



TWIN CITY TIMES

© Twin City TIMES, Inc. 2023

(207) 795-5017 • Info@TwinCityTimes.com

FREE • Vol. XXIV, No. 41

Your Hometown Newspaper Since 1999

Thursday, February 16 2023 • FREE

Androscoggin's Autumn Night Out Committee Prepares for 2023



(Left to right): Elif Mogensen, Emily Rinchich, Tom Fogarty, Erica Bosse, Chrissy Kimball, Mary MacMahon, Erin Bolduc, Kelly Jacobson, Dana Pinkham. (Seated): Cyndi Robbins and Heather Printup. The committee also includes Jenn Lever and Dawn Youland, who are not pictured.

LEWISTON, ME (February 5, 2023) – Androscoggin Home Healthcare + Hospice is delighted to announce that plans are under way for the 2023 Autumn Night Out benefit auction to be held at the picturesque Poland Spring Resort on September 8, 2023. This year's event will celebrate its 20th anniversary in support of the organization's hospice services. Since its inception, Androscoggin's signature Autumn Night Out Event has raised more than \$750,000 benefiting hospice patients and families throughout 9 counties in Maine.

Lead by Co-Chairs Cyndi Robbins of Poland Spring Resort and Heather Printup of Blue Triton Brands, this year's Autumn Night Out Committee has begun its planning of another spectacular event guided by this year's theme of 'Viva Las Vegas'. According to Cyndi Robbins, "In consideration of our 20th anniversary, the committee and I are setting our sights on making this year's gala the largest and most successful in its two decades of benefiting patients and families at Androscoggin Home Healthcare + Hospice."

In addition to supporting end-of-life

care for hospice patients and their families, Autumn Night Out also features a special fundraising 'Paddle Raise' that directly benefits a specific program within the organization. Autumn Night Out's 'Paddle Raise' is an opportunity for guests to make a meaningful gift to the organization while fulfilling a real and significant need for our patients and families. Over the year's beneficiaries have included Androscoggin's Life Happens Fund, Bereavement Program, and most recently the organization's Pediatric Program.

For more information about Androscoggin's 2023 Autumn Night Out benefit auction, please contact Elif Mogensen at elif.mogensen@androscoggin.org or by phone at (207) 795-9410.

ACADIA Academy Employee Honored with Lifesaving Award

LEWISTON, ME (February 7, 2022) — On September 2, 2022, Michelle Michaud's quick thinking and knowledge of lifesaving skills allowed her to help a child in distress. The first grader was eating lunch when he began choking on a chicken nugget. He jumped up, ran to the trash to spit it out but vomited instead, which pushed the food further into his airway. The child was unable to breathe and was turning red when Michaud gave him three to four abdominal thrusts and dislodged the nugget.

Michaud, of Poland, Maine, works for the Margaret Murphy Center within ACADIA Academy as a Behavioral Health Professional. She's worked for ACADIA for five years. After the choking incident, a co-worker nominated Michaud for an American Red Cross Lifesaving Award.

"Michelle's quick actions were instrumental in saving a child in desperate need. The ACADIA community is immensely thankful for her lifesaving actions," said Casey Baugher, ACADIA Academy executive director.

Red Cross Central and Mid Coast Maine Executive Director Sophie Piconi and Board Chair Patti Pelletier presented Michaud with the American Red Cross Certificate of Extraordinary Personal Action during a faculty meeting at the Lewiston school. The Certificate of Extraordinary Personal Action is given to individuals, like Michelle, who step up in an emergency to help save or sustain a life. These individuals exemplify the mission of the Red Cross to prevent and alleviate human suffering in the face of emergencies and are to be commended for their willingness to help others in distress.

"On behalf of the American Red Cross Central and Mid Coast Chapter Board of Directors, we are all extremely proud of Michelle and her willingness to put her training into action. No one ever expects to need a hero. But when emergencies strike, we are glad they are out there. Please join us in recognizing Michelle for her heroic and lifesaving actions," said Pelletier.

"These kids mean everything to us. Not only are we educators, but we are also looking out for their wellbeing and safety," said Michelle Michaud, lifesaving award recipient. "Hopefully you never have to use CPR and other lifesaving skills, but it's so important to be trained. When I needed it, it was there, and I knew exactly what to do."

Injured on the job?
We should talk.
 (207) 333-5103
 Help@BilodeauLaw.me
 BILODEAULAW.ME
BILODEAU LAW

Best Source for Arts, Music and Theater!
 Your Hometown Paper.

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

CLEAN BOOKS LLC
 BOOKKEEPING AND PAYROLL SERVICES
 9 North River Road Suite 232 Auburn, ME 04210
 Olivia Ouellette, Owner (207) 370-9292
cleanbooksmaine@gmail.com
www.cleanbooksmaine.com

Newsmakers, Names & Faces

Maine's Rural Communities Benefit from \$378M Investment

B A N G O R , ME (February 7, 2023) – Ahead of the 2023 State of the Union address, U.S. Department of Agriculture (USDA) Rural Development State Director Rhiannon C. Hampson celebrated the Biden-Harris Administration's actions in delivering on its promises by highlighting significant investments and benefits that USDA Rural Development is having here in Maine.

USDA Rural Development State Director Rhiannon C. Hampson said. "Rural Maine will not be left behind; we have had two years of the Biden-Harris Administration showing up for us - putting our tax dollars to work in ways that truly grow our economy from the ground up and the middle out. From supporting our heritage industries with critical small business capital, to ensuring our children's futures by helping small utilities deliver as partners in protecting our natural resources and providing our energy needs, USDA Rural Development is honored to 'walk the talk' here at home." She added, "Our hardworking team at Maine Rural Development is made up of your neighbors, people who live right here and care deeply about the success of our communities. The Biden-Harris Administration has given

us an historic opportunity to invest in what we believe in - Maine, and we are meeting this moment. We are not done yet. As we move forward into this new fiscal year, USDA Rural Development is identifying new and innovative ways to support the incredible people, communities, and small business of Maine. Dirigo."

Here is a look at USDA Rural Development's actions in fiscal year 2022 to strengthen and empower economic growth and prosperity in Maine's rural communities, minimize impacts of climate change, create good-paying jobs for Maine workers, and invest in our families.

Increasing Access to Opportunities in Rural America: USDA Rural Development invested in Maine's rural communities through providing quality affordable housing and job and business creation in rural Maine. As a result, rural Americans are better able to live, work, raise families, and thrive in the communities they love. Through these investments, USDA is amplifying President Biden's promise to grow the economy and create good-paying jobs. In Fiscal Year 2022, USDA Rural Development in Maine helped:

825 low or very-low income Maine families or

individuals to obtain the American Dream of homeownership, investing a total of \$167,006,694 and creating generational wealth and stability.

Approximately 5,000 Maine families or individuals living in multi-family properties to pay their rent, totaling \$38,451,040 in rental assistance and vouchers to ensure everyone has a safe and affordable place to live.

101 Maine families to make essential repairs or weatherization to improve their homes.

232 Maine businesses were assisted or supported and approximately 154 Maine jobs were created or saved.

Expanding Equity in Rural Communities: USDA Rural Development is committed to the values of equity and inclusion, ensuring rural Mainers, regardless of how rural their community, have access to critical community infrastructure.

21 community facilities received \$12,665,238 through the Community Facilities Programs to help provide essential services to 628,337 rural people in Maine.

15 of these community facilities are rural healthcare clinics, hospitals, and organizations, receiving a total of \$9,956,600 to help provide quality healthcare in Maine's rural communities.

One landmark example of this initiative to ensure equitable access to services, is a recent Emergency Rural Health Care Grant in the amount of \$5,012,000 to Wabanaki Public Health and Wellness. The grant, announced in November, is assisting the Center for Wabanaki

Health and Recovery, a department within Wabanaki Public Health & Wellness, to move into the next stage of development to solve regional healthcare issues in the five Wabanaki communities of Maine. The Center will offer everything from medication-assisted treatment to transitional housing, medicine walks cultivating traditional foods, childcare, telemedicine and connecting with employers. The Rural Development funding will provide staff support, further renovations, and additional programming.

Implementing Climate-Smart Solutions: Climate change is happening, and America's rural communities are on the frontlines. USDA is leading the way through climate-smart solutions that will improve the profitability and resilience of producers and foresters, open new market opportunities, and build wealth that stays in rural communities for generations to come.

For instance, USDA Rural Development provided:

11 water and wastewater systems with a total of \$41,250,600 in funding for critical upgrades that help systems operate in ways that preserve the surrounding rivers, streams, and ocean, ensuring these waterways can be used for fishing and recreation for Maine people.

32 Maine businesses or agricultural producers with Rural Energy for America Program (REAP) for a total of \$120,846,243 invested in expanding renewable energy systems and support energy-efficiency projects for people in rural Maine.

Invested \$9.6 million in partnership with

Aligned Solar Partners through the Electric Loan Program to finance a solar electric project located at Souther Farm, in Livermore Falls, that will benefit five Maine schools and one municipality through energy savings, providing clean renewable energy.

Investing in Maine Food Systems: USDA is transforming the nation's food system through a more equitable, diverse, and resilient meat and poultry supply chain. These actions touch all parts of the food supply chain - from food production, food processing, food aggregation, and distribution to consumers. For instance, USDA Rural Development in Maine invested in:

Four agribusinesses in Maine received Value-Added Producer Grants for a total of \$715,000 to assist with marketing or planning activities for producing local foods and value-added agricultural products.

Partnered with the Reinvestment Fund to invest more than \$500,000 to improve access to healthy foods in Maine's underserved communities through the Healthy Food Financing Initiative (HFFI):

Farmer's Market Space at 24 Court Street, in Skowhegan, will use its \$200,000 HFFI award to construct 24 Court, a new building on the campus of the Maine Grains gristmill and home of the downtown Farmer's Market. This indoor space will be a permanent market plaza outdoors for year-round operations of the 25-year-old Farmer's Market local food and nutrition assistance programs for low-income families.

Cooperative Development Institute, in Lewiston, will use its \$200,000 HFFI award to support predevelopment staffing and professional services as a part of a longer-term construction project. CDI and its partners will develop Lewiston Community Food Center, a hybrid food center model, which will provide fresh, healthy, and affordable staple and perishable foods through scaled, low-cost retail operations.

Good Turn Coop, in Rockland, will use its \$135,700 HFFI award to support an expansion of the store's footprint by 900 square feet to house essential new refrigeration and freezer units, and to provide new retail space.

Another local example of investment in the availability of local foods is the Piscataquis Regional Food Center, in Dover-Foxcroft, which received a \$28,000 Emergency Rural Health Care Grant to install a 600 cubic-foot freezer and a 48-kilowatt propane powered backup generator to safely store food products in frozen, refrigerated, and shelf-stable forms until they can be delivered to rural distribution partners.

USDA Rural Development has offices in Presque Isle, Bangor, Lewiston, and Scarborough. For more information on the programs offered by USDA Rural Development, contact the USDA Rural Development State Office at (207) 990-9100 or visit www.rd.usda.gov/me.

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

Jason Hodsdon Masonry

We install stainless steel liners

215-3557 North Monmouth

Jasonhodsdonmasonry@gmail.com



AWS

Affordable Washing Services of Maine

VETERAN OWNED AND OPERATED

SPECIALIZING IN:
HOUSE WASH * ROOF WASH
ROOF CLEANING * SOFT WASH * POWER WASH
DECKS * FENCES * SIDING * DRIVEWAYS

Greene, Maine

207-240-9103

Affordablewashingservices.com



allworx

Save \$\$ on your business phone!

Call today for a demonstration!

PROFESSIONAL COMPUTER SERVICES INC.

207.784.6295
buck@pro-pc.us




Buck Buchanan
A+, MCP Certified Technician

Newsmakers, Names & Faces

Community Health Options Names Chief Medical Officer

LEWISTON, ME (February 1, 2023) – Dr. Lori Tishler has joined Community Health Options as its chief medical officer, the company announced today. Tishler is responsible for overseeing all of Health Options’ clinical strategies and medical management initiatives.

Tishler, whose appointment was effective January 23, reports to

President and CEO Kevin Lewis.

“Dr. Tishler brings a commitment to mission-driven care that fits perfectly with our DNA,” Lewis said. “Her leadership and experience, along with her keen understanding of provider and payor perspectives, give her the ideal background to lead the clinical stewardship of our plans, while improving



health outcomes for our Members, with a strong focus on preventive care.”

Tishler joins Health Options after serving as senior vice president of

medical services at Boston-based Commonwealth Care Alliance, a company that provides health plans for those with the most complex healthcare needs.

There, she led a team that provided direct, consultative and programmatic medical support in several areas, including care management and primary care for those with complex medical and behavioral needs. Earlier, she served as medical director at the Phyllis Jen Center for Primary Care, and as associate medical director for utilization at Brigham and

Women’s Physician Organization, both in Boston. She’s also an assistant professor of medicine at Harvard Medical School.

Tishler earned her medical degree at Harvard Medical School, a master’s degree in Health Policy and Management at the Harvard School of Public Health, and a bachelor’s degree from Harvard and Radcliffe Colleges.

PRHS Student Earns Maine Career Exploration Badge



POLAND, ME (February 5, 2023) -- Congratulations to Poland Regional High School student Nick Garey for being the first student at PRHS to complete the badge! Nick spent his time at the Nor-

way Veterinary Hospital experiencing what it is like to work as a Veterinarian. He said this opportunity allowed him to see different aspects of the work, and without a doubt, confirmed his passion to be-

come a veterinarian for his future career.

To learn more about how the Maine Career Exploration Badge supports Maine students, go to: <https://jmg.org/maine-career-exploration-badge>

Join the Lifesaving Mission, Donate Blood

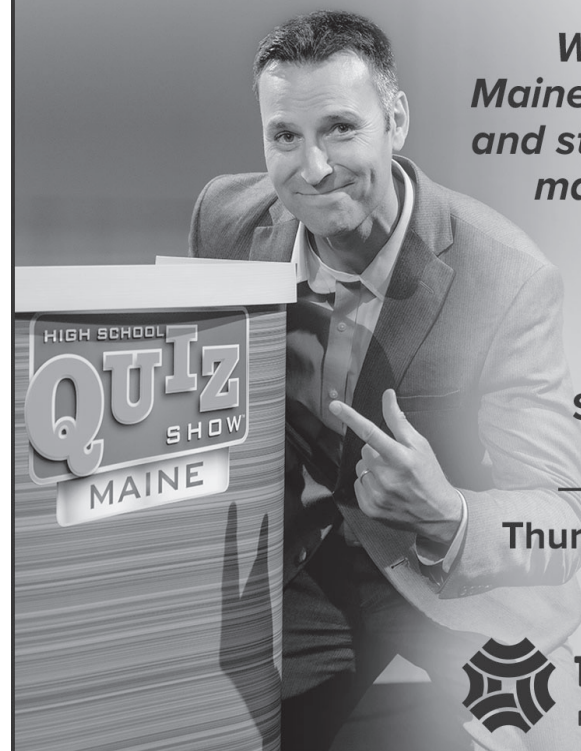
AUBURN, ME (February 10, 2023) -- Auburn Lewiston Rotary Community and the American Red Cross are hosting an upcoming blood drive. Please join our lifesaving mission and schedule an appointment today!

Drive Details:
Site: United Methodist Church of Auburn
Address: 439 Park Ave., Auburn, ME, 04210
Room Name: Com-

mon Hall
Date: Wed Mar 1, 2023
Time: 10:00 AM - 02:30 PM
Blood Program Leader Name: Branden Dyer
Head to redcross.org to make an appointment and give the gift of life! The need for blood is constant and only volunteer donors can fulfill that need for patients in our community. Nationwide, someone

needs a unit of blood every 2 to 3 seconds and most of us will need blood in our lifetime. Thank you for supporting the American Red Cross blood program!
Download the Red Cross Blood Donor App on the App Store, Google Play or text BLOODAPP to 90999. Schedule appointments, view your blood type and results of your mini-physical, and track your donations.

Cheer your team on as students compete on Maine Public’s High School Quiz Show Maine!



Watch LIVE on Maine Public Television and stream online from mainepublic.org.

Brunswick vs. Saint Dominic Academy

Thursday, March 23rd at 8:00 p.m.

maine public
RADIO · TELEVISION · ONLINE

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

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

Jason Hodsdon Masonry
Chimneys • Chimney Cleanings • Masonry Demo
Repointing & Repairs • Culture Stones Restorations • Stainless Steel Liners
We install professional chimney caps!
215-3557
North Monmouth
Jasonhodsdonmasonry@gmail.com

TWIN CITY TIMES

TWIN CITY PUBLISHING, INC
Twin City Times • 89 Union Street, Suite 1014 • Auburn, ME 04210
Gorham Weekly • 28 State Street • Gorham, ME 04038

Info@TwinCityTimes.com
(207) 795-5017

TWIN CITY PUBLISHING, INC. 2022®
All materials found in TWIN CITY TIMES are copyrighted. All rights in those materials are reserved and permission to use them must be specifically granted by Twin City TIMES.

FREE e-subscriptions at www.TwinCityTimes.com

Advertising
For advertising information email ads@twincitytimes.com or call 795-5017.

Deadline
Deadline for ads and press releases is 5 p.m. on Friday preceding publication. Published every Thursday’s publication.

Press Releases
All submissions, including photos, must be emailed to editor@twincitytimes.com.

Proofs
Publisher is not responsible for any errors in ad copy not inspected by advertiser prior to publication.

Maine Air National Guard Return from Six-Month Deployment

PORTLAND, ME (February 10, 2023) (readMedia)— The Maine Air National Guard's 243rd Engineering Installation Squadron (EIS) welcomed home 30 personnel this week who were supporting overseas operations in Africa and Southwest Asia for over six months. The personnel were spread throughout various areas of the U.S. Central Command's and U.S. Africa Command's area of responsibility including Kuwait, Qatar, Saudi Arabia, Jordan, Niger, Djibouti, and Kenya.

The personnel provided specialized cyber

engineering resources and support assets for command and control systems for CENTCOM and AFRICOM. The returning members of the South Portland-based 243rd EIS worked in similar fields to which they train and prepare for at the South Portland Air National Guard Station.

"We have a very specialized skill set that plays an important role in supporting missions globally," said Capt. Alec Johnston, the 243rd EIS's officer in charge of engineering who spent most of his deployment at Ali Al Salem Air Base in Kuwait City. "We

had a component of our team in Germany, providing management to the others. This allowed us to have a direct line of communication with our own 243rd EIS personnel who were receiving requests straight from the commands in Germany for our support in the other countries."

Members of the 243rd EIS are trained in providing information technology and communications setup, support, and removal at military installations across the globe. Many of the members of this deployment have supported previous missions.

"The 243rd plays an

important role in providing communication support and these deployments will continue to allow our members to get incredible real-world experience," said Lt. Col. Clint Reed, commander of the 243rd EIS returning from deployment. "It's an incredible opportunity to see a different part of the world. But it also gives us a great sense of accomplishment after completing a mission like this to return home to our support network in Maine who've been there for us throughout our deployment."

Personnel from the 243rd EIS returned in four

groups over the past week. Family and friends joined members of the Maine National Guard at the Portland International Jetport to greet the small groups.

"It's great to be home," said Johnston, from West Gardiner. "While we had an incredible experience and we take pride in the work we were doing, I think I can speak for the rest of the 243rd to say that we are all happy to be back in Maine."

The 243rd EIS is co-located at the South Portland Air National Guard Station with the 265th Combat Communications Squadron. Both

units of the Maine Air National Guard have supported numerous state and federal missions in recent years. Noticeably in Maine, both units provided personnel to support regional COVID-19 testing and vaccination sites and helped logistical operations for providing necessary equipment to health care providers throughout the area.

In addition to the two units in South Portland, the Maine Air National Guard is composed of the 101st Air Refueling Wing in Bangor, and the Joint Force Headquarters component in Augusta.

MCCS Board Ends Student Covid-19 Vaccine Requirement

AUGUSTA, ME (February 9, 2023) — Maine's community colleges have ended a COVID-19 vaccine requirement for on-campus students, effective immediately.

The student vaccine protocol had required all on-campus students to be vaccinated against COVID-19.

Maine Community College System (MCCS) President David Daigler cited better access and range of preventative and treatment options for COVID-19, strong vac-

ination rates in Maine, and improved outcomes for pandemic victims as key factors in his recommendation to the board of trustees.

"I believe the board should consider ending the vaccine requirement for on-campus students, while simultaneously adopting language urging students to get the COVID-19 vaccination and boosters," Daigler told the board at its regular meeting on Wednesday, February 8th.

The MCCS Board of Trustees voted unanimously to rescind the student

vaccine requirement and adopt language "to strongly encourage all learners to receive the COVID-19 vaccinations and boosters."

"We have been monitoring COVID-19 benchmarks all along, and this vote is a thoughtfully and carefully considered decision by the board," Chairwoman Joyce Maker said. "It is the right time to adopt new tools and tactics to best address managing COVID-19 on campus."

Daigler announced that the seven colleges will promptly strengthen

and expand wellness education programs aimed at mitigating the spread of respiratory and other illnesses, including COVID-19, influenza, and Respiratory Syncytial Virus (RSV).

"It's been three full years since the pandemic began, and the situation has changed since we initiated this vaccination protocol," Daigler said. "It's time to change our approach by ending the requirement and focusing on wellness education programs."

"The health and safety of the people in our community remains our top priority, and we know the pandemic is not over. That is why we are coupling this decision with a commitment to expanding and strengthening our on-campus wellness education efforts," Daigler said.

Trustee Dr. Mark Fourre, president of Coastal Healthcare Alliance and

a longtime senior health care executive, supported the change.

"A successful vaccination campaign and natural immunity now provide a significant level of protection for our communities. We also have new tools available to treat the virus. That shift, coupled with the urgent need to prepare our workforce for the future, lead me to believe that now is the right time to update the student vaccine protocol," Fourre said.

There is one exception to the new protocol: Students in some programs may be required to have a COVID-19 vaccination due to the requirements at third-party locations, such as student placement sites.

Maine's seven community colleges serve approximately 25,000 people a year at nine campuses and four off-campus centers across the state. The

policy affects students at all those locations. Students at off-site locations must follow the site requirements.

Expanded wellness education efforts may include, but are not limited to, facilitating access to health care tools such as vaccination and flu shot clinics, direct messages to students, digital and print messaging in public spaces, and wellness messages in campus community newsletters.

"This was not an easy decision because we don't want to send a signal that our community doesn't need to take any COVID-19 preventative measures. Nothing could be further from the truth," Daigler said. "The health and safety of our community remains our top priority, but requiring students to have the vaccine is no longer a primary way to accomplish that."

Collins, King, Pingree Meet with Gov. Mills at U.S. Capitol

WASHINGTON, D.C. (February 10, 2023) — U.S. Senators Susan Collins and Angus King and U.S. Representative Chellie Pingree today met with Governor Janet Mills at the U.S. Capitol.

"There's nothing more important than working together when it comes to advocating for our state and helping Maine people," said Senators Collins and King and Representative Pingree. "During today's meeting, we discussed opportunities for greater collaboration be-

tween the federal delegation and state government to build on our productive partnership and improve life for the people of Maine. We look forward to helping ensure that every Mainer has the opportunity to succeed and will continue working together for the state that we are proud to call home."

"I appreciated the opportunity to meet with Senators Collins and King and Representative Pingree," said Governor Mills. "From our successful efforts to secure a life-

line for Maine's lobster industry to our work together during the pandemic and beyond, I am deeply grateful for the strong partnership of Maine's Congressional Delegation throughout my time as Governor. I look forward to our continued collaboration as we all work to make Maine the best place to live, work, and raise a family."

Governor Mills is visiting Washington, D.C., to take part in the annual winter meeting of the National Governors Association.



**Sealcoating • Hot Rubber Crack Filling
New Installations • Concrete
Reclaimed Asphalt • Loam**

**Our premium grade sealer inexpensively
adds years of life!**

**Protect your investment with our
wide range of products!**

Roadmark Industries
Mike Willett • 143 Pleasant Street • Auburn
(207) 240-5535

Follow us on Facebook!
**Don't miss our
weekly giveaways!**

Paid Family and Medical Leave Commission Report Shared

AUGUSTA, ME (February 10, 2023) – On Tuesday, Sen. Mattie Daughtry, D-Brunswick, and Rep. Kristen Cloutier, D-Lewiston, shared the final report from the Commission to Develop a Paid Family and Medical Leave Benefits Program. Sen. Daughtry and Rep. Cloutier, who co-chaired the commission, joined a press conference to promote a paid family and medical leave (PFML) policy for Maine. The press event was hosted by a coalition supporting PFML, with February marking 30 years since the federal Family Medical Leave Act was passed.

“Maine needs a statewide paid family and medical leave policy. While we’re already leading the nation with our statewide earned paid leave policy, it became abundantly clear during my work with the commission that more work needs to be done,”

said Sen. Daughtry. “It was gratifying to work with so many people from across the state, with all of us pulling in the same direction: Creating a paid family and medical leave plan that works for Maine. We all knew we had an incredible opportunity to get this done, and to do it right — for Maine businesses, for Maine workers, for Maine families.”

“This session, we have a momentous opportunity in the Legislature to enhance Maine’s care infrastructure,” said Rep. Cloutier. “The United States is the only developed country in the world without a national paid family and medical leave policy, leaving it up to states to piece together solutions. I am proud of the work the commission has done over the past two years to study existing programs in other states, receive public input, develop a plan and make pol-

icy recommendations. A statewide PFML program will support our working families, make our economy more competitive and set Maine on a better path to improved health and well-being, both now and well into the future.”

Only 15 percent of American workers have access to any sort of paid leave, and fewer than 60 percent of the workforce has access to unpaid leave under the Family Medical Leave Act. Nationally, one in four women takes fewer than 11 days of parental leave after giving birth despite a recommended six- to eight-week recovery period.

The Commission to Develop a Paid Family and Medical Leave Benefits Program was formed in the 130th Legislature by LD 1559, “Resolve, To Create the Commission To Develop a Paid Family and Medical Leave Benefits Program,” which

was sponsored by Sen. Daughtry and co-sponsored by Rep. Cloutier. The report is the compilation of nearly two years of work.

Recommendations in the commission’s report include:

The Maine program should include all workers. This includes full-time, part-time, temporary and seasonal workers. Self-employed workers would be able to opt into the program, and this is consistent with other paid programs in the U.S.

Leave can be used to care for a new child, to care for a family member with a serious health condition, or to attend to certain emergencies related to a family member’s military deployment. The Commission also agreed on the inclusion of “safe leave” used for the purpose of attending to certain medical and non-medical needs arising from domes-

tic violence, harassment or stalking.

Eligibility must be based on a level of income earned, because the Department of Labor does not collect information on the number of hours worked by employees and only has data on income earned. The Commission recommends that the Labor and Housing Committee determines what the income eligibility requirements of the program should be.

Employers with fewer than 15 employees should be exempt from contributions to fund the program. This number was chosen to match the threshold that is currently used for the state’s unpaid family and medical leave program.

The majority of commission members support an 80-90% wage replacement. The Commission supports establishing a maximum replacement rate of 120% of the state

average weekly wage for the program.

There should be an annual 12-week maximum leave limit for a particular qualifying need and a 16-week combined limit. Members also supported the ability for employees to use intermittent leave as long as the minimum was for full workday increments (whatever that full day might look like for the employee). Commission members noted that smaller periods of time for appointments could be covered by paid time off.

The program should be streamlined and uncomplicated for both employers and employees, whether it is administered by a state department or through a private contract.

Sen. Daughtry and Rep. Cloutier also recently attended a White House briefing on state-level paid family and medical leave efforts around the country.

Daughtry Introduces Bills to Improve Teens’ Health at School

AUGUSTA, ME (February 10, 2023) – On Thursday, Sen. Mattie Daughtry, D-Brunswick, introduced bills to help teens have a healthier high school experience. LD 257, “An Act to Provide for a Later Starting Time for High Schools,” and LD 253, “An Act to Add Health and Physical Education Requirements to High School Diploma Standards” were the subjects of public hearings before the Education and Cultural Affairs Committee.

“Just like reading and writing, physical education has a lifelong benefit. And just like eating a balanced diet and staying active, getting enough sleep is vital for teens’ health and development,” said Sen. Daughtry. “If we want to give our kids the best chance possible for suc-

cess, we need to make sure school works for them. We’ve long known that school is about more than essays and textbooks. Let’s help our students learn to the best of their ability and potential, while also giving them tools for a healthy and successful life.”

LD 257 would require public school districts in Maine to ensure that high schools’ school days start no earlier than 8:30 a.m., beginning with the 2024-2025 school year. California became the first state in the nation to pass similar legislation, and several other states are considering later school start times as well. Many local school districts in Maine have made the switch, including Biddeford, Saco, Dayton and Old Orchard Beach.

Teens need on average 8.5-9.5 hours of sleep per night. However, data

from the Youth Risk Behavior

Health Survey shows that over 72 percent of high school students in the U.S. get less than 8 hours of sleep per night, with 22 percent getting less than 6 hours of sleep per night. According to the CDC, insufficient sleep among children and adolescents is associated with an increased risk for diabetes, injuries, poor mental health, attention and behavior problems, and poor academic performance.

“Starting school later for high school students has indeed been demonstrated to increase weekday sleep duration, and additional studies have further shown increased school attendance, increased academic performance, a decrease in the number of reported depressive symptoms, and a decrease in the number

of automobile accidents among adolescent drivers,” said Dr. Deborah Hagler, with the Maine Chapter of the American Academy of Pediatrics, in testimony supporting the bill.

The Maine Council of Child and Adolescent Psychiatry also submitted testimony supporting the bill.

LD 253 would add a requirement for health and physical education to the standards for receiving a high school diploma. According to the Centers for Disease Control and Prevention, physical education provides numerous benefits: higher grades and standardized test scores, better classroom behavior, more physical activity, lower rates of absenteeism, and better attention and focus inside the classroom.

Robert Oates, a retired physical education

teacher who now lives in Hollis Center, testified in favor of LD 253.

“I made the case then and now that Physical Education is more than just skills for a sports team. It should teach human movement in all aspects of life ... from changing a car tire to shoveling snow. At parent Open House each Fall, I spoke about our goals in all courses: to allow our students to feel COMPETENT in their physical skills so that they would be CONFIDENT to join in physical activities during their life,” he wrote, adding, “I feel that without that confidence in our own competence, most of us would back out of physical activity, one of the three legs that a healthy lifestyle stands on ... the others being nutrition and sleep.”

“The mental and physical health of our

school community was affected dramatically during and after the pandemic and quite honestly our students need physical and health education now more than ever. The well-being of our students is not something that we should be questioning,” said Dan Gish, Wellness Content Leader at Lewiston High School, who also testified in favor of the bill.

Both LD 257 and LD 253 face further action in committee.

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

GRIDIRON
Restaurant
LEWISTON, MAINE


FRIED MUSSELS
with fries and coleslaw



ONLY \$12.99

1567 Lisbon Street Lewiston, ME 207-777-6353 -- 207-777-6354
INDOOR SEATING - TAKE OUT Open Daily 11am - 9pm

We Deliver.



Uber Eats GRUBHUB Postmates DOORDASH

SUBWAY

Not all delivery services available at every restaurant. All ©2020 related trademarks are owned by Frito-Lay North America, Inc. ©2020. Subway® is a Registered Trademark of Subway® IP LLC. ©2020 Subway® IP LLC.

Open for curbside pick-up, take out, indoor dining, bowling and arcade!



American pub-style food and drinks.

A 7 Railroad Ave, Ste 102 | W www.jctbowl.com
Gorham, ME 04038 | P 207.222.7600

Arts & Entertainment

MCPKids! Presents *Magic Tree House Musical*



The cast of MCPKids! Production of "Pirates Past Noon"

MONMOUTH, ME (February 2, 2023) -- Cumston Hall will stowaway to the Caribbean when MCPKids! presents its production of Magic Tree House: Pirates Past Noon KIDS February 17-19, 2023. The family-friendly musical follows the adventures of Jack and Annie, a brother and sister who draw on their love of reading to travel to amazing places.

In Magic Tree House: Pirates Past Noon KIDS, two siblings, Jack and Annie, return to visit a magic tree house filled with a magnificent collection of books that can transport the reader to the wonderful faraway settings featured in their pages. Seeing a book has been left open to a page featuring a tropical island, the siblings decide the

"mysterious 'M' person" has sent them a message that they deserve a vacation. Jack and Annie soon discover they have arrived in the 18th century – the time of pirates. They are immediately captured by the dastardly Captain Bones, the "dirtiest, scurviest, most evil-eyed, nefarious, rottenest rat on the sea," with no hope of release unless they can somehow locate a legendary hidden treasure.

The production is being helmed by Danny Gay, with assistance by Ashley Hodgkin as Music Director, Hannah Hanson as Stage manager, Nancy Kenneally as costumer, Amy Hamlin as props mistress, and Josie French as producer. The cast of 24 students include: Avery Hamlin, Hannah Hoke, Anna Nguyen, Liz Barus,

MaKenzie McCann, Louise Turner, Stella Dietrich, Audrey Blake, Sophie Knowles, Mackenzie Gallo, Levi Stevens, Allie Eagers, Grace Mills, Ronan Sawyer, Alice Hoke, Iana Helczyk-Postole, Rowan Bowden, Alivia Siderio, Sophie Fenwick, Nevaeh Brown, Arya Iannotti, Sophia Pinard, Isabel and Zoey Mason.

YO HO! YO HO! YO HO! Now go! MCPKids! Monmouth will present Magic Tree House: Pirates Past Noon KIDS February 17-19 at 7pm on Friday, and 2pm Saturday and Sunday at Cumston Hall. Tickets are \$10.00 for adults and \$5.00 for students, or three gold pieces, parrots are free of charge. Tickets may be purchased by visiting their website at www.monmouthcommunityplayers.org.

Magic Tree House: Pirates Past Noon KIDS is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. 421 West 54th Street, New York, NY 10019 Phone: 212-541-4684 Fax: 212-397-4684 www.MTI-Shows.com.

LPL to Host Blockbuster Movie Event

Lewiston PUBLIC LIBRARY

CONTACT THE REFERENCE DESK TO FIND OUT WHICH FILM WE WILL BE SHOWING

BLOCKBUSTER MOVIE EVENT

FEBRUARY 22, 2023 | 3:00PM

LEWISTON, ME (February 1, 2023) -- The Lewiston Public Library will host its first Blockbuster Movie Event in February. This event will showcase a movie that, when introduced to theaters, drew large crowds to come see it. This event

will be free and open to the public.

Our event is Wednesday, February 22, 2023 from 3 to 5:30pm in Calahan 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.

To inquire about which movie will be featured this February please reach out the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

Follow us on Facebook!
Don't miss our weekly giveaways!

We can insure your winter toys, snowmobiles, side by sides and more



CHAMPOUX INSURANCE

YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue ~ Lewiston, ME 04240

(207) 783-2246

www.MaineInsuranceOnline.com



Urban Edge Hair Studio
(207) 212-9440

MICHAEL G.

1117 Center Street
Auburn, ME 04210

WED - FRI 10-6 • SAT 9-3
Evenings by Appt. Only

Like us on Facebook!



Healthy Living for ME Network Announces Free Workshops

STATEWIDE (February 8, 2023) - The Healthy Living for ME network has announced the workshops happening across the state during February and into the winter months. Topics addressed by the workshops include “A Matter of Balance,” to support falls prevention methods and mitigate the fear of falling; “Tai Chi for Health and Balance;” “Living Well for Better Health,” to support those with ongoing health conditions such as COPD, and “Building Better Caregivers.” Workshop offerings are described in more detail below.

Healthy Living for ME welcomes referrals from healthcare providers. The network’s evidence-based programming helps patients manage and prevent conditions before they become more serious or result in emergency situations.

The February workshops are:

A Matter of Balance - This workshop emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

A Matter of Balance is being offered in-person by Healthy Living for ME network partner, Maine-General Medical Center. The workshop begins on February 20, 2023 and will be held on Mondays and Wednesdays, 10:00 a.m.-12:00 p.m. through March 15, 2023 at 126 North Street, Waterville, ME.

Tai Chi for Health and Balance - Tai Chi is an enjoyable exercise that can improve balance, re-

lieve pain, and improve health and ability to do things. It is a slow exercise. It is easy to learn and good for all ability levels. The essential principles of Tai Chi include mind and body integration, fluid movements, controlled breathing and mental concentration. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Tai Chi is being offered in-person by Healthy Living for ME network partner, Aroostook Agency on Aging. The workshop begins February 14, 2023 and will be held Tuesdays and Thursdays from 11:00 a.m. – 12:00 p.m. through April 20, 2023 at 260 Main Street, Suite B, Presque Isle, Maine

Tai Chi is being offered online (virtual) by Healthy Living for ME network partner, Spectrum Generations. The

workshop begins February 21, 2023 and will be held Tuesdays and Thursdays from 7:00 p.m. – 8:00 p.m. through May 11, 2023.

Living Well for Better Health - This workshop helps participants deal with ongoing conditions such as diabetes, COPD, arthritis, and high blood pressure. Topics covered include: handling frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends, and health professionals; nutrition; and evaluating new treatments.

Healthy Living for ME network partner, Spectrum Generations is offering Living Well for Better Health online (virtual). The workshop begins February 23, 2023 and will be held on Thursdays, 8:30

a.m. – 11:00 a.m. through March 30, 2023.

Building Better Caregivers - This program was designed for family caregivers of people with an Acquired Brain Injury (ABI), Post-Traumatic Stress Disorder (PTSD), dementia, and/or any other condition that affects memory. Topics include: caregiver stress, dealing with difficult care partner behavior, finding help, making decisions about treatment, housing, etc., communicating effectively with family, friends, and health professionals, dealing with caregiver and care partner difficult emotions, planning for future needs, and legal issues related to caregiving. Program participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management

program. Healthy Living for ME network partner, SeniorsPlus is offering Building Better Caregivers, in-person. The workshop begins February 27, 2023 and will be held on Mondays, 1:00 p.m. – 3:30 p.m. through April 3, 2023.

Though the workshops are free for participants, registration is required. Family, friends, caregivers, and supports of participants are also welcome to register and participate. Please contact Healthy Living for ME at 1-800-620-6036 or info@healthylivingforme.org for more information and to register. You can also register via our website, www.healthylivingforme.org.

To learn more about these and other workshops offered by Healthy Living for ME, visit www.healthylivingforme.org.

AARP Maine Announces Virtual Listening Tour Throughout State

PORTLAND, ME (February 10, 2023) – One year ago, AARP Maine sponsored its first virtual “listening tour” of our state, and heard a wealth of concerns, suggestions, and ideas from AARP members and non-members alike.

This year, State Di-

rector Noël Bonam, Volunteer State President Carl Bucciantini and Executive Council member Carl Toney invite Mainers to once again join them for What’s Your Story? AARP Maine’s 2023 Virtual Listening Tour. These interactive sessions give Maine residents the oppor-

tunity to share what is on their minds about issues of importance to the 50+ population from across the state.

AARP Maine leadership expects a robust conversation to take place at each tour “stop” and plans to get direct input from older Mainers, understand

region-specific issues, share resources, help navigate Mainers’ concerns or ideas, and connect with local services.

Registration is NOW OPEN

Even though the virtual tour “stops” have been divided into regions, participants are welcome to

attend whichever session best suits their schedule.

All events are free, but registration is required. All sessions take place between 6:30-8PM

Local tour stops include:

2/20/23 Kennebec and Moose River Valley

2/22/23 Portland and Casco Bay

2/27/23 Southern Maine (Maine Beaches)

To learn more about AARP and our work in Maine, visit www.aarp.org/me and follow us on Facebook, Twitter and Instagram @aarpmaine.


PROTECT YOUR PROPERTY WITH EXPERT ROOFING!

Special Offer!

10% OFF

YOUR NEXT INSTALLATION

Expires in 30 days. Restrictions apply. Call for details.



NEW ROOFS • ARCHITECTURAL SHINGLES • METAL • LIFETIME WARRANTY

AMERICAN BUILDERS

Custom Building & Remodeling



CALL TODAY FOR A FREE ESTIMATE

(207) 500-8100

AmericanBuildersMaine.com

No Money Down • Financing Available



Bridgton, Rumford Shine as Top-Performing Hospitals



Bridgton Hospital team members

BRIDGTON AND RUMFORD, ME (February 9, 2023) -- Bridgton Hospital and Rumford Hospital, both part of Central Maine Healthcare, have earned a 2022 Performance Leadership Award from the Chartis Rural Hospital Performance INDEX. This index is con-

sidered "the industry's most comprehensive and objective assessment of rural hospital performance in the United States."

The Performance Leadership Awards recognize the performance of the top 25% of rural hospitals in the country based on "Quality, Outcomes

and Patient Perspective."

Rumford Hospital received the award for Patient Perspective. Stephany Jacques, RN, VP nursing and patient services, Rumford Hospital said, "There is nothing more important to all of our team members here at Rumford Hospital



Rumford Hospital team members

than providing the highest quality of care to our patients."

Bridgton Hospital was chosen to receive this national award based on Outcomes. "I'm extremely proud of how our team

members have met this challenge and have kept our patients and the community at the center of everything we do," said Jill Rollins, RN, director nursing and patient care services, Bridgton Hospi-

tal. According to Chartis, there is no better evidence of the value that rural hospitals provide to their communities than the recognition of being a top-performing facility.

SERVPRO: Focus on Disaster Readiness as Spring Approaches

AUBURN, ME (Grassroots Newswire) (February 9, 2023) - Since Fall 2022, the United States has experienced extreme weather from coast to coast ranging from major rain and flood events to hurricanes and tornadoes to extreme freezing conditions including a "once in a generation blizzard." As catastrophic weather events impact property owners more frequently, it magnifies the need for disaster readiness ahead of this spring's storm season. The National Centers

for Environmental Information (NCEI), part of the National Oceanic and Atmospheric Administration (NOAA), reports that from 1980-2022, there were, on average, 7.9 "billion-dollar" events each year. In 2021, there were 20 "billion-dollar" weather or climate disaster events, and 2022 delivered another 18 - each year more than doubling the previous multi-year average.

"These statistics are revealing," says Rick Isaacson, CEO of Servpro In-

dustries, LLC, "but not surprising to businesses like SERVPRO who specialize in disaster response and remediation. SERVPRO franchise owners experience the real-life impact of events like these as home and business owners reach out for help after flooding, fire, wind, and other natural disasters wreak havoc on their properties. That's why we continue to emphasize the importance of preparing in advance before disaster strikes." According to Isaac-

son, the number of calls for help and web traffic to servpro.com increased more than 300% after the most recent winter storm event in late December 2022 over the same period last year (12/22/22 - 12/28/22).

"Advance preparation might have helped some of these property owners literally weather the storm with less damage," said Isaacson. "And for those whose homes or businesses were

severely damaged or destroyed in spite of efforts to avoid damage, advance preparation would mean that critical papers, contact numbers, insurance information, and recovery plans would be close at hand. Time spent improving your disaster readiness is time well spent."

SERVPRO specializes in disaster cleaning, restoration, and construction services, helping to remediate

damage, making it "Like it never even happened," for both commercial and residential customers. For more information about SERVPRO, please visit www.servpro.com/. For more information on SERVPRO in the area, please contact one of the local business owners below. * For SERVPRO of Lewiston-Auburn, please contact James Brigham who can be reached at (207) 783-2500.

Water that just works.

GOODWIN
WELL & WATER INC.

Maine's leader in water well drilling, pump installation, and geothermal installation.

207.224.7861 goodwinwellandwater.com

Insulate. Be comfortable. Save money.

Rebates up to \$8,000 for income-eligible households

Start today by scanning this QR code and see if you prequalify. It takes less than 5 minutes.

Visit efficiencymaine.com for program details or call 866-376-2463.

**2015-2019 Consolidated Plan
Community Development Block Grant
(July 1, 2019-June 30, 2020)**

**Notice of Public Hearing
To Reallocate CDBG CARES Act Funding for Certain Projects
and Amend the 2019 Annual Action Plan**

The City Council will hold a public hearing on February 21, 2023 at 7:00 p.m., at its regular meeting of the same date, to reallocate \$194,364 to allow for certain public facility and infrastructure projects and amend the FY2019-2020 Annual Action Plan.

The Citizens of Lewiston are encouraged to comment on the funding reallocation. Written comments will be accepted until February 17, 2023 at 4:00 pm. Comments will be recorded in the City’s Annual Action Plan. Direct comments to: Lincoln Jeffers, Director, Economic and Community Development, City Building, 27 Pine Street, Lewiston, ME 04240; or email to ECD@lewistonmaine.gov.

The City of Lewiston is an EOE. For more information, please visit our website at www.lewistonmaine.gov and click on the Non-Discrimination Policy.

Lincoln Jeffers
Director of Economic & Community Development

Catch a Big One at Gene & Lucille Letourneau Ice Fishing Derby

WATERVILLE, ME (February 5, 2023) – The Annual Gene & Lucille Letourneau Ice Fishing Derby will take place on Sunday, February 19 at the Muskie Community Center, 38 Gold Street in Waterville. This mid-winter tradition for ice fishing enthusiasts and families is celebrating its 25th anniversary year! Established by Maine’s great outdoorsman and his wife, Gene and Lucille Letourneau, the ice fishing derby attracts people throughout the state to fish and compete for cash prizes.

Join us by fishing on any legal Maine pond or lake of your choice, then gather at the Muskie Community Center during the official weigh-in between 2–5p.m. This multigenerational family event encourages ages 15 and under to compete in their own category. Cash prizes are awarded for first, second and third place

for youth in ten fish categories and first and second place for adults in eight fish categories.

All are welcomed to attend and enjoy the fire pit, S’mores, hot cocoa, popcorn, cornhole, pool table, silent auction (from 8 a.m. – 5 p.m.) and to purchase tasty food from Sheba’s Wicked Kitchen of Oakland at this outdoor/indoor event. Bring your young children to visit with Maine children’s author, Deborah Walder and take home an autographed book (available for purchase; there will also be a couple of her signed books in the silent auction). Children’s arts and crafts and other activities will also be offered. At 3p.m. join us for a chainsaw carving demonstration and visit with our special guests Ryan, Ashley, Jedi and Dixie from the Maine Cabin Masters and Tom Welch from Mainely Handrails. Two 25th anni-

versary specific items will also be available including a Fireside Camp Mug for purchase and a free anniversary cupcake provided by Cakes and Catering by Karen.

Ice Fishing Derby tickets can be purchased online and at several locations in Waterville and its surrounding areas including at the Muskie Community Center. Each ticket allows a fish entry and an entry into the door prize drawing for a Yeti Tundra Cooler and drink tumblers sponsored by Nale Law Offices. Tickets to enter a fish are sold only until noon the day of the event.

The Ice Fishing Derby is a fundraiser supporting the programs and services of Spectrum Generations including Meals on Wheels and other related services for older adults and adults with disabilities. To purchase tickets and review tournament rules please visit: <https://www.spectrumgenerations.org/events/ice-fishing-derby>.

For more information contact Sandra MacDonald, Regional Center Director smacdonald@spectrumgenerations.org or call 207-873-4745.

About Spectrum Generations: Spectrum Generations, the Central Maine Area Agency on Aging and Disability Resource Center, has been a leading provider of information and advice, referrals, programs and activities for older adults and adults with disabilities for over 50 years. For more information, visit <https://www.spectrumgenerations.org>.

Home Equity Line of Credit

Prime - 0.50%* for life of line

(Currently 7% APR*)





Apply for a Loan 24/7
(207) 221-5000
egcu.org/equity



*APR = Annual Percentage Rate. APR is adjusted monthly and based on the Wall Street Journal Prime. Max APR is 18%. Minimum floor rate = 3.5% APR. Property insurance is required. Equal Housing Opportunity Lender.



Life happens at home.

That’s why we bring health care to you.

Skilled medical care in the comfort of your own home

- + Recovery from illness or injury
- + Chronic condition management
- + Navigating emotional wellbeing
- + Hospice care + Hospice House



ANDROSCOGGIN
Home Healthcare
+ Hospice

207.777.7740 | Androscoggin.org FOR Health. FOR Life.

VA Maine Recognizes Hospitalized Veterans

AUGUSTA, ME (February 10, 2023)— The VA Maine Healthcare System will recognize and honor hospitalized Veterans from Feb. 12-18 during National Salute to Veteran Patients week.

Since 1978, VA has used the week of Valen-

tine's Day to provide a weeklong commemoration for Veterans. Local commemoration efforts include Compassionate Contact Corps volunteers, local Veteran Service Organizations sponsoring hospital-wide events, and Valentine's Day card submissions from community

members throughout the state.

"We are here to pay tribute to America's heroes—the men and women we proudly care for and serve," said Kylie Higgins, Chief, VA Maine Center for Development and Civic Engagement. "This week, VA facilities across

the Nation are honoring these men and women, and reflecting upon VA's obligation to serve those who have served us".

In 2022, schools, community groups, and youth organizations nationwide sent more than 300 valentines to VA Maine at the Togus campus which

were distributed to Veteran inpatients. Additionally, more than 15 volunteers and community organizations contributed to events and activities recognizing hospitalized Veterans.

In addition to donations and as a compliment to in-person volunteer assignments, VA also pro-

vides volunteers with virtual and remote assignments which allows them to safely support Veteran inpatients during the pandemic.

To learn more about volunteer opportunities at VA Maine, e-mail VHA-TOGVOLUNTARYSERVICE@va.gov or call 207-621-4886!

Application Open for Student Position on State Board of Ed

AUGUSTA, ME (February 8, 2023)—The Maine State Board of Education is currently seeking applications for the newest student member to join the Board. Applications are being accepted through March 1, 2023.

"Student voice is critically important to the State Board of Education's decision making process," said Fern Desjardins, State Board of Education Chair. "We are pleased to open applications to public high school sophomores in Maine's

First Congressional District and look forward to hearing from the incredible student leaders in Maine schools."

The Maine State Board of Education has two nonvoting student members who join the Board as high school juniors and serve for two years, one enrolled in a school in Maine's First Congressional District and the other enrolled in a school in the Second Congressional District. At all times, the State Board has one high school junior and

one senior as members, with staggered appointments.

Applications are currently being accepted from students who attend public school in the First Congressional District (Cumberland, Knox, Lincoln, Sagadahoc, York, and part of Kennebec County) and are currently a high school sophomore. Application materials are available on the State Board of Education web page. The Board has also mailed application materials to all First Congressional District

high school principals and school counselors. Completed applications, both hard copy and digital copy, should be sent to:

Sandra Bourget; Office Specialist; Maine State Board of Education; 23 State House Station; Augusta, Maine 04333-0023; Phone: (207) 624-6616; Sandra.A.Bourget@maine.gov

After applications close on March 1, 2023, they will be reviewed according to the process described in Maine Education and School Stat-

utes, Title 20-A, Chapter 5, State Board of Education. Semifinalists will be interviewed in March 2023, after which three finalists will be chosen. The names and application materials of the finalists will be sent to the Governor's office for final selection. The Joint Standing Committee on Education and Cultural Affairs of the Maine State Legislature interviews the nominee in a public hearing and makes a recommendation about the nominee to the Maine Senate. The Maine

Senate is charged with confirming the appointment.

This is an extraordinary opportunity for Maine students to practice civic engagement while serving as both a representative of Maine students and an active education leader in our state.

For further information please visit the Maine State Board of Education web page or contact Sandra Bourget, Office Specialist, at 207-624-6616 or via email at Sandra.A.Bourget@maine.gov.

Holocaust & Human Rights Center Offers Opportunities

AUGUSTA, ME (February 1, 2023) – The following are upcoming events and opportunities with the Holocaust & Human Rights Center Maine.

A Screening & Discussion

TRACES: Portraits of Resistance, Survival and Resolve

Please join us on February 28th at 6:30 p.m. to watch three animated films on the Holocaust, created by Humanity for Action as a teaching tool for all ages. Register online. We will be joined by Humanity in Action founder and executive director Judith Goldstein who will introduce the films, present the accompanying tools and resources for educational use, and lead a follow-up discussion. While the evening is recommended to educators, all are welcome to attend and participate.

In 2022, Humanity in Action created a documentary trilogy TRACES—Portraits of Resistance, Survival and Resolve. The short films share first-hand



Clark Young, Teacher and Co-Author of 'Remember This: The Lesson of Jan Karski' at Georgetown University

testimonials from the time of the Holocaust to preserve the stories and lessons and to emphasize their relevance for the present. There is an accompanying collection of tools and resources to enrich the viewing experience and assist educators in creating engaging lesson plans. We hope you will join other educators on zoom to watch portions of the films, talk about effective ways to use them in your classrooms, and earn two continuing education credits. Register online.

An Afternoon with Playwright Clark Young

Remember This: The Lessons of Jan Karski, March 5th

We will gather at the Michael Klahr Center for a conversation about this remarkable story from 1:00 to 3:00 on March 5th. The playwright Clark Young will introduce his play and talk about researching, writing and bringing it to the stage. Clark will also play clips of the film version which opens in theaters this April and will be featured on PBS Great Performances. The gathering will include a question and answer period, a social gathering, and book signing.

In a tour-de-force performance, Emmy Award winner and Academy Award nominee David Strathairn portrays the Polish World War II hero and Holocaust witness Jan Karski, who risked his life to carry his report of the Warsaw ghetto from war-torn Poland to the Allied Nations and Oval Office, only

to be met with inaction and disbelief. Learn more on our blog. Strathairn captures the remarkable life of this self-described "insignificant, little man" in a story of moral courage and individual responsibility. Register online.

Walking On Thin Ice
Gia Drew, Thursday
March 9th from 6:00–7:30

Gia Drew will talk about her experience coming out as one of the first transgender teachers and coaches in Maine and how losing her career as an educator was probably the best thing that could have ever happened to her. Gia (she/her) is the Executive Director at EqualityMaine, whose mission is to protect and advance full equality for lesbian, gay, bisexual, transgender, and queer Mainers by creating an inclusive and intersectional movement through political action, community building, education, engagement and collaboration.

Gia serves on multiple committees and boards, including the Maine Advisory Board to the US Commission on Civil Rights, the MaineCare Advisory Committee, Maine Health Access Foundation's Community Advisory Committee, and the board of directors for the Equality Federation. Register online and a zoom link will be sent before the event.

Awards & Scholarships
Applications Are Now Open

We are delighted to announce the opening of the 2023 Awards & Scholarships program sponsored

by the HHRC. Below are descriptions of the opportunities with links to the applications on our website. We would appreciate it if you could help us spread the word about this important HHRC tradition.

The Lawrence Alan Spiegel Remembrance Scholarship

The Spiegel Scholarship (\$1,000) is awarded annually to the high school senior who authors the prize-winning, original essay on the prompt: "Learning about the Holocaust affected my view of the world and it is important for others to learn about it too." Criteria: originality of voice and viewpoint, structure, command of language and mechanics. The deadline for entry is April 15th. Download the application online.

The Mathilde Schlossberger Outstanding Student of the Year Award

The Schlossberger Award recognizes an exceptional piece of original writing, fiction or non-fiction, or an unusually expressive piece of visual or performance art relating to human rights. The award was created by Florence and Kurt Strauss of Portland in memory of Kurt's maternal grandmother, who was murdered at Theresienstadt. The deadline for entry is April 15th. Download the application online.

African American History Month

In 1926, Dr. Carter G. Woodson instituted the first week-long celebration to raise awareness of African Americans' contributions to history. Prior to his ini-

tiative, little information could be found regarding African American history. Important achievements were left out of history books, and there was a widespread misconception that African Americans had made little contribution to America's society or history. Fifty years later, the week became a month, and now February is celebrated as African American History Month, chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln, both of whom dramatically affected the lives of African Americans. Frederick Douglass (1817-1895) was a writer, lecturer, editor, and civil rights activist who escaped slavery at age 21 and went on to campaign for the abolition of slavery, establish a newspaper, and become the Minister to Haiti. He was a powerful voice in the anti-slavery and civil rights movement of his time. Abraham Lincoln (1809-1865) issued the Emancipation Proclamation on January 1, 1863, declaring that all slaves within the Confederacy would be permanently free. Now the Association for the Study of African American Life and History, founded by Dr. Woodson, sets the theme for each year.

Holocaust & Human Rights Center of Maine is located at The Michael Klahr Center at UMA, 46 University Drive, Augusta, Maine 04330

For more information, to register for events, or apply for scholarships, visit <https://www.hhrc-maine.org>



- Landscaping
- Hardscape
- Drainage Installs
- Retaining Walls
- Mowing
- Snow Plowing
- and more!

207-344-5212

Kennebunk Landmark Celebrates Milestone Anniversary

KENNEBUNK, ME (February 10, 2023) – A beloved local landmark for over 150 years, located in the beautiful coastal town of Kennebunk, White Barn Inn, Auberge Resorts Collection is celebrating the 50th anniversary of its Forbes 5 Star and AAA 5 Diamond fine dining destination, White Barn Inn Restaurant, this year. To mark this milestone, the exemplary New England property is unveiling a unique series of programming and events that will capture the property’s storied heritage, culinary legacy and timeless coastal character.

Kicking off in February 2023, the yearlong initiative will include exceptional new menus, intimate cooking classes and unforgettable epicurean events, all led by a lineup of chefs who previously helmed the Inn’s signature restaurant, alongside the hotel’s current executive chef, Mathew Woolf. Created with the sophisticated and

modern traveler in mind, these one-of-a-kind experiences will allow guests and locals to join in on this monumental celebration as the Inn and Restaurant continues its legacy of pioneering authentic luxury hospitality experiences.

“Since its launch as a pioneering fine dining establishment in 1973, White Barn Inn has been one of the most sought-after culinary destinations in the Northeast,” said Daniel Braun, general manager of White Barn Inn, Auberge Resorts Collection. “We’re thrilled to recognize this anniversary of excellence by celebrating the chefs that helped place the resort on the national culinary map. White Barn Inn Restaurant will continue to offer guests and locals alike a luxury experience that revels in a modern spirit that is both refined and fun-filled for years to come.”

Upcoming 50th Anniversary Experiences Include:

Dinner Event with

Chef Ed Gannon | March 11: Chef Ed Gannon, who oversaw the Inn’s culinary program from 1989 - 1992, is returning once again to take over Little Barn and White Barn Inn Restaurant in celebration of the 50th anniversary. Chef Gannon and Mathew Woolf, the resort’s current executive chef, will work together to curate a menu of dishes showcasing some of the favorites from Gannon’s time at the resort.

Cabane a Sucre | March 26: Cabane a Sucre, which translates to “sugar shack,” is a community celebration of the yearly Maple Syrup Harvest that dates back to the 19th century. In Canada, when attending a sugar shack, you are met with long communal tables of groups of strangers, alongside overflowing family style platters of food and maple syrup. To pay homage to this celebration, White Barn Inn Restaurant will host a similar styled lunch, with a portion of the proceeds



being donated to the American Kidney Foundation.

Mother’s Day Afternoon Tea | May 13: Guests will celebrate Mother’s Day with an elegant afternoon tea from 12-1:30pm in the living room. Indulge in complimentary tea service with savory sandwiches, scones and other sweet baked treats.

Constructed in the 1860’s, White Barn Inn, Auberge Resorts Collection has offered superb hospitality and an excellent table for boarders since the days

of the civil war. It has operated as the White Barn Inn since 1973 and in October 2018, the property was acquired by Auberge Resorts Collection, a unique portfolio of the world’s best-loved boutique luxury hotels and resorts. In Summer 2020, New England’s most stylish escape experienced design updates property-wide under the guidance of New York-based Jenny Wolf Interiors. Embracing the property’s farmhouse history, the reimagination introduced playful contem-

porary touches to create inviting and cozy interiors with a unique Maine sensibility.

For additional information about White Barn Inn, Auberge Resorts Collection, and the anniversary offerings please visit <https://aubegeresorts.com/whitebarninn/>.

For more information: aubegeresorts.com/whitebarninn

Follow White Barn Inn on Facebook and Instagram @WhiteBarnAuberge

SeniorsPlus Announces Medicare Made Simple Class

LEWISTON, ME (February 6, 2023) -- SeniorsPlus, the designated Area Agency on Aging serving Androscoggin, Franklin, and Oxford counties, will give an in-person presentation of “Medicare Made Simple” on Thursday, March 16th from 3-5pm at the Wilton office of SeniorsPlus at 284 Main Street, Suite 10. The class is free. Registration is required by calling 207-795-4010 by March 9.

In this introductory course, attendees will learn about insurance options with Medicare, when to enroll or change plans, and how state law may affect their choices.

This presentation is aimed at people who are new to Medicare, or anyone who currently has Medicare and would like to learn more.

Since 1972, SeniorsPlus has been improving the lives of older adults and adults with disabilities. As the designated Area Agency on Aging for Western Maine, SeniorsPlus provides statewide services with an emphasis on Androscoggin, Franklin and Oxford counties for core services (ie nutrition and information and assistance) that support independent living, healthy aging, and fight isolation. The overall pro-

gram goal of SeniorsPlus is to assist older people and adults with disabilities in its tri-county area to remain safely at home for as long as possible. The mission of SeniorsPlus is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. SeniorsPlus envisions a future where all older adults and individuals with disabilities are engaged and respected while living quality, independent lives in the communities of their choice. Annually, SeniorsPlus serves 10,000 individuals and fields 185,000

phone inquiries.

SeniorsPlus offers a network of support, including information and

assistance, short-term care management, Medicare counseling, caregiver support and respite, health

and wellness education, benefits counseling, and Meals on Wheels and congregate dining.

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

The Balance of Nature: Predators

2:00 Thursday, February 23rd
Callahan Hall



Activities and live animals!



AMERICAN PICKERS



MIKE AND FRANK ARE LOOKING FOR LARGE, RARE COLLECTIONS & THINGS THEY’VE NEVER SEEN BEFORE. TELL US THE INTERESTING STORY BEHIND YOUR STUFF!

TO BE CONSIDERED, PLEASE CONTACT US AT:

AMERICANPICKERS@CINEFLIX.COM

or leave a voicemail at 1-855-OLD-RUST

or on facebook: @GotAPick

PLEASE LET US KNOW:

- YOUR NAME, TOWN & STATE
- PHONE NUMBER
- WHERE YOUR COLLECTION IS LOCATED
- A DESCRIPTION OF YOUR ITEMS



Seniors Not Acting Their Age

Nordic Skiing Narrow Gauge Pathway



Skiers begin a trek on Narrow Gauge Pathway with a view of Bigelow Mountain in the distance



A skier ascends Narrow Gauge Pathway next to whitewater rapids on the Carrabassett River



A long bridge on the Narrow Gauge Pathway crosses an expanse of frozen wetlands

By Ron Chase

When the Penobscot Paddle & Chowder Society winter outings schedule was planned last October, I volunteered to coordinate a Nordic ski trip at a location to be determined on January 15th. At the time, it seemed reasonable to expect there would be several options to choose from. Not this winter. Acceptable snow for Nordic skiing has been extremely scarce and essentially non-existent in the foothills and coastal plain.

As the deadline approached, I still hadn't made a decision as quality choices south of Aroostook County were limited. Several years had passed since I'd skied the Narrow Gauge Pathway in Carrabassett Valley, so that option seemed worth exploring. I rely on my friend, Brent Elwell, for all things Carrabassett Valley. A call

to him a couple of days prior to the scheduled trip resulted in hopeful information as he'd been skiing in the valley regularly and more snow was forecast for that night. He volunteered to check Narrow Gauge trail conditions the following morning.

Brent supplied great news. The Narrow Gauge was groomed and ideal for skiing. Chowderheads, Jade & Sean Klutz, were elated with his report and quickly signed on.

The Narrow Gauge Pathway is one of the most unique bike and ski trails in Maine. The historic trail follows the former Kingfield and Dead River Railroad bed along the boulder-strewn Carrabassett River between the Town of Carrabassett and the tiny village of Bigelow. A chapter in my book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in*

Maine narrates an exceptional bike ride on the path.

The parking lot at the Airport Trailhead located on the right off Route 27 about a mile north of the Carriage Road in Carrabassett Valley was almost full when the four of us arrived. The weather was sunny and surprisingly warm with a moderate breeze. The parking area was a busy place as skiers, fat tire bikers, skijorers, snowshoers, and dog walkers were all preparing for a trek.

We began by skiing a connector trail across a groomed open field north of the airstrip with a spectacular view of Bigelow Mountain in the distance. Traversing the William Munzer Recreational Bridge over the Carrabassett River, we arrived at the actual beginning of the Narrow Gauge Pathway.

Despite heavy traffic, the trail was well-groomed and in good condition. The tracks were in excellent

shape for classic skiing. Minor damage caused by the many competing activities diminished the quality of the untracked sector but it was still more than adequate for skate skiers.

We crossed a narrow bridge over Houston Brook and traveled adjacent to the river while enjoying views of the challenging whitewater rapids we'd paddled during club trips in the past. Ascending gradually in a mixed conifer and hardwood forest, traffic was busy in both directions. While never steep, the path rose steadily for much of our ski to the northern terminus in Bigelow.

The well-formed tracks facilitated an efficient kick and glide as we skied uphill. The trail turned away from the river and passed a Maine Huts Trail (MHT) junction on the right. Skiers have the option of following the path to Stratton Brook Hut, however the difficulty level increases. We continued

on the Narrow Gauge.

The trail rejoined the river where a steep embankment overlooks a particularly precipitous section of the mountain freshet. Shortly after, we crossed a long bridge over an expanse of frozen wetlands and passed an old cabin built by railroad workers in 1900 that is still in use. The gradient moderated as four Chowderheads arrived at the junction for Campbell Field Trailhead.

Following a relaxing break at Campbell Field, we proceeded north past another MHT junction that also provides access to Stratton Brook Hut. Forgoing that option, we soon reached the outskirts of the old village of Bigelow where the former Bigelow Train Depot is now a private residence. A short spur left leads to Stratton Brook Trailhead. We decided to begin our return trip.

That's when the

fun began in earnest. We enjoyed an exhilarating descent on the fast hard-packed tracks double poling most of the five plus miles back to Airport Trailhead. A multitude of skiers, snowshoers, and bikers were met on our return. Narrow Gauge Pathway has to be one of the most popular multi-use winter trails in Maine.

It's snowing as I write. Skiing options will soon be plentiful!

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

Basement, Attic, Garage & Apartment Cleanouts

Boat, Vehicle & Camper

JUNK REMOVAL

THE DUMP GUY

(207) 450-5858 • www.thedumpguy.com Fully Insured

Cultivating Resilience Podcast Looking for Interviewees

ORONO, ME (February 10, 2023) — University of Maine Cooperative Extension recently

launched a new podcast called *Cultivating Resilience*, developed in partnership with colleagues in the *Cultivemos* network, a group of farmers, farm workers and organizations that support them in the Northeast, from Maine to West Virginia. *Cultivating Resilience* is a six-episode podcast featuring candid conversations with farmers about how they find connection and strength amid daily struggles. The group is currently looking for farmers to talk to for the podcast's second season, due out later this year.

"We are excited to continue with a second season and bring these important stories to a new group of listeners," says Leslie Forstadt, human development specialist at UMaine Extension and co-lead of the Farm Com-

munication Cohort, which produces the podcast. "Each episode shares the lived experiences of farmers and how they stay resilient in the face of stress. Some episodes also feature Extension educators and the work they do with farmers to develop and implement strategies for resilience."

For season two, the *Cultivemos* Farm Communication Cohort is looking for farmers who are trying to acquire or have recently acquired farmland; farmers who have passed or are planning to pass on their farm to someone other than a family member; or farmers who can speak to balancing farm, family and life responsibilities.

Farming is often referred to as one of the most stressful jobs in the country, citing family

and financial pressures, isolation, physical strain and exhaustion. Everyone on a farm is part of a larger community, and on *Cultivating Resilience*, farmers and farm workers discuss stressors and supports. Topics covered include family farm succession, climate change, community belonging, farm finances and overall well being. Experts also provide resources to strengthen mental health and survive uncertain times. The podcast is free and available on common platforms like Google and Apple. Episode transcriptions are available in English and Spanish.

For more information about the podcast, including how to participate in season two, contact Leslie Forstadt, 207-581-3487; leslie.forstadt@maine.edu.

Jay's
Lawn & Garden

207-713-6090

Delivery Available

Also offering residential & commercial lawn mowing services

- MULCH
- LOAM
- COMPOST
- GRAVEL
- STONE
- SAND

1294 Sabattus Street
Lewiston

Loading Hours:
M-Th by appointment
Fri - 8 am to 5 pm
Sat - 8 am to 2 pm
Sun - 8 am to Noon

Business Directory

ACCOUNTANT



AUSTIN ASSOCIATES
CERTIFIED PUBLIC ACCOUNTANTS

Auburn 207-783-9111 Norway 207-743-7777
AustinPA.com

Your Financial Team

FLOWER SHOPPE



Sweet Pea Designs
FLOWER SHOPPE

777-1520

www.sweetpeafloraldesignsme.com

FREE DELIVERY L/A

PHOTOGRAPHY



PortraitEfx of Maine
Bell Studios, Inc.

Executive Portraits • Business photographs • Videos

Gray, ME (207) 657-6372
maine@portraitefx.com
www.maine.portraitefx.com

AUTO CARE

The Only Full-Service Gas Station in Auburn!

Poisson & Sons
Auto Care Center, Inc.

Computer Diagnostics • Yokohama Tires
Repairs • Alignments • Inspection Station
Gas • Clear K1 • Tune-ups • Brakes • Batteries

Dan & Don Poisson
dfpoisson@aol.com

260 S. Main St., Auburn • 782-9144

MASONRY



Jason Hodsdon
JasonHodsdonMasonry@gmail.com

Masonry • Culture Stones
Chimneys • Chimney Cleaning
Repointing & Repairs
Restoration
Stainless Steel Liners

Fully Insured
Free Estimates
20+ Years of Experience

North Monmouth
(207) 215-3557

PRINTING



evergreen
custom printing
SINCE 1984

Locally Owned

(207) 782-0525 phone
(207) 782-2327 fax
63 Broad Street • New Auburn, ME 04210
e-mail: info@evergreencustomprinting.com

- PRINT
- COPY
- FAX SERVICE
- DESIGN SERVICES
- VARIABLE DATA
- BINDERY
- INVITATIONS
- LETTERHEAD
- ENVELOPES
- BUS.CARDS
- LABELS & TAGS
- UPS

CD'S

Discover The Truth About CDs!

CD Interest Rates Are At An All Time Low.
There IS A Safe, Guaranteed Alternative To
Increase Your Income.

Call now for a **FREE** Guide:
"10 Secrets Your Banker Doesn't
Want You To Know"

Call Our 24 Hour Order Line @782-3800

MARINE SERVICES

BOAT REPAIR SHOP

PONTES
Marine Service

Power by
MERCURY MerCruiser

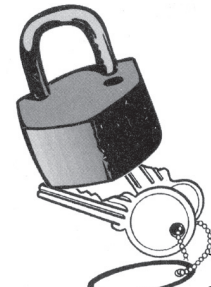
VOLVO PENTA

YANMAR
Velvet Drive

OMC **Perkins**

237 Lewiston Road • Topsham, ME 04086 • (207) 725-5997
www.pontesmarine.com

SELF STORAGE



AUBURN SELF STORAGE, LLC

23 Goldthwaite Rd.
Auburn, ME 04210

PO Box 715
Lewiston, ME 04243

PHONE 376-3325

CHIROPRACTOR

Family Chiropractic Center

Experience Life

1485 Lisbon Street, Lewiston
207.783.0078
www.familychiro.me.com

PAINTING

Interiors • Exteriors
Free Estimates

Drywall Repair
Pressure Washing

W.J. Libby
Painting Co.

WADE J. LIBBY
WJLibbyPainting@gmail.com CELL: 207.210.0605

SHIPPING



GOIN' POSTAL
Your Friendly Neighborhood Shipping Center

- Shipping
- Packing
- Receiving
- Copies
- Fax Service
- Mailbox Rentals
- Mail Order Fulfillment

Bring in this ad for 10% off UPS or FedEx Shipping!

UPS **UNITED STATES POSTAL SERVICE** **FedEx** **DHL**

9 N. River Road in Auburn ~ www.AuburnGoinPostal.com ~ 784-9900

CONTRACTORS

Fully Insured • 5 Year Workmanship Warranty

AMERICAN BUILDERS
Custom Building & Remodeling

Call 207-500-8100
For **FREE** Estimates

Call Tyler 500-8100
Finish Carpenter

Quality Work with References Available

PHOTOGRAPHY



Laura Elaines
PHOTOGRAPHY

www.facebook.com/LauraElainesPhotography
LauraElainesPhotography@gmail.com
(207) 212-5993

WEB HOSTING



Web Hosting
Web Design
Web Promotion
One Stop
207-442-9006

MAINE HOSTING SOLUTIONS

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

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 22

LEWISTON -- Hiring Event from 10:00am-noon at the Lewiston CareerCenter, 5 Mollison Way, Lewiston. Bring your best self and speak with multiple employers all offering great job opportunities! The event is free and open to the public. For a list of participating employers, visit: <https://www.mainecareercenter.com/locations/jobfair.shtml?id=10052910>

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

February 23

LEWISTON -- Lewis-

Calendar

Send your submissions to the Editor. More online.

ton Public Library is hosting Predators: The Balance of Nature on Thursday, February 23rd from 2-3pm in Callahan Hall at the Lewiston Public Library. Information for this event can be found on our website: <https://lplonline.org/events/predators-the-balance-of-nature/>

February 25

GRAY -- First Congregational Church of Gray holds Saturday Night Church Supper at 5:00 P. M. at the Parish House, 5 Brown Street, Gray. Handicapped accessible. Seating capacity - 50

Meals are single-sized and are \$10 each. Please pay at the door. The Meal includes: A variety of Casseroles, Salads, Baked Pea Beans, Red Hot Dogs, Breads, and an Assortment of Desserts and Beverages.

February 25

BUXTON -- Haddock Supper Buffet - Saturday, February 25, 2023 - 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$8 Adult, \$4 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating. Wearing of face masks for those who are

not vaccinated is suggested. Hand sanitizer is available for those who wish to use it.

March 16

WILTON -- "Medicare Made Simple" class, presented by SeniorsPlus, an introductory class on Medicare held from 3-5pm at SeniorsPlus, 284 Main St., Suite 10, Wilton.

Free. Register by March 9 by calling 207-795-4010.

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 reg-

ister 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

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.

Tuesdays, Fridays

LEWISTON -- Chair Yoga In Person and Zoom. Day/time: Tuesdays, 9-10 a.m. Day/time: Fridays, 9-10 a.m. Instructor: Mary Bishop, RYT. Location: Zoom and in person at Education Center, 8 Falcon Road. Cost: \$5 per class. Payments exchanged directly with Mary.

Must-haves: If on Zoom: computer, laptop, or tablet; sturdy chair on a non-slip surface. If in person, then just yourself.

Join Mary for this class offered both in person and on Zoom. It is designed to help with ease of movement and breath; finding stability, balance, and strength through yoga poses with variations for every ability. Class size is limited. If you are interested in the class availability or are unable to afford the payment, still reach out so we can discuss specifics/concerns with you further.



**Lot Clearing • Excavating Foundations
 Septic Systems & Design • Driveways & Roads
 Tree Removal • Culverts & Ditching**

**No Money Down
 Financing Available**

**CALL TODAY FOR A
 FREE ESTIMATE
 (207) 500-8100**

A division of **AmericanBuildersMaine.com**

Classified Ads

BLUEBERRIES

Halls Wild Blueberries for sale: Peter Blunda 839-8466; Kings Farm 839-5844; Standish Hardware 642-2771 Available after 7-25-22

BOOKS

Spiritual Books to Learn From. New! Open Up and Find Yourself – the Treasure Chest of My Existence. New! Song of the Climate Change – Every Country has Its Stanzas. New! I Pray to the Power of Love www.gabriele-publishing-house.com Toll-Free: 844-576-0937

CLEANERS

CC Island Cleaning Company. Seasonal, Air B&B, homes. Cleaning with care. Call for a quote. Denise (207) 420-4952.

MJ's- Cleaning Over 10 years experience. Reasonable rates. Available to work with your schedule. Call: 207-539-3204.

FIREWOOD

Dry 18 and 16 inch firewood. Ready to burn. Will load your pick-up or trailer. Must be picked up at Dyer Road, Lewiston. Call Ed 577-5878 Small and Large quantities available.

FOR SALE

Men's Dress Coats almost new - One London Fog, dark tan size 42 R \$50, one 3/4 length with zip in lining - tan \$40. 1 pair new Timberland work boots size 9W \$50. Call 207-782-4228

Wood boiler – Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

Turboclean Power-

brush Pet Pro

Turboclean Powerbrush Pet Pro carpet cleaner. Brand new. Used once. Asking \$80. Call 893-8851. Gorham.

Back Hoe

Back hoe Attachment for tractor. 3 point hitch, category two, 12 foot long \$3,500 . 782-5539

Exercise Bike, Coffee table

Recumbent bike with heart & mileage monitor \$75. Lt oak coffee table with 4 glass panes & shelf. Call 782-1456

GENERATOR

Briggs & Stratton Elite series 7000 Watt generator - Key start- 25 foot 10 gauge rigid power cord included. Used 63 hours. Asking \$650.00 cash - serious inquiries only, please call 207-929-1575

PAINTING

Interiors and Exteriors. 23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

PET SITTER WANTED

Looking for a kind petsitter for myself in the Oxford area. Willing to pay milage and base rate. Experience preferred. Please contact- Melissa 207-539-3204

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.

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at pri-

vate Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

TRAVEL TRAILER

2020 Keystone Sprinter Limited. Excellent condition. Located at KOA Naples Maine seasonal site. 3 slide outs, 2 air conditioners, 2 refrigerators, gas stove with oven, 2 TV's, fireplace, king size bed, queen couch, 2 recliners, furnace, automatic stabilizer jack, 50 amp service. Valued at \$43,900. Will negotiate. Call 207-784-6815.

WANTED

I am using a 40-year-old computer and my wife and I would like to buy a "wow" computer to communicate with our grandchildren and our children. Please call (207) 650-7224.

Classified Ads UP TO 40 WORDS!

\$25 PER WEEK
EACH ADDITIONAL WORD 25¢

Send payment with completed form to our bookkeeping office: 89 Union Street, Suite 1014 Auburn, ME 04210 or email it to us!

Visa Master Card

Card # 3 digits # on back

Exp. date ____/____/____ Signature _____

Name & Address _____

Phone: _____

CATEGORY: _____

HEADLINE: _____

AD INFO: _____

NUMBER OF WEEKS TO RUN: _____

Highly Pathogenic Avian Influenza Still High in Maine



AUGUSTA, ME (February 9, 2023) - The risk for highly pathogenic avian influenza (HPAI) remains high in Maine, and backyard flock and commercial operators are urged to prevent contact between domestic and wild birds by

bringing them indoors and ensuring their outdoor areas are fully enclosed.

Since February 2022, USDA's National Veterinary Services Laboratories have confirmed the presence of HPAI in seventeen Maine non-commercial backyard flocks (non-poultry) located in Knox, Lincoln, York, Washington, Waldo, Cumberland, Hancock, and Kennebec Counties, and one non-commercial backyard

flock (poultry) in Cumberland County. All confirmed cases are listed on the APHIS website.

Four properties, two in Hancock County and one each in Kennebec and Washington Counties are currently under quarantine. No surveillance zones are being placed around non-poultry premises per USDA policy changes implemented during November 2022.

Maine MILL Opens New Exhibit



LEWISTON, ME (February 10, 2023) - The Maine Museum of Innovation, Learning and Labor today opened a new exhibit focused on immigration and identity. The show shines a light on the varied groups of people from around the world who have chosen to come to Maine, and specifically Lewiston-Auburn, why they have stayed (or left), and the stories and identities that shape our area.

Rachel Ferrante, Maine MILL's executive

director shared, "We are a museum focused on community history and culture, preserving the stories of our region. The new exhibit aims to relate previously told and untold narratives in equal measure, through historical research, artifacts, and numerous oral histories. There are several interactive components in the show, and we hope the community will contribute to our growing knowledge base by sharing more stories and keepsakes."

For more informa-

tion about Maine MILL (formerly Museum L-A) and its events and exhibits, visit mainemill.org or call 207-333-3881. The museum is located at 35 Canal Street in Lewiston. Current visitor hours are Wednesday through Saturday, 10am - 4pm.

The exhibition is made possible in part by the Maine Humanities Council. Lewiston Threads is sponsored by Berman & Simmons. Select school field trips are made possible thanks to United Insurance.

Boothbay Harbor Police Department

We are accepting applications for new and experienced officers. These benefits listed are for the full-time position (s). Also hiring reserve officers starting at \$30.00/hr.

Starting Pay \$47,040 - \$64,960 yearly

Come join a team of officers who have created a family atmosphere with a great community to back them.

- Work schedule is two days on, two days off and every other weekend. Plenty of overtime offered.
- Outstanding medical, vision, dental, and life insurance.
- Town pays 100% for single employee health, 85% for all other plans.
- We also offer a Flex Spending plan.
- Generous PTO package.
- ME PERS 2C (25 years / no age requirement.)
- Uniforms and boots provided.
- Includes membership to our local YMCA and Fish and Game Club.

Job description: Under general direction from the patrol sergeant and in accordance with established policies and procedures, incumbent assumes responsibility for the protection of life and property, through enforcement of laws and ordinances. Work normally consists of routine patrol, preliminary investigation, answering complaints, and traffic enforcement. Please visit The Town of Boothbay Harbor website to access application.



Summer in Maine may be the way life should be...

CLOVER Health Care
440 Minot Avenue • Auburn
www.clovermanor.com



Independent Living • Assisted Living • Memory Care • Residential Care • Short Term Stays



...getting on the waitlist for Clover now can provide peace of mind in the winter months.

STAPLES COWORKING

A NEW SPACE TO BREAK OLD RULES

COME TRY OUR NEW COWORKING AND MEETING SPACE IN AUBURN FOR FREE!

MENTION THIS AD AND GET 1 FREE WEEK OF OPEN SEAT COWORKING AND 1 HOUR OF MEETING ROOM USE.

OFFER VALID ONLY AT OUR 89 UNION ST. AUBURN, ME LOCATION