become the hub for mentored/supervised after-school and summer activities. The

current building has far exceeded its total capacity to offer programming. The larger building will support an early childhood education and child care program, a health center, a teen center, a gym, and a commercial kitchen and food pantry.



## New England Cancer Specialists welcomes Dr. Dan Rausch.

A Board-certified oncologist and hematologist who grew up and currently resides in Auburn, Dr. Rausch is the newest member of New England Cancer Specialists. He will work out of the practice’s Scarborough office, where he is currently accepting new patients.

Dr. Rausch joins the largest medical oncology group north of Boston, which includes 13 other physicians—10 in Scarborough and Topsham—and 23 advanced practice providers. A graduate of Haverford College and Tufts University School of Medicine, he completed his residency at the Lahey Clinic in Burlington, MA, as well as a Fellowship at St. Elizabeth’s Medical Center in Brighton, MA.

### Physician Referrals and Initial Appointments

NECS makes it a priority to see new patients as soon as possible. Physicians can make referrals and patients may request initial appointments by either calling NECS at **(207) 303-3300**, or by visiting us online at [NewEnglandCancerSpecialists.org](http://NewEnglandCancerSpecialists.org).



Dr. Rausch with his family at the Dempsey Challenge



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# New Law to Help Military Families Save for Retirement

WASHINGTON, D.C. (January 20, 2023) – U.S. Senator Susan Collins (R-ME), announced that the Military Spouses Retirement Security Act that she co-authored with Senators Maggie Hassan (D-NH), James Lankford (R-OK), and Michael Bennet (D-CO) was signed into law as part of the government funding package. Their bipartisan legislation will help spouses of active-duty service members save for retirement by expanding access to employer-sponsored



retirement plans. Many American households struggle to save for their golden years. Spouses of active-duty service members, however, face an additional hurdle to saving for retirement. According to the Department of Defense, about one-third of military service members experience a permanent change of station move

every year. When service members move, their spouses often relocate with them, putting their own careers on hold. “Like many Americans, spouses of active-duty service members often face challenges when it comes to saving for retirement. Military spouses also face one hurdle that many others do not: frequent moves

and changes in employment,” said Senator Collins. “By encouraging small employers to provide military spouses with accelerated access to retirement plans, employer contributions, and vesting, our bipartisan legislation will help to strengthen the financial security of these unsung heroes of our country’s national defense.” Under the Military

Spouses Retirement Security Act: Small employers – with 100 employees or fewer – who offer defined contribution plans will be eligible for a tax credit of up to \$500 per year per military spouse. The credit will be available for three years per military spouse. The amount of the credit will be equal to \$200 per military spouse plus 100 percent of all employer contributions for that spouse, up to \$300.

To receive the credit, small employers must meet the following criteria:  
 o Make a military spouse immediately eligible for retirement plan participation within two months of hire, and  
 o Upon plan eligibility, a military spouse must be eligible for any matching or non-elective contribution available to a similarly situated employee with at least two years of service, and must be 100 percent immediately vested in all employer contributions.

## LPL Program Gives Tips to Save Money on Home Energy Bills

LEWISTON, ME (January 5, 2023) -- The Lewiston Public Library will host the program “Saving Money on Home Energy Bills” on Wednesday, February 1, 2023 from 5 to 6:30pm in The Jeanne Couture Room. This event is free and open to the public. With rising costs in heating and electricity it’s hard to know the best ways to save energy in the home and stay comfortable in the winter and the summer! Come learn more about what you can do to

save money in your home and be more comfortable year-round, and bring your questions about what options make the most sense and will save the most money! We’ll also go over the rebates available for Maine homeowners and what additional federal funding will be coming with the recently-passed Inflation Reduction Act. Colin McCullough is a BPI-certified Home Energy Auditor who has worked for several state energy efficiency programs for 12 years, advis-

ing homeowners on the most efficient options for a more affordable, comfortable and safe home. He is currently renovating his 110-year-old home in Farmingdale to achieve Net-Zero Energy status. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street and Lisbon Street. More information on Wednesday’s event is available by contacting the Lewiston Public Library at 513-3135 or [LPLReference@lewis-tonmaine.gov](mailto:LPLReference@lewis-tonmaine.gov).

## Romance Fraud Talk Just in Time for Valentine’s Day

LEWISTON, ME (January 20, 2023) -- Lewiston/Auburn Senior College is excited to invite Grace McCarthy back for the third in a trio of presentations from AARP’s Fraud Watch Network. As a former police officer who was selected to attend the FBI National Academy, she developed her fraud-fighter skills early in her adult life. Grace moved to Maine with her husband and soon began a career with L.L.Bean in Security. She retired after 23 years as a senior analyst having spent the majority of her time investigating internal/external fraud. Currently she is a member of the Bowdoinham Com-

mittee on Aging, a volunteer for People Plus in Brunswick, and a frequent presenter for AARP’s Fraud Watch Network. In November, Grace gave us some important information on the most popular schemes, but this time she will focus on a topic that is prevalent all year but especially timely on Valentine’s Day: Romance Fraud. Grace will speak with

those who wish to attend in person in room 170 at USM Lewiston/Auburn on Westminster Street in Lewiston. For those who prefer Zoom, we will be putting out a link to sign in from home. The presentation will be Tuesday February 14, beginning at 11:00 AM and will last from 1-2 hours depending on questions and discussion. To attend please email: [laseniorcollege@gmail.com](mailto:laseniorcollege@gmail.com) by Feb. 13 at noon. If you wish to be part of the Zoom audience please make sure to give your name and the program you wish to attend. You will receive a link the morning of the 14th.



## Gift will put 56 More Nurses to Work Caring for Maine Patients

PORTLAND, ME (January 19, 2023) – During her mother’s final days, Cindy Morris saw first-hand what it’s like when there aren’t enough nurses to care for those who need them. Morris’ mother, Helen, needed nursing care at her home in California, but finding such care proved difficult. Equally frustrating, Morris learned that among the home care aides supporting her mother, three of four wanted to train to be nurse, but were stuck waiting for a spot in an accredited program. “It can have such an impact on a family to have a good nurse available when they are needed to care for a loved one,” says Morris. That experience, along with the fact that Morris’ mother was herself a nurse, led her and her husband, Cuyler Morris to join with Cindy’s father, Paul

Baszucki, to make an impactful gift in the name of nurse education in the Morris’ home state of Maine. The family has pledged \$300,000 to MaineHealth for the purpose of funding additional faculty so that 16 more nurses per semester can receive training through the Maine Community College System and MaineHealth through 2025. All told, the gift will make it possible to train an additional 56 nurses through the fall semester of 2025. “This comes at a critical time for our health system and the entire health care industry,” says Sharon Baughman, DNP, RN, chief nursing officer of MaineHealth. “The data is clear that we don’t have enough nurses to provide the care that is needed, and the problem is only going to get worse as our population ages.” The gift follows a

recent \$2.5 million state investment – matched by MaineHealth and Northern Light Health – that doubles the capacity of nursing programs at Maine’s community colleges across the state, increasing the number of graduates to about 480 people a year. “We are very grateful for this generous gift and will immediately put it to good use in our expanded nursing programs. Demand for nursing education is at an all-time high in Maine,” says David Daigler, president of the Maine Community College System. “This will make a real difference in the lives of our students and the people they go on to care for.” “We just think this is so important,” says Cindy Morris. “Nurses are the main caregivers when people get sick, and our population is getting older. The need is only going to grow.”

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# Applications Open for Free, In-Person Entrepreneurship Training

**BRUNSWICK, ME (January 19, 2023)**—New Ventures Maine (NVME) has an open call for Venturing Forth: Business Planning for Entrepreneurs, a tuition-free, comprehensive course starting March 20, 2023. The course will be offered in person at the University of Maine Augusta, Brunswick Center with additional weekly lunchtime Zoom meetings for networking, topic lectures and

professional development sessions. For new entrepreneurs or existing business owners, Venturing Forth helps participants create a written business plan from start to finish with feedback from facilitators and fellow entrepreneurs. The 60-hour course covers topics including the customer, competition, marketing, recordkeeping, taxes, financing, legal aspects, and more. In-class

activities, guest speakers, and homework assignments lead to the completed business plan and road map for success. This course also includes three follow-up networking sessions. The Venturing Forth class will meet in person on Mondays from 9:30 a.m. to 2:30 p.m. at the UMA Brunswick Center (12 Sewall Street, Brunswick Landing) and on Zoom on Wednesdays from 12:00 –

1:00 p.m., March 20 through June 12. Individuals complete an online application and attend an orientation and individual interview to participate in the class. Applications are due by noon on Friday, March 10, 2023 and are accessible online. Class size is limited. "This is an intensive class for business owners to engage with not only the content so they can success-

fully write their business plan and launch their business, but also participate in a supportive environment in which students feel connected and supported by one another," said NVME Small Business Advisor, Jenn Dobransky. "The Venturing Forth learning experience is unique and transformative and I look forward to welcoming the next round of students into the classroom." Anyone with a busi-

ness idea or current business is welcome to apply. The in-depth course also qualifies for three pass/fail credits from the University of Maine at Augusta upon approval of a completed business plan. To learn more, contact Small Business Advisor Jenn Dobransky at New Ventures Maine (jenn.dobransky@maine.edu) or visit the New Ventures Maine website.

## Lewiston Welcomes 70,000 Square Foot Expansion of F.W. Webb



**LEWISTON, ME (January 20, 2023)** – The City of Lewiston welcomes the expansion of F.W. Webb's new warehouse and showroom, 9 Lexington Street, Lewiston. The 70,000 square foot project is anticipated to be completed by early fall.

"This location will be the largest F.W. Webb building in the central part of the State. It is very close to (I)95, will provide easy access to our customer base, and allow us to support some of the smaller locations in our area," said Viel. "It is also approximately a fourth of a mile from our current location, which will make the transition to the new building much easier. We plan to expand our staff and product offering to better support the contractors in our area. On the retail side, we will have a 6,000 square-foot Frank Webb Home Center, nearly double the size of the one in our cur-

rent building. This will encompass the latest designs in bath, kitchen, and lighting products." "Expansions like this one are a reminder of the ongoing growth, development, and opportunities that are alive and well right here in Lewiston. I am also pleased to hear that the expansion will lead to additional staff offerings. We are proud to be home base for F.W. Webb and look forward to the expansion opening," said Mayor Carl L. Sheline. "The fact that F.W. Webb wanted to remain here and expand here speaks extremely well of Lewiston's business environment."

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

**Wednesdays, January 11-February 15**  
**LEWISTON** -- The Lewiston Public Library will be hosting a 6 week yoga series for teens beginning in January 2023. Classes will be held at the library on Wednesdays

# Calendar

Send your submissions to the Editor. More online.

from 3:30-4:30pm from floor IDEA Lab on alternating weeks. For more information

contact the Adult & Teen Services department at 513-3135 or [lpreference@lewistonmaine.gov](mailto:lpreference@lewistonmaine.gov).

**January 26**

**LEWISTON** -- Estate Planning, Date: Thursday, January 26, Time: 3:30-4:30 p.m. Presenter: Attorney Martha McLean, of McLean Law, Location: Education Center, 8 Falcon Road, Lewiston

Topics include MaineCare planning, including protecting assets while qualifying for MaineCare, asset and income limitations, excluded assets, transfer penalties, and estate recovery. The Estate Planning segment of the presentation will include understanding how assets

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pass at death, probate and non-probate transfers, an explanation of wills and powers of attorney for healthcare and finances, the role of personal representatives, agents and trustees, and trust-based planning.

Classes are free, unless noted. SeniorsPlus is fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call us at 207-795-4010 or visit [seniorsplus.org](http://seniorsplus.org).

**Safe Voices' 2023 GROWN-UP BOOK FAIR**

TICKETS:

Thurs., Feb. 16th | 5 to 8pm

**Hilton Garden Inn Riverwatch, Auburn**

**WITH BOOKS FROM:**

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**DDG, Farmington**  
Devaney, Doak & Garrett has been serving the town of Farmington and the students of UMF since 1991. Come check out their great selections & recommendations.

**Lynn Steger Strong** will be signing and selling copies of her third novel, *Flight*, named a Most Anticipated Book by *New York Times*, *Vanity Fair*, *Vogue*, *LA Times* and more:

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**2BirdsPencil** (also known as Allison) creates hand drawn, irreverent stickers & paper goods, including the book fair classics you're looking for.

**Come get your sticker fix!**

Jacki Cone Ink of Saco has all your fun sticker needs! Digital illustrator (and high school algebra teacher) Jacki brings you her custom, hand illustrated stickers, magnets, and paper products.

**Purplebean Bindery's handmade notebooks**

Anna of Purplebean runs a one-woman studio special-izing in handmade, one-of-a-kind blank books and limited edition artist books of the highest quality.

**SEXYTIME**

Poet Lynne Schmidt will be signing and selling copies of her books, including *Dead Dog Poems*, exploring loss and grief, and *Sexytime*, which delves into consent, intimacy, and healthy relationship dynamics.

## Book Fair for Grown-Ups Fundraiser Comes to Auburn

**AUBURN, ME (January 18, 2023)** -- Safe Voices is hosting our first annual Grown-Up Book Fair, a community event and fundraiser aimed at bringing back the magic we experienced at the school book fairs of elementary school. With independent Maine bookstores and artisans, we'll have all the things you remember from the old days, including books, stickers, stationery, and even a throwback Polaroid photo booth!

Books will be sup-

plied by Quiet City Books of Lewiston and Devaney, Doak & Garrett Booksellers of Farmington, as well as used book sales from the Auburn, Lewiston, and Turner Public Libraries.

A dozen Maine artisans will be selling Book Fair-style products like stationery, stickers, bookmarks, art, and more.

The Hilton will be providing complimentary popcorn and a cash bar, including a specialty cocktail called the Grown-Up Capri Sun.

Maine authors Lynn Steger Strong (author of 2022's "Flight"), Melody Paul ("Walking the Recovery Road"), and Lynne Schmidt ("Sexytime") will be signing copies of their work.

Tickets are \$28 and available at [bit.ly/SV\\_Books](http://bit.ly/SV_Books).

What: Grown-Up Book Fair  
 When: Thursday, Feb. 16, 5pm - 8pm  
 Where: Hilton Garden Inn Riverfront, Auburn



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## SENIORS

### LEWISTON SENIOR CITIZENS TRIPS FOR 2023

### 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.

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# Create, Experiment, Discover at LPL: Beaded Bracelets

LEWISTON, ME experiment, and discover! the Lewiston Public Library  
(January 5, 2023) -- Create, Starting in February 2023, Children's Department will

be offering after school activities every Thursday afternoon from 4-5pm. Activities will vary weekly and will encourage children to express themselves through creative projects and STEAM-based activities, while promoting social and emotional learning. All sessions will take place in the Children's programming room.

The first activity will take place on February 2nd, 2023 when children will be creating a beaded bracelet. This activity is recommended for children ages 6-13 due to working with small pieces. The programs are free and there is no registration required.

The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street. More information on Children's programs and events is available by contacting the Lewiston Public Library Children's department at 513-3133 or LPLKids@lewistonmaine.gov.

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