



TWIN CITY TIMES

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Central Maine Medical Center Nurse Receives DAISY Award

LEWISTON, ME (January 27, 2023) -- Lacey Fogg, a registered nurse at Central Maine Medical Center, has been chosen to receive the DAISY Award. The DAISY Award is part of an international recognition program that rewards and celebrates the extraordinarily compassionate and skillful care nurses give their patients

every day.

Lacey was nominated by Stephanie Mergenthaler, the daughter of one of Lacey's patients. In her nomination letter, Stephanie highlighted the special attention Lacey gave to her mother following complicated surgery.

"Mom was relieved to see Lacey and



Lacey Fogg with family

immediately felt comfortable and confident in Lacey's care. Lacey was so attentive and never gave mom or the family the feeling of stress or being rushed, even though we know she had other patients to care for," Mergenthaler said.

"To say I'm proud of Lacey is an understatement," said Kris Chaisson, BSN,

MS, RN CCRN, senior vice president, chief nursing officer, Central Maine Healthcare. "She is an inspiration to all of us. I hope this award serves as a reminder to every Central Maine Healthcare nurse that the work you do makes a difference in the lives of our patients and the overall quality of life in our communities."



DAISY award winner, Lacey Fogg, RN

UScellular Donates Wireless Hot Spots and Service to YWCA

LEWISTON, ME (January 26, 2023) – To help provide equitable learning access and opportunities and keep local youth connected, UScellular has donated 100 wireless hotspots and two years of service to the YWCA Central Maine as part of its After School Access Project. Currently, more than 40 million people in the United States lack reliable access to high-speed internet. This leads to an issue known as the "homework gap" among youth who lack proper internet access. UScellular's After School Access Project provides free mobile hotspots and service to nonprofits that support youth after the school day has ended and provides safe internet access for homework and education.

"The success of students in the communities we serve is very important to us at UScellular," said Tabatha McKay, area vice president/general manager at UScellular, "Connecting people and communities is our mission and the After School

Access Project is just one way that we're helping ensure students have the reliable access they need to grow and pursue their dreams."

Through the After School Access Project, UScellular has pledged to donate up to \$13 million in hotspots and service to help up to 50,000 youth connect to reliable internet in its markets. To date, the company has donated more than 9,300 hotspots, a value of \$10.5 million, to its communities through this initiative. Eligible 501c3 nonprofit organizations are encouraged to apply by going to www.AfterSchoolAccessProject.com.

YWCA Central Maine provides programming that builds community through strengthening inter-cultural relationships and valuing the needs and contributions of all of its members. All YWCA services work toward the realization of gender and racial equity through providing accessible and culturally appropriate resources for health and wellness, recreation, childcare,

and advocacy. The advancement of women, people of color, and economic justice in Lewiston-Auburn is integral in all that that the organization does. From affordable childcare that supports families and women in the workplace, to therapeutic swim programs, to anti-racist education and action, the YWCA strives to bring this mission to fruition in big and small ways every day.

The YWCA before, after, and all-day school aged programs serve children in kindergarten through sixth grade, with bus transportation provided directly to and from most L/A schools. School-aged children can expect a hearty and healthy snack after school, or breakfast, lunch, and snack during all-day care. The YWCA also provides all-day care during school vacations, most holidays, and professional development/early release days, as well as unplanned school closures for emergencies.

"The generous donation of hotspots will help the organization provide critical connectivity to students both at our facility and at their homes as needed," states Melanie LaMore Gagnon, chief executive officer of the YWCA Central Maine. "The primary use will be to support after school programming specifically on addressing

the education gap in low-income families. More than 43% of our before and after school students qualify for financial assistance and are deemed at or below the poverty line. The hotspots will greatly help us reduce the homework gap for our students and families."

Hotspots are stand-alone Wi-Fi networks that can connect several devices at once wirelessly and have proven to be a vital tool for youth to access the internet, study and complete homework. The hotspots provided through After School Access Project connect to UScellular's network to provide high-speed connectivity for youth throughout Auburn-Lewiston while at the YWCA or at their home.

UScellular is focused on addressing gaps in STEM education and is committed to connecting more than 200,000 of tomorrow's innovators each year with the resources they need today to help shape future opportunities. Since 2009, UScellular has donated nearly \$22.6 million along with countless experiences and technology items to nonprofit organizations across the country. For more information about the company's corporate social responsibility initiatives, please go to <https://newsroom.uscellular.com/community/>.

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Newsmakers, Names & Faces

Maine: One of Best in Nation for Policies to Reduce Tobacco Use

AUGUSTA, ME (January 25, 2023) – Maine is listed as one of the states with the best policies to prevent and reduce tobacco use, according to the American Lung Association’s 21st annual “State of Tobacco Control” report, released today. The state earned mostly passing grades on this year’s report, with only one exception: an F on Flavored Tobacco Products.

The “State of Tobacco Control” report evaluates state and federal policies on actions taken to eliminate tobacco use and recommends proven-effective tobacco control laws and policies to save lives. This is critical, as tobacco use remains the leading cause of preventable death and disease in America and takes the lives of 2,390 Maine residents each year.

“Last year, we were pleased to see the state

legislature significantly increase funding for the Maine tobacco control program to the level recommended by the Centers for Disease Control and Prevention. As a result, Maine’s ‘State of Tobacco Control’ grade in the funding category improved from a C last year to an A this year,” said Lance Boucher, Director of Advocacy at the American Lung Association in Maine. “This is important progress, and the Lung Association calls on the legislature to continue to provide funding at this level as there are still too many Maine residents who are impacted by tobacco use, like the 15.6% of adults who smoke and the 33% of high school students who use tobacco.”

Maine’s Grades

The “State of Tobacco Control” report grades states and the District of Columbia in five areas

that have been proven to prevent and reduce tobacco use and save lives. In the 2023 report, Maine received the following grades:

Funding for State Tobacco Prevention Programs – Grade A

Strength of Smoke-free Workplace Laws – Grade A

Level of State Tobacco Taxes – Grade C

Coverage and Access to Services to Quit Tobacco – Grade A

Ending the Sale of All Flavored Tobacco Products – Grade F

This year’s report noted the need for Maine policymakers to focus on ending the sale of all flavored tobacco products, including menthol cigarettes. According to the 2022 National Youth Tobacco Survey, more than 2.5 million high school and middle school students use e-cigarettes, and

more 85% of those kids use flavored e-cigarettes. In addition, menthol cigarettes continue to be the major cause of tobacco-related death and disease in Black communities, with over 80% of Black Americans who smoke using them. Ending the sale of flavored tobacco products, including menthol, will not only help end youth vaping, but will also help address the disproportionate impact of menthol cigarettes and flavored cigars have on many communities, including Black Americans, LGBTQ+ Americans and youth.

Additionally, the report notes that Maine is due to increase tobacco taxes. One of the most effective ways to reduce tobacco use, not only among low-income individuals but also for youth, is to significantly increase the tax on all tobacco products, includ-

ing e-cigarettes. Multiple studies have shown that every 10% increase in the price of cigarettes reduces consumption by about 4% among adults and about 7% among youth. Maine has not increased its tobacco tax since 2015 and should increase its tax by at least \$2.00 per pack.

Federal Grades Overview

The report also grades the federal government on their efforts to eliminate tobacco use. This year, there were new steps taken by the government to prevent and reduce tobacco use, including proposed rules to end the sale of menthol cigarettes and flavored cigars, Congress passing a law requiring the FDA to regulate tobacco products made with synthetic nicotine, and increased federal enforcement of the Tobacco Control Act. As a result of these steps forward, the federal

government’s grade for “Federal Regulation of Tobacco Products” improved from a “D” grade last year, to a “C” grade in the 2023 report.

The 2023 “State of Tobacco Control” report grades the federal government in five areas:

Federal Government Regulation of Tobacco Products – Grade C

Federal Coverage of Quit Smoking Treatments – Grade D

Level of Federal Tobacco Taxes – Grade F

Federal Mass Media Campaigns to Prevent and Reduce Tobacco Use – Grade A

Federal Minimum Age of Sale for Tobacco Products to 21 – Incomplete

FDA is overdue in publishing the final Tobacco 21 regulations as required by statute, which is why it earns an “incomplete.”

Protect Individuals with Dementia from Wandering in Winter

NEW YORK (January 26, 2023)—Wandering is a very common and potentially dangerous behavior among individuals living with dementia. It is of particularly great concern in areas where freezing temperatures, ice, and snow create additional safety hazards. To help families protect their loved ones living with dementia this winter, the Alzheimer’s Foundation of America (AFA) is providing tips to reduce the chances of wandering, and prepare care partners to respond quickly if their loved one is missing.

“Every family care partner wants to keep their loved one safe, which is why it’s important to take steps to reduce the risks associated with wandering.

During the winter, it’s especially important for families living in areas affected by cold weather, snow, and ice,” said Jennifer Reeder, LCSW, AFA’s Director of Educational and Social Services. “Being proactive by understanding and addressing the reasons someone may wander, while also having a plan in place in case of an emergency, are the best ways to protect the person’s safety and quality of life.”

Tips for families:

Address the motivation for wandering. There can be many reasons why someone with dementia wants to walk outdoors. It may provide a feeling of purposefulness, excitement, or pleasure. Wandering can also be a response to excessive stimuli, trig-

gered by the need to get away from noises and people. It could be an expression of an unmet need (i.e., hungry, thirsty, a need to use the bathroom). Identify consistent and sustainable ways to support these experiences in a safe environment. You might try: creating walking paths around the home with visual cues and stimulating objects; engaging the person in simple tasks; offering stimulating and enjoyable activities (i.e., exercise, music, crafts). Ensuring basic needs are met can reduce the chances of wandering.

Safeguard the home. Facilitate safe movement by avoiding clutter and eliminating tripping hazards. Be mindful of how objects like car keys, jackets, and purses

might trigger the person to leave suddenly. Install electronic chimes or doorbells on doors so someone is alerted if the individual tries to exit. Consider utilizing a smart doorbell with an app that can notify you when someone is entering or exiting the home.

Be aware of your loved one’s patterns. Know what times of the day may be more activating than others, and try to provide stimulating activities during that time. Encourage healthy sleep habits to reduce the chances of the person leaving during the middle of the night. If your loved one does wander, keep a record of their patterns (frequency, duration, time of day, etc.) to help guide you in the future.

Develop a safety

plan. Keep a list of places the person may go (i.e., previous home or place of employment, favorite spots around town), a recent close-up photo, and medical information readily accessible to give to first responders if needed. Maintain a list of people to contact if the person goes missing and ask neighbors to call you if they see the person out on their own. See if your community has a safety program for families affected by dementia, such as Project Lifesaver, which allows you to voluntarily enroll your loved one to receive locating technology which first responders can activate if the person goes missing. To the greatest extent possible, utilize input from the person when developing the plan.

AFA’s Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information about wandering prevention tips. The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

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



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Newsmakers, Names & Faces

Geiger Acquires Incentives by Design

LEWISTON, ME (January 5, 2023) - Geiger, the world's largest privately held and family-owned promotional products distributor, has acquired Incentives by Design, a Washington-based branded merchandise company. The acquisition was finalized and effective today, January 5, 2023.

Geiger will retain all employees and the business will now operate under the name "Incentives

by Design, a Geiger company."

"Incentives by Design is known throughout the industry for providing outstanding customer service," said Geiger Chief Revenue Officer Chris McKee. "When we look at potential acquisitions, finding an organization with a customer-first mentality is a must-have. As we continue to grow, we are doing so in a way that only further improves our customers'



(L-R) Geiger West Coast Regional VP Sarabeth Anderson, Incentives by Design Principal Rich Hirshberg, Incentives by Design Principal Bill Hirshberg, Geiger Chief Revenue Officer Chris McKee

experience. We are thrilled to welcome them to the Geiger family and are confident we'll be even more successful together."

Located in Tukwila, Washington, Incentives by Design was founded in 1990 by cousins Bill and Rich Hirshberg, both currently serving as principals of the company.

"We are delighted to now be working with Geiger, a longtime leader in the promotional products

industry," said Rich Hirshberg. "With the power of Geiger behind us, we look forward to reaching new heights while supporting our ever-growing list of customers in the Pacific Northwest and across the country."

In addition to promotional items, Incentives by Design specializes in safety and workwear, golf attire and accessories, and school uniforms and sportswear.

Volunteers Sought for Lewiston Committee

LEWISTON, ME (January 27, 2023) - Lewiston Mayor Carl L. Shelton is seeking at least two citizen volunteers to serve as members of the City's Community Development Block Grant (CDBG) Review Committee. The work of the CDBG Committee is

to assist the City in developing the specific goals and objectives for the CDBG Consolidated Plan and to annually review and score CDBG funding requests in order to make a recommendation to the City Council for funding. Lewiston citizens



who are interested in applying must be of low/moderate income and reside in the downtown area in Census Tracts 201-204. See Lewiston's website for a map which outlines

which neighborhoods are included in these tracks.

Interested volunteers may contact the City Clerk's Department to complete a committee application, and the application

form is also available on the City's website at www.lewistonmaine.gov/board-service for electronic submission. Applications may be submitted at any time and will be accepted until the positions are filled.

Residents are welcome to contact the City

Clerk's Department at 513-3124 with any questions they may have regarding the committee appointment process. Completed applications shall be submitted to the City Clerk's Department for processing. Office hours are Monday - Friday, 8:30am - 4:00pm.

Rep. Libby Introduces School Choice Legislation



STATE HOUSE (January 27, 2023) - Rep. Laurel Libby (R-Auburn) has introduced school choice legislation to address long-standing deficiencies that were highlighted over the last several years. LR 835- "An Act to Advance Educational Opportunities for All Students," will target educational funds where they will best serve the unique needs of individual students by creating Educational Opportunity Accounts (EOAs). Parents will be able to decide how to spend available funds; including private school tuition, tuition at career or technical schools and online learning programs, tutors, among other op-

tions. Maine schools are currently ranked 28th in the nation, illustrating the need to address our educational deficiencies and encourage our students to thrive. Multiple states have embraced school choice as the solution over the last few years, with legislation passing in Arizona and New Hampshire. Most recently, on Tuesday, Iowa's governor signed into a law a broad school choice proposal, coinciding with National School Choice Week. School choice legislation is pending in many other states, sweeping the nation as parents across the US wake up to the fact that they, not unelected

bureaucrats, should be the ultimate arbiters of their child's education.

"School choice puts education funds to work wherever they best serve the individual student, rather than mandating that taxpayer funds can only be used at government-run schools," said Rep. Libby. "We should empower Maine parents to decide how best to use their tax dollars to address the individual educational needs of their children. The solution I am proposing has been successful in other states and we have those models that can be

followed and improved upon here in Maine. It's time we focus on meeting individual students' and families' needs, instead of prioritizing a system that is failing many of our students."

LR 835, when re-

leased, will be referred to a legislative committee of jurisdiction that will schedule a public hearing. Interested parents are encouraged to contact Rep. Libby at: laurel.libby@legislature.maine.gov for more information.

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

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TWIN CITY TIMES

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Twin City Times • 89 Union Street, Suite 1014 • Auburn, ME 04210
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Info@TwinCityTimes.com
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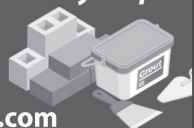
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Out and About 1922 to 2023

By Rachel Morin

Irene was a new bride when she spotted this little booklet at Victor News, a card shop in Lewiston. The year on the title caught her eye--1922, the very year her new husband, Fernand R. Delorme, was born--February 25, 1922 at home in Lewiston. Well, she just had to buy it!

This would be the perfect gift to give her husband to celebrate their recent wedding at St. Louis Church, high on the hill in New Auburn, on July 1, 1950.

Irene went in to Victor News, and purchased a copy and she and Fernand had fun comparing the prices from 1950 to 1922 only 28 years before.

Irene thought the readers of Gorham Weekly and Twin City Times might enjoy reading the century old news items within its pages. I agreed with her, and Irene and I spent a nice afternoon reminiscing about the Lewiston-Auburn of our childhood. Irene (Labrie) DeLorme grew up in New Auburn and we shared many friends. My husband, Gerard L. Morin, grew up there as well. New Auburn

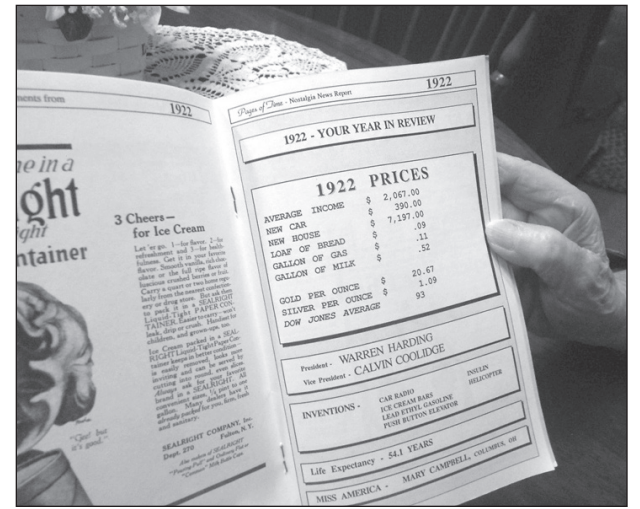
was a tight community in those days.

The low prices are what surprised us most compared to our high prices today.

When I got home, I did a quick search to compare the averages prices today compared to those in the booklet a hundred years ago.



Irene Delorme enjoys reading from the 1922 brochure .

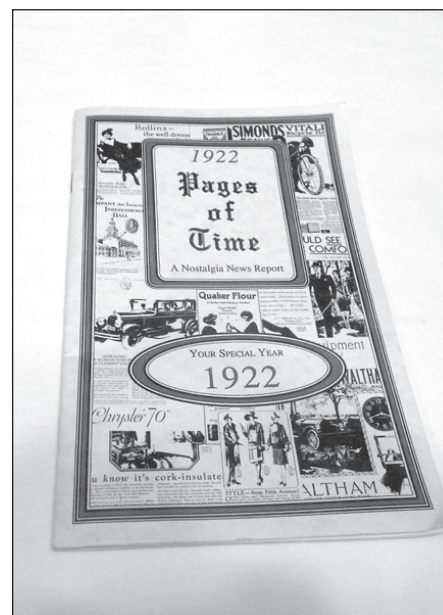


Prices 100 years ago in 1922. Note the life expectancy! There's some good news today...

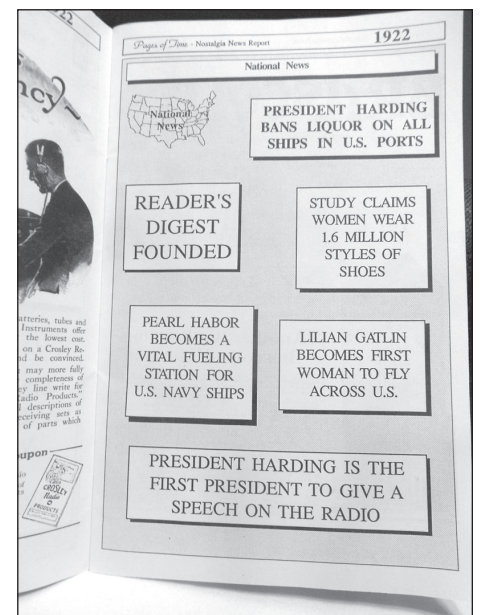
Item	1922	2023
Average income in Maine	\$2,067.00	\$78,301.00
New Car	\$390	\$42,500
House	\$7197.00	\$344,400
Loaf of bread	.09	\$2.89
Gallon of gas	011	\$3.83
Gallon of milk	0.52	\$4.37
Dozen eggs	0.35	\$4.25
Pound of butter	0.52	\$4.81

Irene and I both live at Schooner Estates now and we share many new friends. Irene enjoys cooking and takes daily walks. I enjoy theater and writing and we both share an interest in history!

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



The cover 1922 Pages of Time A Nostalgia News Report



Interesting Headlines (two misspellings the proof reader missed)

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Rachel Morin writes her column for Twin City Times and Gorham Weekly

Seniors Not Acting Their Age

The Best Nordic Skiing this Side of the Rockies



A skier begins an ascent of The View Trail at Rangeley Lakes Trails Center



Skiers prepare to descend Lower Pumphouse Trail



A skier double poles down one of the many long descents at Rangeley Lakes Trails Center

By Ron Chase
The Facebook page for the Rangeley Lakes Trails Center (RLTC) announces, "The best Nordic skiing this side of the Rockies." That's a fairly bold declaration but it may be true this winter.

Beginning in early December, I started watching the weather and checking Nordic ski areas in search of decent snow. There hasn't been much. After a hefty pre-Christmas snowstorm, Jackson Ski Touring in Jackson, New Hampshire, had quality skiing on their high elevation trails at Prospect Farm for a few days. Unable to recruit any companions, I gifted myself an early Christmas present and spent two days skiing at Jackson. Since then, their trail conditions have deteriorated as a result of warm rainy weather.

A glimmer of hope has been RLTC located at the foot of Saddleback Mountain. My experience has been their trails tend to have more snow that arrives earlier and lasts longer than most other Nordic ski areas in Maine and New Hampshire. In my opinion, the reason is because the trail network is located at an elevation of about 2,000 feet on the north facing slope of the Saddleback Mountain Range. I don't have any scientific evidence to support my conclusion so if readers disagree, that's fine as I'm often wrong.

Wildlife is abundant in the RLTC area. I've twice seen a Lynx and my latest book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* includes a chapter about pursuing an elusive Bobcat while skiing there. Although most ski

areas have received primarily rain recently, RLTC has been the recipient of some white precipitation as a result of cooler temperatures. I began regular visits to their website to view the daily trail reports. Each perusal seemed to reflect incremental improvements. When they reported a majority of their trails were open and groomed, I decided to gamble a two-hour drive from Topsham. I wasn't disappointed.

When I arrived at RLTC on Saddleback Mountain Road in Rangeley on a breezy, partly sunny Saturday morning, the parking lot was about half full. The friendly, helpful attendant at the yurt where ski and snowshoe passes are sold reviewed a trail map with me and identified the trails that had been groomed for classic and skate skiing earlier that morning. With her assistance, I planned an itinerary that approximated ten miles. Included was the

two-mile Geneva Loop which begins adjacent to the yurt and had been groomed a couple of days prior.

A thin layer of fresh fallen snow was a little sticky on Geneva Loop so I stopped to add Glide to my skis. I enjoyed excellent skiing for the remainder of the loop. A short section damaged by an earlier rainstorm was easily skirted.

Returning to the parking area, I began my trek on the more recently groomed trails starting at Tote Road. A classic skier, I found the freshly prepared surface facilitated an efficient kick and glide. The skiing conditions were superb for the balance of my outing. I met several returning skiers while progressing easterly on the straightforward Tote Road. Everyone I spoke with expressed praise for the exceptional quality of the trails.

At the end of Tote Road, I continued on

Bridge Trail which curls through a dense wooded area and then climbs to View Trail. As the name suggests, an open location on View Trail provides an excellent vantage point for observing Saddleback Mountain. Unfortunately, much of the mountain was enveloped in clouds. From the top of View Trail, I enjoyed a moderately steep twisting descent while snowplowing on a packed surface to Lower Pumphouse Road.

I met two skiers as I climbed easily on Lower Pumphouse to the beginning of Hoffman's Run. Double poling the uncomplicated decline on Hoffman's while completing a loop back to Lower Pumphouse near the View Trail junction was very exhilarating. I stopped at the junction for a snack and water. Exposed to harsh northwest winds, my body temperature quickly dropped. It's cold on the north side of Saddleback

Mountain!

The climb up View Trail provided an opportunity to generate some body heat. However, my hands never warmed during the return to the yurt. I resolved to wear heavy-duty mitts for my next RLTC ski.

I expect to return soon as RLTC may have the best Nordic skiing this side of the Rockies this winter. Maybe I'll spot a Lynx or a Bobcat.

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

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Arts & Entertainment

Harmonize with David K. North



BRUNSWICK, ME (January 27, 2023) -- Rev. David K. North will present a gospel choir workshop on Saturday, February 18th from 10 am to 2 pm. The workshop is open to the public. Participants in that workshop will have an opportunity

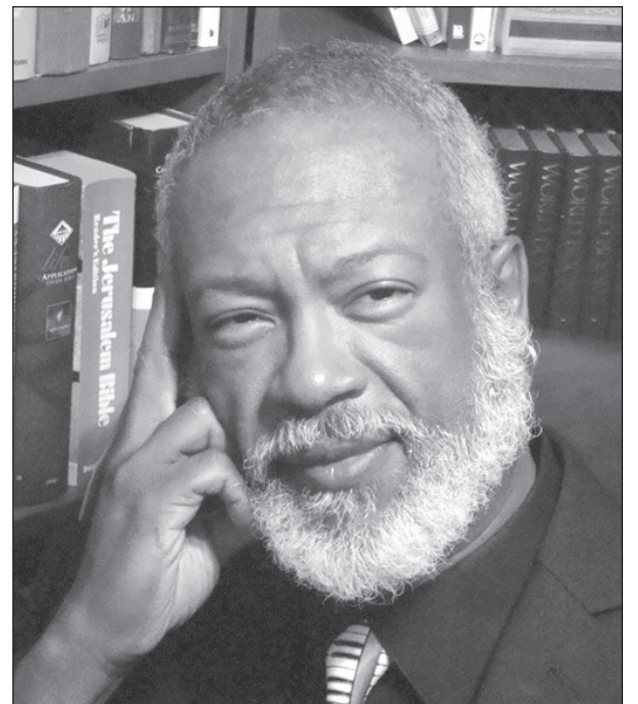
to perform the music they learned the next day at the worship service at Brunswick Unitarian Church. At the service Rev. David will provide a sermon as well as song. (It is not mandatory for workshop participants to take part in the Sunday service.)

David North has been the Director of Mosaic Harmony, an interfaith choir in the greater Washington DC area, for 26 years. Mosaic Harmony, which is dedicated to promoting diversity and inclusion, seeks to inspire audiences to embrace

ALL people.

David has been sharing his ministry in word and song his entire life. He has been the director of many musical groups, including the Southern Illinois University Gospel Choir; the Youth for Christ Fellowship Mass Choir of Washington, DC; the Metropolitan Community Church of Washington Gospel Choir; and David North and the Gospel Celebration. David has been singing and performing professionally for more than 50 years.

David has also produced and performed on multiple recordings and has been a soloist at the Kennedy Center with the Men and Women of the Gospel. In addition, he has played the lead role of Oedipus in The Gospel at Colonus at the Capitol Hill Arts Workshop and at the H Street Playhouse of Washington, DC. Da-



vid feels a special calling to be a "bridge person" in interfaith opportunities, and he loves writing music that communicates peace, unity, and harmony.

\$20 (not prohibitive) can be paid at the door by cash or check.

Please register in advance at: <https://forms.gle/tjUu3byF6oUQzX-wC7> or contact administrator@uubrunswick.org

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The Public Theatre's

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Feb 11 | 6:30 pm

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Talking with Something to Say



L to R Cheyenne Toth, Hunter Oehme, and Audrey Fryda

POLAND, ME (January 27, 2023) -- Forensics, not the crime scene kind, the art or study of argumentative discourse and rhetoric, is thriving at Poland Regional High School. The Speech and Debate Team competed recently in the States, the season's grand finale. The three students that helped with this article all came to the Speech team for different reasons, but they have skills that will take them far. It takes poise and confidence to speak with a stranger. They are learning more about speaking in front of a roomful of people. The Speech and Debate

Team has to raise some of its funds to compete.

Senior Hunter Oehme accidentally came to the Speech and Debate team early. When he was a freshman, the faculty advisor asked him to fill in for an ailing team member; he was hooked. Hunter fell in love with storytelling. Now that this is his last year, he plans to major in theater in college.

Cheyenne Toth, junior, comes to the Speech and Debate team through theater. She fell in love with the community feel of theater. Her specialty is Duo. She and a partner perform a two-person play. Each per-

son has to rely on the other in the performance. Cheyenne plans to go to Colby College and get a teaching degree.

Junior Audrey Fryda took yet another path to forensics; she followed her big sister to the team. Like many little sisters, she wanted to be like big Sis. Once involved with theater, she was excited to stay. Audrey, who also performs in the Duo category, plans to carry her skills to an art degree.

Three different YAs with very different futures pending but all with the poise and confidence of future leaders.

Girls on the Run Offers Volunteer Coaching Opportunities

MAINE (January 27, 2023) -- Girls on the Run Maine's coach registration is now open! Girls on the Run is an international nonprofit that offers programs to strengthen third-to-eighth-grade girls' social, emotional, physical, and behavioral skills. The evidence-based curriculum helps participants build confidence, deepen relationships and successfully navigate life experiences. The 10-week program incorporates physical activity to unlock essential life skills, encourage personal development, foster meaningful connections with others as well as contribute to the community.

Throughout the season, volunteer coaches utilize a structured curriculum to engage teams in fun and interactive lessons. Teams meet twice a week for 90 minutes and the program culminates with a celebratory 5K (3.1 mile) event to provide girls with a tangible sense of accomplishment.

Girls on the Run Maine has served 7,846 girls at 150+ sites in Maine since 2012. To continue this trend of success, the non-profit organization is currently seeking volunteer coaches to facilitate



About Girls on the Run

Based in Charlotte, N.C., Girls on the Run is a nonprofit organization with local Councils in all 50 states and in Canada. Founded in 1996 with 13 girls, Girls on the Run has now served over 2 million girls. Over the course of the program, girls in 3rd-8th grade develop social, emotional and physical skills. The program culminates with girls positively impacting their communities through a service project and being physically and emotionally prepared to complete a celebratory 5K event. With the largest 5K series by number of events in the world, Girls on the Run hosts more than 330 5Ks per year. Girls on the Run is included as a top research-based program in a Social-Emotional Learning Guide developed by researchers at Harvard University and has been recognized by the National Afterschool Association (NAA) as one of the most influential after-school programs. Girls on the Run is offered in more than 13,000 across the US. Visit {council website} to learn how to get involved in your community.

the program and provide critical leadership to its participants.

"GOTR hasn't just been a learning experience for my daughter. As a coach, it's helped me grow as well and step into a new challenge I never expected," said Coach Julie. GOTR taught me to be more encouraging, supportive and empathetic in my everyday life."

Coaches do not need to be athletes but are required to be a minimum of eighteen years old to serve as an assistant or twenty-one years old to serve as a head coach. All volunteer coaches must complete a background check and attend an in-person training session. For more information about coaching and Girls on the Run Maine visit <https://www.girlsontherunmaine.org/coach>.

Interested coaches must register by Feb 15 in order to volunteer for the Spring 2023 season.

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Find a Little Love in Winter this February and March

NORWAY, ME (January 27, 2023) -- A group of 17 New England artists will participate in a group art show at Cafe Nomad from Wednesday, February 1st, 2023 through Saturday, March 25th. Called Love in Winter, this invitational show promises to be an interesting one. It will feature a wide variety

of mediums and many differing approaches to the idea of love and the heart.

The cafe will host an Artist Meet & Greet on February 8th from 11 AM to 2 PM with a snow date of February 15th. This will be a chance for people to talk to many of the artists and of course, see the show.

PARTICULARS:

Love in Winter, group art show

February 1st through March 25th

Artist Meet & Greet - Feb 8th, 11 AM to 2 PM (snow date Feb 15th)

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7 AM to 3 PM, Monday through Saturday



“Let It Snow” - monoprint with collage, Judy West Schneider

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“Love in Winter” - embroidery on leaf, Diana Arcadipone

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Area Students Named to Deans Lists

University of New England

BIDDEFORD AND PORTLAND, ME (January 27, 2023) - The following students have been named to the Dean's List for the 2022 fall semester at the University of New England. Dean's List students have attained a grade point average of 3.3 or better out of a possible 4.0 at the end of the semester.

The University of New England is Maine's largest private university, with two beautiful coastal campuses in Maine, a one-of-a-kind study-abroad campus in Tangier, Morocco, and an array of flexible online offerings. In an uncommonly welcoming and supportive community, we offer hands-on learning, empowering students to make a positive impact in a world full of challenges. We are the state's top provider of health professionals and home to Maine's only medical and dental colleges, a variety of other interprofessionally aligned health care programs, and nationally recognized degree paths in the marine sciences, the natural and social sciences, business, the humanities, and the arts. Visit une.edu

Auburn, ME: Kailey Hart

Greene, ME: Kaylyn Ritchie

Lewiston, ME: Chelsea Crockett, Peyton Gaudette, Madison Tyus
Saint Michael's College

COLCHESTER, VT (Grassroots News-wire) (January 26, 2023) - The following local students have been named to the Dean's List at Saint Michael's College for the Fall 2022 semester:

Anysa J Logan, a junior media studies and digital arts major from Auburn (04210) and a graduate of Edward Little High School. Kathleen R Dean, a freshman exploratory major from Auburn (04210) and a graduate of Saint Dominic Academy. Sarah E Poutree, a senior English / secondary education major from

Brunswick (04011) and a graduate of Brunswick High School. Adeline R Dolley, a sophomore health science major from Brunswick (04011) and a graduate of Brunswick High School. Magnolia G Sinisi, a junior art and design major from Durham (04222) and a graduate of Freeport High School. Veda J Leclerc, a senior psychology major from Lewiston (04240) and a graduate of Lewiston High School. Nicholas D Welsh, a senior environmental science major from Lewiston (04240) and a graduate of Saint Dominic Academy. Patrick W Manson, a freshman psychology major from Lewiston (04240) and a graduate of Saint Dominic Academy.

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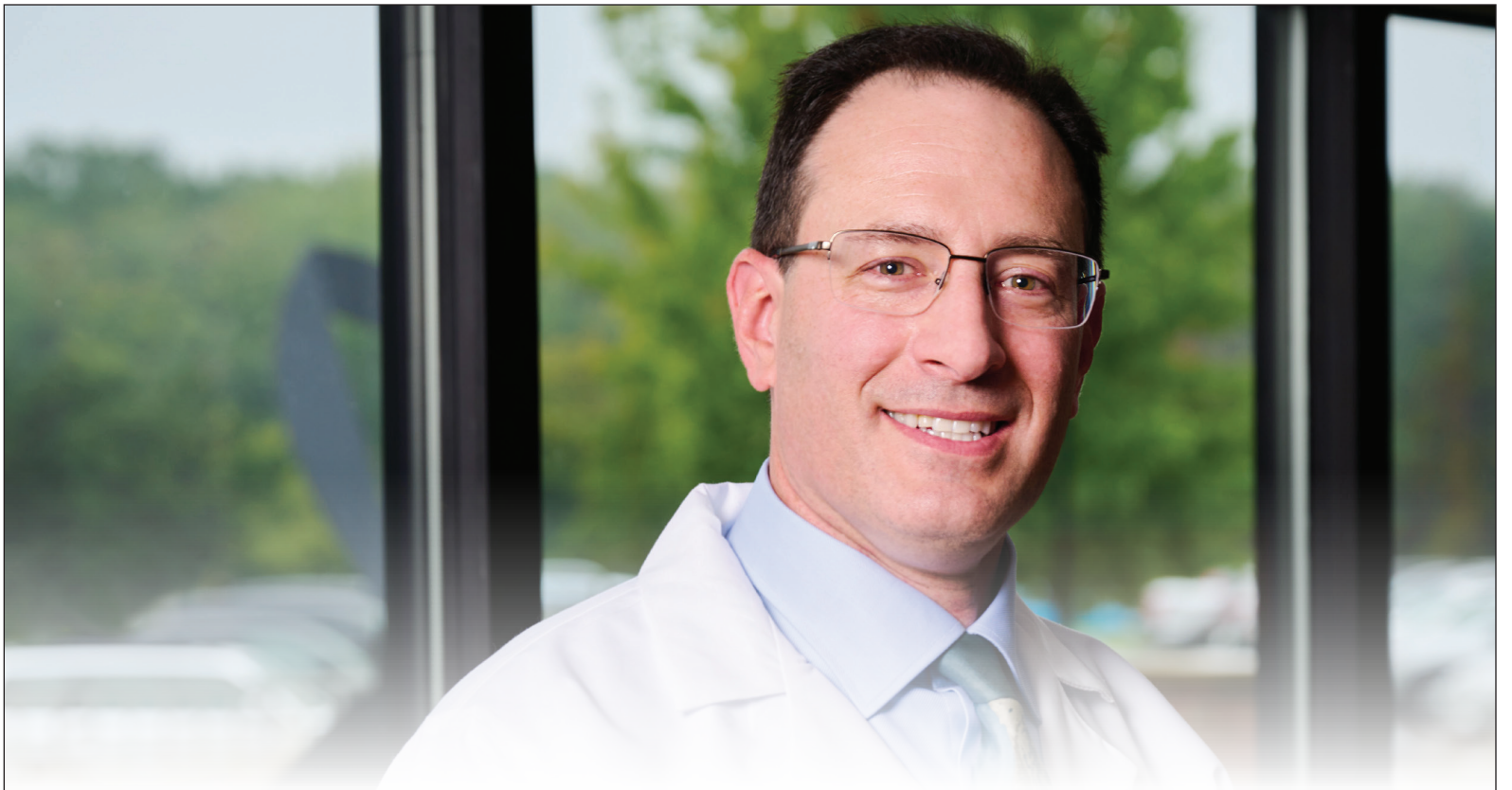


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New England Cancer Specialists welcomes Dr. Dan Rausch.

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.



Dr. Rausch with his family at the Dempsey Challenge



Training Virtual Assistants to Work from Home in Maine

FAIRFIELD, ME (January 27, 2023) – Kennebec Valley Community College has created and launched a one-of-a-kind training program for Virtual Assistants. An up-and-coming profession in the new world of remote work, virtual assistants support businesses and companies in marketing, administrative, and management tasks.

“Our goal is to train 45 virtual assistants here in Maine,” says Joe Musumeci, director of workforce training at Kennebec Valley Community Col-

lege. “We hope to help fill hiring vacancies that many organizations are feeling, while also giving workers in rural areas a marketable skill and the ability to work remotely successfully.”

The training is part of the Remote Work for ME program through the Maine Community College System, which is also offering other occupational programs in jobs that can be done remotely. In addition to these occupational programs, Deputy Executive Director of Workforce Training and Remote Working Joshua Howe has

created self-guided training around topics such as working in a remote environment and leading a team of remote workers.

“It’s anticipated that 30% of positions will continue to be remote even as we return to the office. Programs such as KVCC’s Virtual Assistant program allows Mainers access to good-paying jobs while balancing work and home more efficiently, and Maine employers get access to a much-needed workforce across Maine,” says Howe.

Through the Virtual Assistant Training pro-

gram, trainees will receive a certificate in either project management or digital marketing. Trainees also gain experience in using a selection of modern web-based tools, communication techniques, and accessing business resources throughout Maine.

Each cohort of trainees is led through the 5-month training program by Monique Bouchard, who meets weekly with the group to provide support and expertise. Bouchard’s experiences as an entrepreneur, business mentor, and marketing communications

consultant have given her an insider’s understanding of the skills needed to help support Maine’s business community.

“Programs like this are a triple win -- providing opportunities for Mainers to learn and utilize needed, up-to-date skills that can not only support Maine’s startup and entrepreneurial ecosystem, and increase Maine’s overall economic potential,” says Bouchard.

Towards the end of the program, the virtual assistants will be tasked with completing a marketing or management project with

a Maine-based business or start-up.

“We have opened an application to connect our virtual assistants to any local businesses with a project they would like completed,” says Musumeci. “We would love to help facilitate these connections and see it as a win-win for both the businesses and for the Mainers diving into work in this new field.”

Businesses and organizations can request help from a virtual assistant in KVCC’s training program here: kvcc.me.edu/workforce.

Third Act Maine to Rally for Combatting Climate Change



PORTLAND, ME (January 27, 2023) -- Third Act Maine, an organization of people over 60 actively working to combat climate change, welcomes new members as it plans its first action this March. The national organization, Third Act (thirdact.org), created by Bill McKibben in 2021, helps states enact national strategies as well as engage

in actions best suited to their population.

Third Act Mainers, over 250 members strong, pledge their decades of experience, wisdom, and networks to bring climate change work to communities in Maine.

On March 21, 2023, Third Act chapters across the country will rally, demanding that the biggest

banks stop lending money for new fossil fuel projects. Events in Maine are being planned for Portland and Belfast.

Time is of the essence. The newly passed Inflation Reduction Act promises a speedy transition of homes and vehicles away from fossil fuels. Third Act Maine’s work is ever more important as fossil fuel

companies, banks, and other corporations organize to block portions of this bill’s implementation. Elders at Third Act Maine choose not to turn away because they know that action paired with connection to others is the antidote to despair.

Email thirdact-maine@gmail.com to join in this important day of action.

Preble Street Serves Victims of Trafficking, Exploitation

PORTLAND, ME (January 25, 2023) — Throughout Maine, children and adults of all genders, ages, and races are forced to perform many different types of work, including farm labor, domestic service, commercial sex work, and restaurant and hospitality service, through threats, physical and sexual violence, and psychological coercion. Since 2013, working with survivors across the state, Preble Street Anti-Trafficking Services (ATS) has supported more than 600 victims of human trafficking, enrolling over 300 people in intensive case management and housing support services. Now, thanks to funding from the Howard G. Buffett Foundation, Preble Street and partners will be able to increase services state-wide for victims of labor trafficking in Maine.

“Maine has an active and coordinated anti-trafficking response, but it also has a high rate of trafficking, which especially impacts marginalized and underserved communities. Asylum-seekers, migrant laborers, individuals without status, and people impacted by incarceration are particularly at risk,” says Jade Johnson, Preble Street Anti-Trafficking Services Director. “Poverty, substance use, a lack of affordable housing, and a multitude of barriers to access needed services are just some of the factors that allow exploitation and trafficking to thrive in our state. This critical funding will allow Preble Street and our partners to support a greater number of people through a trauma-informed, strengths-based approach and enhance our efforts to combat all forms of human trafficking.”

With the award of

a new \$2.5 million grant over three years by the Howard G. Buffett Foundation, Preble Street, in coordination with the Immigrant Legal Advocacy Project (ILAP) and Pine Tree Legal Assistance (PTLA), will be able to increase comprehensive and holistic services, direct outreach, and solutions to exit situations of labor trafficking and exploitation within targeted industries. This funding will also help provide training to law enforcement agencies, service providers, and communities to better understand human trafficking, U.S. protections, and community resources for victims/survivors of labor trafficking.

Sue Roche, Executive Director of the Immigrant Legal Advocacy Project (ILAP) said: “ILAP is deeply grateful for the generous support of the Howard G. Buffett

Foundation in expanding critical legal outreach and access to representation to immigrants exploited by labor trafficking in Maine. Being empowered with legal information, knowing your rights, and having a lawyer by your side as an advocate is vital for immigrants in escaping dangerous, inhumane, and unjust work conditions and disrupts those who target immigrant communities. ILAP looks forward to working with our partners to expand access to justice and to build a stronger safety net for vulnerable immigrants victimized by traffickers in Maine.”

“Everyone in our state has the legal right to be free from severe labor exploitation, including forced labor and trafficking, but the people most at risk often cannot access the resources needed to make their rights a reality,” says Tom Fritzsche, Executive Director, PTLA. “Pine Tree Legal Assistance is proud to partner with Preble Street, ILAP, and the Howard G. Buffet Foundation to offer

civil legal aid to Mainers in need of justice and protection from such abuses.”

As a leader in the anti-trafficking movement in Maine, Preble Street Anti-Trafficking Services offers a continuum of emergency and intensive case management services and advocacy for victims of trafficking (VOTs) in Maine. ATS has worked with VOTs throughout the state, representing all ages, genders, identities, immigration statuses, and types of trafficking, while building awareness across disciplines and providing expertise to local, state, tribal, and federal agencies.

ATS also operates the Healing Center, the only dedicated space in Maine for all VOTs to access intensive case management services, mental health counseling, reproductive health and medical connections, and on-site services from partner agencies. The Healing Center also offers a training center for workshops focused on advancing best practices in collaborating with

victims/survivors towards their goals, a computer lab, supporting survivor leadership opportunities, and houses a number of survivor-led activities like support groups, yoga classes, meditation, and other requested services.

Preble Street is a nonprofit human service agency serving the most vulnerable people in Maine since 1975 through innovative, best-practice, client-centered programs. In addition to the largest direct service emergency food program in northern New England, Preble Street operates low-barrier programs throughout Maine providing 24/365 services for individuals and families, including homeless youth, women, veterans, and survivors of human trafficking, driven by its mission to meet urgent needs, empower people to move beyond the crises in their lives, and advocate for solutions to homelessness, hunger, and poverty. PrebleStreet.org

The Immigrant Legal Advocacy Project (ILAP) is Maine’s only state-wide immigration legal services organization, assisting more than 3,000 low-income immigrants each year through direct legal services and community legal education while advocating for a more just and humane U.S. immigration system. To learn more, please visit www.ilapmaine.org.



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New Measures Respond to Opioid and Mental Health Crises

WASHINGTON, D.C. (January 27, 2023)—U.S. Senator Susan Collins announced that the government funding package that was recently signed into law includes a number of mental health and substance use disorder policies she championed to respond to the ongoing opioid and mental health crises.

“No community is immune from the opioid epidemic, which has been exacerbated by stress and isolation caused by the pandemic. Tragically, hundreds of Maine lives are claimed each year, and thousands more non-fatal overdoses occur annually,” said Senator Collins. “The opioid epidemic requires an all-of-the-above approach. By increasing access to evidence-based addiction prevention and treatment services, this legislation will be crucial in helping us to tackle this public health emergency. Additionally, there is a growing need for mental health resources that serve individuals of all ages to support their overall well-being. This legislation makes significant investments in counseling and

other supportive services across the lifespan that will be invaluable to individuals in crisis.”

Once the final numbers are tallied for 2022, Maine is expected to set another tragic record of fatal overdoses for the third consecutive year. According to the latest estimate, Maine overdose deaths in 2022 are expected to exceed the record of 631 deaths that occurred in 2021.

As a member of the Senate Health Committee, Senator Collins strongly advocated for a number of mental health and substance use provisions, including:

Reauthorizing the Infant and Early Childhood Mental Health Program. The law includes the Investing in Infant and Early Childhood Mental Health Act, authored by Senators Collins and Tim Kaine (D-VA), which reauthorizes the Infant and Early Childhood Mental Health program at \$50 million annually through FY27.

Strengthening the 988 Hotline. The law includes the 988 Coordination and Improvement Act,

authored by Senators Collins and Tammy Baldwin (D-WI), which establishes a Behavioral Health Crisis Coordinating Office within SAMHSA and requires the office to convene partners and provide technical assistance to enhance access to crisis care annually. Also adds additional transparency and oversight into the implementation of 988.

Increasing Provider Training. The law includes the Medication Access and Training Expansion (MATE) Act, authored by Senators Collins and Michael Bennet (D-CO), which requires prescribers of controlled substances, such as opioids, to complete a substance use training course to ensure they have foundational knowledge of addiction prevention, treatment, and medication management.

Expanding Diversity. The law reauthorizes SAMHSA’s Minority Fellowship Program, based on legislation authored by Senators Collins and Bob Menendez (D-NJ), which supports the education and training of minority students studying for advanced degrees in a mental

or behavioral health professions.

Protecting Children. The law includes the CAMRA Act, authored by Senators Collins, Ed Markey (D-MA), and Roy Blunt (R-MO), which directs the NIH to develop a comprehensive research program that explores how technology and media use affects children’s development, health, and wellness.

Increasing Seniors’ Access to Counselors. The law includes the Mental Health Access Improvement Act, co-sponsored by Senator Collins, which establishes Medicare coverage for services provided by marriage and family therapists and licensed professional counselors beginning on January 1, 2024.

Graduate Medical Education. The law supports physician workforce development by providing for the distribution of 200 additional Medicare-funded graduate medical education (GME) residency positions. At least half of the positions will be dedicated to psychiatry and psychiatry subspecialty residencies.

At the same time, as

the incoming Vice Chairman of the Appropriations Committee, Senator Collins secured significant funding increases in the fiscal year (FY) 2023 omnibus appropriations bill to implement these provisions and others to help communities, including:

Opioid Epidemic. \$4.9 billion, an increase of \$296.7 million, to combat the opioid epidemic. Funds will be used to improve treatment and prevention efforts; find alternative pain medications; address workforce needs, especially in rural communities; and promote research. The law also gives states flexibility to use opioid response funds to combat rising stimulant use across multiple government programs. Notable programs include:

State Opioid Response Grants. \$1.57 billion, a \$50 million increase.

Substance Abuse Prevention and Treatment Block Grant. \$2 billion, a \$100 million increase.

Building Communities of Recovery Program. \$16 million, a \$3 million increase.

Peer Support Technical Assistance Center. \$2 million, a \$1 million increase.

Mental Health. \$5.27 billion, an increase of \$803 million, for mental health research, treatment, and prevention, including:

Certified Community Behavioral Health Clinics. \$385 million, an increase of \$70 million.

Suicide Prevention. \$512 million for SAMHSA suicide prevention activities, including \$439.6 million for the recently launched 9-8-8 Suicide Lifeline, in addition to \$62 million provided in the short-term government funding bill that was signed into law in September.

Mental Health Block Grant. \$1.01 billion, an increase of \$150 million.

National Institute of Mental Health. \$2.34 billion, an increase of \$120.9 million, which includes targeted funding for research related to social media’s impact on mental health.

Department of Education. \$111 million for school-based mental health grants.

UMaine to Offer Online Restorative Practices Training

BELFAST, ME (January 27, 2023) — Registration is open for two online restorative practices training programs through the Hutchinson Center. This six-session course, part of the University of Maine Hutchinson Center’s professional development program, will be held from 9 a.m.–4 p.m., April 20-21, May 19, June 29-30 and July 21. The cost is \$900 per person. A limited number of need-based scholarships are available. More information is online.

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emphasizes the need to create spaces where people feel seen, heard and part of a community that cares. Restorative practices, which have their roots in Indigenous knowledge and traditions, are poised to meet this need, improving and repairing relationships between people and communities. The purpose of restorative practices is to build healthy communities, increase social capital, decrease crime and antisocial behavior, repair harm and restore relationships.

Through this Foundations in Restorative Practices program, participants will learn nonad-



versarial problem-solving tools to reach solutions in moments of conflict that go beyond de-escalation and build safer, healthier, more equitable environments. Systematic use of restorative practices can leave participants and the people they interact with feeling connected to positive, resilient and accountable communities.

Educators, parents, school administrators, health care providers, so-

cial workers, police officers, municipal workers and nonprofit workers alike can benefit from restorative practices.

The restorative practices program is facilitated by Heather Fogg, Sarah Matari and Jamar Williams of Restorative Justice Project Maine (RJPM).

Fogg joined RJPM July 2021. She values the interconnectedness of all people and honors that as a circle keeper; conflict coach; mediator; restorative dialogue and restorative reflection facilitator; community dialogue facilitator; conferencing facilitator; and Certified Optimum Life Breathologist (C.O.L.B.). Fogg shares her love of the work by awakening the ideas and concepts

within others via trainings, presentations and courses about conflict and resolution and restorative justice. She served on the board and leadership circle of the Circle of Restorative Initiatives (CRI) for Maryland, helping to spread the awakening to restorative values and the processes that support them. Fogg was fortunate to grow in the field with years of support, love and encouragement from colleagues and collaborators at the Maryland Judiciary Mediation and Conflict Resolution Office (MACRO).

Matari began providing restorative practices and mediation services to institutions and communities early on in her alternative dispute resolution career. As a trainer and consultant for the New York City Department of Education restorative pilot project, she delivered mediation and restorative circle trainings to staff and students in an effort to

help schools work toward restorative culture change. She learned firsthand the importance of having a sustainable implementation strategy and team approach when engaging with restorative practices and brings that experience in her directing of RJPM’s Training and Capacity Building Team.

Williams joined RJPM in August 2021 as a trainer on the Training and Capacity Building Team. He has extensive experience in various aspects of the prison reentry field and has leveraged his expertise to educate others in universities, institutions and conferences across the country. His focus on social and restorative justice has led him to relocate to Maine to train others on restorative justice practices.

For information or to request a reasonable accommodation, contact Abby Spooner, um.fhc.p.d@maine.edu; 207.338.8002. Participants may be eligible for funding from the Harold Alfond Center for the Advancement of Maine’s Workforce.

More information about upcoming professional development programs, including how to register, is online. Need-based scholarships are available. Early registration is recommended as spots are limited.



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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 from 3:30-4:30pm from 1/11/23 - 2/15/23 in the 3rd floor Callahan Hall and 2nd floor IDEA Lab on alternating weeks.

For more information contact the Adult & Teen Services department at 513-3135 or lpreference@lewistonmaine.gov.

February 1

LEWISTON -- 5pm at the Lewiston Public Library: **SAVING MONEY ON HOME ENERGY BILLS!**

This event will go over ways you can save on your energy bills and the rebates available to Mainers. Contact info. 513-3135; www.LPLonline.org

Fridays February 3-24 and March 3 and 10

LEWISTON -- Opening Minds through Art at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston

Through a series of classes, OMA engages students with dementia in creating free-wheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

February 4

GORHAM -- Public Bean Supper, White Rock

Calendar

Send your submissions to the Editor. More online.

Community Clubhouse, 34 Wilson Road, Gorham, 4:30-6:00pm

We are back inside! Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.

\$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

February 7 (and every first Tuesday)

LEWISTON -- Good Grief. Date: Tuesday, February 7 (every first Tuesday), Time: 10:30 a.m.–noon. Facilitator: Beacon Hospice. Location: Education Center, 8 Falcon Road, Lewiston

SeniorsPlus is pleased to partner with Beacon Hospice in providing a Bereavement Support Group. To be held in person, this once-a-month group meeting will provide a safe place for those who want to connect with others who understand what they are going through, and who are looking for ways to find meaning and purpose in life without the presence of their loved one. At

these meetings, grievors will receive support, understanding, and compassion. Grievors will learn about self-acceptance, self-care, self-compassion, and resilience. We will share stories, experiences, and offers and receive support that can help with the grieving process. We will provide a safe place for everyone, in every stage of grief. A grief support group is not a substitute for professional care for depression.

February 22

LEWISTON -- 3pm at the Lewiston Public Library: **LPL TO HOST A BLOCKBUSTER MOVIE EVENT**

Our event is Wednesday, February 22, 2023 from 3 to 5:30pm in Callahan Hall and will feature a pg-13 movie set in a fictional-African nation with advanced technology whose leader has to juggle the responsibilities of being royalty with being a superhero. Contact info. 513-3135; www.LPLonline.org

Mondays, Wednesdays, Fridays

LEWISTON -- Total Strength and Balance, Day/time: Mondays, 11–11:45 a.m.; Day/time: Wednesdays, 11–11:45 a.m.; Day/

time: Fridays, 10:15–11 a.m. Instructor: Linn Morin, Certified Trainer. Cost: See below. Location: Education Center, 8 Falcon Road, Lewiston

Participants will gain physical and neuro-muscular strength, as well as balance to improve activities of daily living. Lighter weights or soup cans, a basic bouncing ball, and some tubes are used in this seated exercise class. Water is recommended during the class. Check with your physician prior to any exercise class. These classes are in person and masks are required. To register or for more info, call Linn at 523-9055. Cost is covered by most supplemental Medicare insurances, call Linn for more details.

Second and fourth Thursdays

LEWISTON -- **YOUTH TRADING CARD GAME CLUB** held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

Wednesdays

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LEWISTON -- Knitting Group, Dates: Wednesdays, Time: 4:30–7:30 p.m., Facilitator: SeniorsPlus Staff, Location: Education Center, 8 Falcon Road, Lewiston

Join our knitting group to work on your own project, learn from others, and socialize. 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.

Thursdays

ZOOM -- Writing Your Life Story, Date: Thursdays February 2, 9, 16 and 23. Time: 10 a.m., Facilitator: Connie Jones, Location: Zoom

We've all got stories! Wouldn't it be great if we wrote them down - for ourselves and our families and friends? This online, informal class will get you on

the road to writing about your life, from the mundane to the marvelous. You don't have to be a "writer" to take this class, and this will not be a critique of your writing style or grammar. Each week there will be a writing assignment, with topics chosen by the group. At the end, you will have written the first six chapters of your life story. Take a chance on finding out that you've lived a pretty interesting life after all. 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.

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



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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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Lewiston Police Department Seeks Five More Officers to Join Team

LEWISTON, ME (January 27, 2023)– Lewiston Police Department (LPD) is inviting those who want to make a positive difference in Lewiston while keeping the community safe to apply for its five open police officer positions. Applicants must be at least 21 years old, enthusiastic about working in a diverse community, and be dedicated to public safety and helping others.

“As a police officer, there are critical skills the position demands from confidence, understanding of the law, problem-solving, and enthusiasm about working with the community,” said Lewiston Police Chief David St. Pierre. “It is incredibly demanding, yet at the same time extremely rewarding and takes a motivated and passionate person who cares about our community to be an effective officer in Lewiston. If that is you, we strongly encourage you to apply.”

As a Lewiston police officer, top benefits include: a generous pay scale that includes steps and cost-of-living adjustments, flexible time off, and great health coverage (\$32.32 single/\$72.48 weekly fam-

ily plan, along with a yearly \$2,500 flexible spending arrangement). LPD also offers numerous overtime and detail shifts at an overtime/detail rate.

Starting pay as a new patrol officer in Lewiston is among the highest in the state at nearly \$30.00 and topping out at nearly \$44.00 hour (additional steps come with promotions). We accept lateral transfers up to the 14 year pay step for those who are certified law enforcement officers.

Applicants are encouraged to apply by visiting www.lewistonmaine.gov/LPDapp

LPD has also recently welcomed the addition of five more police officers to its team.

“I salute our newest officers – Donald Cousins, Matthew Johnson, Joshua King, Nicholas Kyllonen and Bryan Parker – for their commitment to public safety, putting others before themselves, and being an active member of the Lewiston community,” said Police Chief David St. Pierre. “These officers exemplify great strength in character and respect of others, which not only make them a great fit on

the LPD team but also in the Lewiston community.”

Donald Cousins
Officer Donald Cousins was born and raised in Topsham, Maine. A graduate of Mt. Ararat High School, Cousins attended one semester at Southern Maine Community College for criminal justice and then entered the United States Marine Corps. He joined the fleet Marine Force in 2001 and was assigned to the 2nd Assault Amphibian Battalion in Camp Lejeune. Cousins was deployed to Iraq for Operation Iraqi Freedom in 2003. He began his Law Enforcement Career at the Cumberland County Jail as a corrections officer before joining the Auburn Police Department in 2010 where he served for 12 years. While at Auburn, Cousins served in the Auburn Middle School and handled K-9 Rocky, with the duo serving together until Rocky’s retirement at the end of 2021. Officer Cousins and his wife of 18 years have five children. On his off time, Officer Cousins enjoys the Maine outdoors whether it’s hunting or fishing. He also enjoys riding his motorcycle. Officer Cousins is also a business

owner, licensed arborist, and a Class A commercial truck driver.

Matthew Johnson
With family in the Navy, Officer Matthew Johnson spent his early years growing up across the US and overseas. He settled in Maine as a corrections officer at the Androscoggin County Jail. In 2006, he became a police officer with the Mechanic Falls Police Department and graduated the Maine Criminal Justice Academy’s 12th Basic Law Enforcement Training Program in May 2007. He then accepted a position as a police officer with the Auburn Police Department in August 2007. Officer Johnson continued working as a patrolman until he took an assignment as a Special Agent with the Maine Drug Enforcement Agency from 2017 to 2019. Officer Johnson then returned to patrol duties until March 2022, when he was promoted to Detective with the Auburn Police Department. Detective Johnson was also assigned as a Task Force Officer with the FBI Southern Maine Gang Task Force. Officer Johnson is a MCJA Firearms Instructor, Urban Rifle Instructor, and Mechanics of Arrest, Restraint, and Control (DT) Instructor. In his free time,

Officer Johnson enjoys time with his family, and enjoys hunting, ice fishing, 4-wheeling, and Jiu Jitsu.

Joshua King
Officer Joshua King began his law enforcement career in 2007 when he graduated from the Maine Criminal Justice Academy’s 12th Basic Law Enforcement Training Program. Officer King came to Lewiston Police from the Auburn Police Department where he held the rank of Detective. Officer King is a mobile phone examiner and considered an expert in cybercrime investigations. Officer King holds a Bachelor’s Degree in Criminal Justice from Husson University. He and his wife have three children.

Nicholas Kyllonen
Officer Nicholas Kyllonen graduated Edward Little High School in 2009 and holds an Associate’s Degree in Criminal Justice from Central Maine Community College. For nearly a decade, Kyllonen served as a police officer with the City of Auburn on patrol and as a Drug Enforcement Administration (DEA) Task Force Officer and Maine Drug Enforcement Agency Special Agent. Off duty, Officer Kyllonen enjoys spending quality time with family and friends.

Bryan Parker

A graduate from Biddeford High School in 2004, Officer Bryan Parker joined the Army and was stationed in Germany. He was then deployed to High-Interest Target Iraq on a 14-month tour as a Cavalry Scout. After the military, he attended Southern Maine Community College and joined the Auburn Police Department in 2010. There he was assigned to patrol, Field Training Officer, Firearms Instructor, and the High School Resource Officer. Officer Parker and his wife have two daughters.

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