



TWIN CITY TIMES

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Your Hometown Newspaper Since 1999

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Crew Announced for CLT's "Little Women"



L-R front: Julia Groover, assistant stage manager; Brandon Chaloux, director; and Jennifer McClure Groover, producer. In back are Jamie Watson, choreographer; Justin Morin, production assistant; and Sarah Chaloux, stage manager.

AUBURN, ME (March 31, 2023) -- Community Little Theater in Auburn announces its production crew for the upcoming production of the Musical "Little Women".

Little Women is based on Louisa May Alcott's classic American novel. The semi-autobiographical tale gives the audience a glimpse at the lives, loves and dreams of aspiring writer, Jo and her sis-

ters, Meg, Beth and Amy March growing up in Civil War America. Enjoy endearing moments captured in this musical shared by their relationships with their loving and encouraging mother Marmee, old fashioned Great Aunt March, the irascible yet tender Mr. Laurence, and love interest Laurie. This is a great family show that is sure to be loved by all.

Members of the production crew

include: Director – Brandon Chaloux, Music Director & Accompanist – Paul G. Caron, Choreographer – Jamie Watson, Stage Manager – Sarah Chaloux, Producer – Jennifer McClure Groover, Assistant Stage Managers – Julia Groover & Adam Runnels, Costume Designer – Susan Fortier, Production Assistant – Justin Morin, Lighting Designer – Danny Gay, Audio Engineer – Noah Keneborus, Audio Designer – Makenzie LeBlanc, Decor – Becca Tinkham, Props Master – Adam Runnels, Set Design / Construction Lead – Brandon Chaloux, Stage Crew – Grace McClellan, Publicity - Website / Facebook – John B. Nutting, Publicity - Print – Nancy Kenneally & Roger Philippon, Publicity - Social Media – Danielle Eaton & Maria Groover, Program / Poster – Penny Drumm, Publicity - Social Media – Joline Cloutier, Headshots – DNA Photography

CLT will present "Little Women" April 20th, 21st, 22nd, 27th, 28th & 29th at 7:30 p.m., and April 23rd and 30th at 2:00 p.m. Call 783-0958 or visit www.LACLT.com for tickets and information.

L/A Community Little Theatre, located at 30 Academy Street in Auburn, has been producing live theatre since 1940. A volunteer, non-profit organization, our goal is to provide affordable and quality entertainment in the performing arts as well as education, training, and experience in theatre for area youth. www.laclt.com.

Community Recycle Day Returns for 2023!

LEWISTON, ME (March 31, 2023) -- On Saturday, April 15, 2022, Community Credit Union will host a Community Recycle Day Drive-Thru event from 9AM to 12PM to do their part in celebrating Earth Day.

Local community partners are joining forces to offer the community a convenient and FREE way to recycle items such as documents to be shredded, tires for recycling, and new or gently used and clean reusable resources (art supplies, craft materials, school and business supplies, home furnishings, sports equipment, etc.) with the SHAREcenter. A food drive to benefit Kaydenz Kitchen. New partners this year, Kommunity Kritters will be collecting cat litter, cat food, cat treats and cat toys and North Coast Services will be collecting and recycling electronic devices such as TVs, monitors, computers, laptops and printers only. There will also be a cans + bottle drive on site where 100% of proceeds will go to benefit the SHAREcenter. This event has been happening in Auburn since 2009, our community has been doing a great job reducing, reusing, and recycling!

Community Credit Union, SHAREcenter, Stratham Tire, Kaydenz Kitchen, North Coast Services and Shredding on Site are partnering to provide this service to their community. There is no cost for this event and you do not need to be a member of Community Credit Union to participate. Visit www.facebook.com/communitycreditunion for more event details and information.

Community Credit Union is a member-owned, full service financial institution that has been serving its members and all of Androscoggin County since 1945. The Credit Union has a low-income designation from NCUA as well as certified as a Community Development Financial Institution (CDFI). Community Credit Union has branches located at 144 Pine Street, Lewiston, 40 Stanley Street, Auburn and 1025 Auburn Road in Turner serving approximately 12,000 members. For more information, log onto www.community-creditunion.com.

City of Lewiston Brush Pick-Up Assistance Week is April 24-28

LEWISTON, ME (March 31, 2023) – Brush Must be Curbside by Sunday, April 23. Brush will be collected from Lewiston's residential properties during the week of April 24 – 28, 2023, by Public Works Department staff.

Brush butt ends MUST face the street.

Brush MUST be placed curbside by no later than Sunday, April 23.

Once Public Works staff clears a street of curbside brush, they will not return to that street to collect additional brush.

Curbside collection is restricted to ONLY wood/tree waste and brush.

Wood/tree waste that will not be collected includes: Tree stumps (regardless of size); Tree limbs greater than 12 inches diameter; Demolition wood fencing; decking; and/or wood from construction/demolition projects

IN ADDITION, during Brush Pick-Up Assistance Week—free of charge—Lewiston residents may bring one (1) standard size pick-up truckload of brush only (three yards per residence) to the Lewiston Solid Waste Facility, 420 River Road. This offering extends to Saturday, April 29.

Bikes For Books
 Grades 1 - 8
 April 15th - May 31st
 Children's Department
 Write a Book
 Review for a Chance to Win a Brand New Bike!
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Newsmakers, Names & Faces

Letter to the Editor: Life without Parole Lacks Compassion, Mercy

Life without Parole (LWOP) in our prisons is a reflection of the inhumanity that is in all of us. LWOP is designed to be harsh and final, less than 1% overturn this sentence. This is a punishment that lacks compassion and says more about the hate, resentment and darkness

in society than it does about the person serving the sentence. Until we acknowledge that we are using hate to fight hate, we will always have crime. As Gandhi said, "an eye for an eye, makes the world blind."

The prison population is mostly made up of those who suffer from

trauma, addiction, mental illness, PTSD, and other hardships such as: poverty, lack of education, lack of employment, and improper medical care. These are people that need help to heal, not to die within prison. With treatment many will recover and be able to safely return to society.

The sentence of LWOP is based in hate towards people, and shows that our belief in change is hopeless. States that don't offer parole to all are run by the cold hearted and inhumane. The lack of compassion and mercy that comes with LWOP shows that the darkness within people that causes

crime, is also within those who choose the punishment and the people that support it. I choose love, even for those who may not deserve it. Parole does not mean everyone goes free, it means that we acknowledge that some people can go against all the odds to grow and change.

Cecilia MacMillan
New Gloucester,
ME

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

CMH Announces Job Fairs for Rumford and Bridgton regions

BRIDGTON AND RUMFORD, ME (March 31, 2023) -- Central Maine Healthcare will be holding three job fairs in April to fill positions at Bridgton Hospital, Rumford Hospital and Rumford Community Home.

At all three events, candidates will have the opportunity to meet with hiring leaders for on-the-spot interviews and offers.

The Rumford Hospital job fair is scheduled for April 13, 2023 from 12:00-4:00 p.m. at Rumford Hospital, 420 Franklin

Street, Rumford.

On the same day, April 13, there will be another job fair at Rumford Community Home, from 12:00-4:00 p.m. at 11 John F. Kennedy Lane, Rumford.

The Bridgton Hospital job fair will take place on April 20 from 12:00-4:00 p.m. at Bridgton Hospital, 10 Hospital Drive, Bridgton.

"Central Maine Healthcare is a terrific place to work and advance your career," said Dick Kropp, EdD, SPHR,



SHRM-SCP, senior vice president, chief people officer, Central Maine Health-

care. "Currently, there is a great need to fill so many of these critical positions, and

Central Maine Healthcare offers very competitive pay and other outstanding benefits. I highly recommend anyone who is considering a new job to attend one of these job fairs. We have many open positions in healthcare, and in other less clinical roles that are important and desirable."

Among the open positions are:
Registered nurses
Certified nurse's assistants
Medical assistants
Sonographers
Radiological techs

Patient services representatives
Patient access specialists
Phlebotomists
Medical technologists
Unit secretaries
Certified residential medication aides
Personal support specialists
Physical therapists
Residential activity coordinators
Residential CAN/Med techs
Residential dietary aides
Security officers

Free Money Management Classes for Financial Literacy Month

MAINE, STATE-WIDE (March 24, 2023)—New Ventures Maine has announced free classes scheduled for April—Financial Literacy Month—that focus on managing money:

My Money Works: Thursdays, April 6 – May 4, 6:00 – 7:00 p.m. Online. Gain the skills and confidence you need to stretch your money, pay your bills, reduce debt, find money for savings, plan for retirement, and set financial goals with a plan to achieve greater financial stability. (Also offered in person in Brunswick, Mondays, April 24 – May 22, 10:00 a.m. – 12:00 p.m.)

Let's Talk About

Credit: Tuesday, April 11, 6:00 – 7:00 p.m. Online. Learn how to reduce your debt, improve your credit, and maintain a good credit score. Create your own step-by-step plan to pay down your debt.

Build Your Savings: Tuesday, April 25, 6:00-7:00 p.m. Online. Setting money aside helps you plan for the future and reach your goals. While saving can be challenging, taking small steps can make a difference. (Also offered April 11, 6:30 – 7:30 p.m.)

Additional NVME workshops and classes for April are designed to help people in Maine build a career and start a business. Self-paced classes in-

clude:

My Next Career Move: April 3 – June 30; enroll by June 2; work at your own pace. Assess your skills, interests, and experiences and relate them to career options. Identify high-growth job fields. Explore education and training options. Strengthen your resume for a targeted job search.

Grow Your Business Online: Self-paced, enroll anytime, complete by May 31, 2023. Gain the skills, knowledge, and confidence to create a compelling web presence & website for your small business. Work online at your own pace through self-guided courses covering branding, GoDaddy tools, website

design and content, SEO & marketing, ecommerce, and more. Interactive remote sessions and labs are included. Made possible by Empower by GoDaddy in partnership with New Ventures Maine.

Additional interactive, online classes for starting businesses and building careers include:

Tax Readiness for the Self-Employed: Thursday, April 6, 12:00 – 1:00 p.m. Online. Learn how to organize your financial records, understand your tax responsibilities, become familiar with tax forms, and file your taxes with confidence. This workshop is designed for sole-proprietors.

Work for Yourself

@50+: Tuesday, April 11, 10:00 – 11:30 a.m. Online. Gain the knowledge, support, and resources you need to make informed decisions about working for yourself and take the right first steps toward successful self-employment.

Making Career Choices: Wednesday, April 12, 6:30 – 7:30 p.m. Online. Ready for a career change but don't know where to start? This workshop will help point you in the right direction. We will cover what to consider when making a career choice and the resources available to help you succeed.

Job Search Classes: Wednesdays, April 12 - 26, 6:00 – 7:00 p.m. On-

line. Ready for a new job or a career change? Join us for one, two, or all three of these workshops. April 12: Job Search Strategies; April 19: Resume Strategies; April 26: Interview Strategies.

Changing Jobs: Finding Work That Fits: Wednesdays, April 19 – May 3, 10:00 – 11:30 a.m. Online. Are you considering a job change? This online class designed for women will help you identify work options and benefits that align with your interests, skills, and values.

For the full schedule of upcoming classes and to sign up, visit bit.ly/NVMEClasses or call toll-free in Maine: 800-442-2092.



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Newsmakers, Names & Faces

Lewiston Recreation Coordinator is Young Professional of the Year

LEWISTON, ME (March 31, 2023) – The Lewiston Recreation Department is celebrating its Recreation Coordinator, Alyssa Clark, who has been designated the 2023 recipient of the Maine Recreation and Park Association’s ‘Dr. Bill Eckart’ Young Professional of the Year Award. The annual award is given to a Maine rising parks and recreation professional who has displayed an outstanding community performance level through innovative programming, partnerships, and civic involvement.

“I am truly honored to receive the Dr. Bill Eckart Young Professional of the Year Award! It was a great surprise and motivates me to continue working hard to give the City of Lewiston quality programs to enjoy for years to come,” said Clark who began her tenure with Lewiston Recreation in August of 2021.

Dr. Bill Eckart,



for whom the award is named, retired from the University of Maine at Machias in 2011 after 31 years as Professor of Recreation Management. During his tenure, he built the program into one of the most respected programs in the country, being Maine’s only nationally accredited recreation degree program. Dr. Eckart was also an active member of the Maine Recreation and Park Program, served

as its Board Treasurer, spearheaded a professional certification program, and managed membership. Mayor Carl L. Sheline and Recreation Director Nicole Welch recognized Clark at the March 21, 2023, City Council meeting and highlighted her contributions to the department and community. “She has developed valuable partnerships with Healthy Androscoggin, Bates College, and Lewis-

ton High School, to name a few, which have resulted in low-cost and free programs for our residents, supporting our mission of increased organized recreation and leisure access. Her approach to offering both traditional and non-traditional programs support a welcoming environment where families can confidently receive an organized, fun, safe program,” said Director Welch.

“Alyssa’s infectious smile and can-do attitude are a winning combination for Lewiston Rec and our city’s kids. I’m glad she’s on the team,” said Mayor Carl L. Sheline.

Recreation Coordinator Clark daily serves as a programmer and administrator. From the 325 basketball players ranging from pre-k to grade 12 to the 34 Safe Sitter Program graduates, and the 140 Lewiston Rec summer campers in 2022, Clark continues to weave positive municipal recreation and leisure traditions into the City of Lewiston. She oversees more than 40 volunteer coaches and annually assists with the supervision of 35-40 part-time employees.

Clark graduated from Endicott College in 2015 with a Sports Management Degree. Early in her career, she worked for the Gorham Recreation Department part-time before accepting her first full-time position at Saco

Parks and Recreation in 2016.

Reflecting on the journey to this point in her career, “I’ve been a Parks & Rec kid my whole life from participating in youth sports and summer camps to my first job being a summer camp counselor. After that, there was no turning back. My family, past co-workers, mentors, colleagues, and my current Lewiston Recreation Team have all helped me become the professional I am today. I am very thankful.”

The Lewiston Recreation Department is certainly thankful for her contributions to its team, plans, and vision. “Alyssa is an advocate for recreation, a cheerleader for her colleagues, and an absolute joy to work with every day. If the past 18 months are her getting her feet wet, then the greater Lewiston community is in for a treat over the coming years,” said Director Welch.

Piper Shores CEO Elected to ACHCA Board of Directors



SCARBOROUGH, Maine (March 28, 2023) — Piper Shores announced today its CEO Philip D. Jean has been elected to serve on the American College of Health Care Administrators (ACHCA) Board of Directors. ACHCA is a non-profit professional membership association dedicated to administrative leadership and excellence in post-acute and aging services care across the spectrum of health care services.

“It’s such an honor to be nominated and chosen to serve on the ACHCA

Board of Directors,” said Phil Jean, CEO of Piper Shores. “I’ve spent my career focusing on building vibrant, inclusive retirement communities and I’m looking forward to contributing those leadership skills to the ACHCA.”

Jean has over 25 years of executive-level experience in healthcare and senior living administration. He has been a licensed nursing home administrator since 1996 and is also certified and a fellow of the American College of Health Care Administrators. In addition to other board appointments and volunteer opportunities, Jean is an exam item writer/subject matter expert for the National Association of Long-Term Care Administrator Boards (NAB). Prior to joining Piper Shores as CEO in June 2022, Jean worked as the Executive Director at Seabrook Village in New Jersey where he was responsible for providing vision and strategic direction for its fully inte-

grated continuing care retirement community, serving over 1,300 residents and 700 employees.

“We thank Phil for his willingness to serve in this capacity, and we look forward to his involvement and leadership as part of the Board of Directors,” said Steve Fromm, ACHCA Nominating Commit-

tee Chair.

Jean’s role will officially start on April 25, 2023. He’s originally from

Lewiston earned his degree at University of Maine Orono graduating with a Bachelor’s in Business Ad-

ministration. He went to Husson University, with a concentration in healthcare management.

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(207) 795-5017

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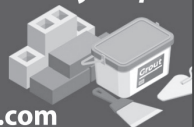
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News Center Maine Holds Sixth Statewide Red Cross Blood Drive



Bangor Blood Drive

PORTLAND/BANGOR, ME (March 28, 2023)—Every two seconds someone in the U.S. needs blood. That is why NEWS CENTER Maine was proud to join forces once again with the American Red Cross for a statewide blood drive held Wednes-

day, March 22. The first blood donation was at 8:00 a.m. with the final donation at 5:30 p.m. In all, 200 units were collected.

A single donation can possibly help save up to three lives, so Wednesday's donors will potentially help save 600 lives. Kim-



Kennebunk Blood Drive

berly Murphy of Lisbon Falls is one of those lives. Three months ago, Kimberly gave birth to her first child, Lucien. His delivery didn't go exactly according to plan. During delivery, her placenta ruptured, and she started hemorrhaging. Murphy said she needed

to have two blood transfusions. Murphy is lucky to still be here. She said she was grateful that blood was available when she needed it.

In the six years NEWS CENTER Maine has partnered with The American Red Cross, 1,140



NCM producer Luke Saccone donating blood at the Portland Drive

units of blood have been collected with the potential to save up to 3,420 lives. In Maine, the Red Cross needs to collect 152 pints of whole blood every day to meet patient demand. That means 1,064 Mainers each week need to roll up a sleeve to keep the blood supply viable. Once you donate, you need to wait 8 weeks before you can donate again so it's critical that all eligible Mainers continue to give blood.

On March 22, Main-



Paulo Costa is a first time donor

ers came out to give the gift of life and NEWS CENTER Maine is grateful for their generosity. There were five donation sites including The Holiday Inn in Portland, St Martha's Church in Kennebunk, Flanagan Community Center in Rockland, Waterville YMCA in Waterville, and the Bangor Blood Donation Center in Bangor.

Spring Break: Soak up the Sun, not the Screen

By Emily Wiper, Vice President & General Manager – AT&T New England

(March 31, 2023)— Spring break is an opportunity for families to escape their monotonous daily routine and indulge in relaxation. And whether your family is jetting off for spring break or has a staycation planned close to home, spending some qual-

ity time together is likely high on your list.

But how do you accomplish that when everyone (even you, parents) is glued to their phones and tablets 24/7?

Let's face it: our phones are an extension of our hands. It's hard to imagine taking a trip to the store without a device, much less a full vacation, even if your goal is to

spend more time with your family.

During an ideal vacation, your family would be so busy with activities, no one would have time or a free hand for a device. However, let's be real. Even the most fun-filled itinerary has downtime.

Maybe you can relate. After a long day at the beach, watching the sunset around the camp-

fire together would top off the experience. Unsurprisingly, your kids are yards away, staring at their mobile devices, sucked back into the digital world as if by magnetic force.

Our kids are more connected than ever before. Finding a balance between screen time and family time can be a struggle, especially on vacation when kids are out of school and rules may be more relaxed. While there is no one-size-fits-all solution, there are ways to keep your family engaged and present with each other.

Give yourself permission to unplug

If you want your family to unplug while on vacation, it starts with you. Before you depart, share your intention to temporarily step back from technology with friends and close contacts. Consider setting expectations and boundaries with your employer about your accessibility during your time off.

Get on the same page ahead of time

It can be hard to stick

to plans when you are around people who haven't made the same commitment. Call a family meeting and talk about your vacation goals, concerns, and overall approach as a family. Instead of shaming your loved ones for their tech usage, try sharing your goals for the trip and why unplugging matters to you.

Tech-free zones

Just like at home, creating screen-free zones on vacation is key to capturing family time. Involve your kids in brainstorming tech-free areas or times you will commit to as a family on vacation. For example, mealtime and outdoors.

Start small by suggesting a phone-free dinner (a basket could hold everyone's phones). Think of topics you want to talk about during that device-free time. Perhaps you can agree on a screen-free activity to do together every day. Establishing a clear plan and reasonable time limits are good ways to avoid a meltdown when it is time to put away the devices.

Carrier apps

For a little help, or if you're feeling overwhelmed because you recently got your child their first phone, most wireless carriers offer an app with content filtering, screen-time regulation, and location services.

AT&T's Secure Family® allows you to pause your child's internet access instantly or set schedules for Wi-Fi access during specified times, including internet use limits. You can customize several features, like choosing from three different content filter levels based on age range.

Our vacation time is precious, most of us would rather spend it focused on our families, rather than on our phones. So, wherever your time off takes you, with some conscious planning and family buy-in, you'll be off to a good start in enjoying quality time with those who matter most.

Find additional resources for keeping your family connected responsibly at screenready.att.com.

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State AG Frey Files Lawsuit Against 3M, DuPont

AUGUSTA, ME (March 30, 2023)— Today, Attorney General Aaron M. Frey announced that the state of Maine is currently filing two lawsuits against the manufacturers 3M and DuPont. The lawsuits allege that both manufacturers, among others, have known for decades that PFAS poses a serious risk to human health and the environment, but advertised their PFAS products as safe and appropriate for widespread use in Maine.

Defend Our Health has been advocating for the elimination of PFAS chemicals since 2017 after contamination was discovered on the farmland of farmer Fred Stone in Arundel, Maine. Defend Our Health director of advocacy, Sarah Woodbury, responds:

“The defendant manufacturers knew of the science of PFAS toxicity decades ago but concealed that information from the public and continued to manufacture, sell and profit from

their products containing these chemicals. Therefore, we commend the actions taken by Attorney General Frey and the state of Maine in holding manufacturers accountable for the destruction that they have inflicted on the livelihood of Mainers across the state due to PFAS contamination. Maine has been at the forefront in dealing with the PFAS crisis, spending millions of dollars for testing and cleanup. It is about time that those responsible are held accountable.”

Seniors Not Acting Their Age

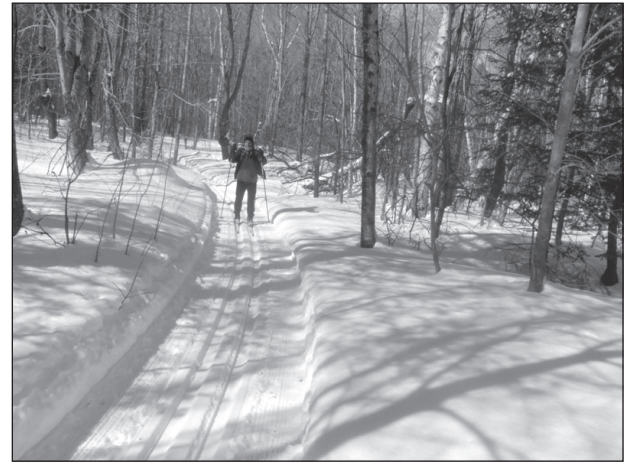
Adventurous Skiing at Mount Blue State Park



A fast track was encountered leaving Mount Blue State Park Headquarters on Central Trail



A skier tries to hold a snowplow on a steep pitch



One of many exhilarating downhill sections in Mount Blue State Park

By Ron Chase
Mount Blue State Park offers one of the finest Nordic Skiing opportunities in western Maine. Located in the mountainous region of Weld, the park has about fifteen miles of trails groomed for classic skiing. Consisting of five loop trails of varying length and difficulty, there is something for virtually every cross country ski enthusiast. My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* includes a chapter about skiing Mount Blue State Park and two additional Nordic ski trips.

I've been skiing at Mount Blue for over thirty years. During that time, I've learned ski conditions can vary from superb to downright scary. Having experienced scary several times, I carefully watch for the right combination of snow, its consistency, and weather. I always check with the park for a status report prior to making the almost two hour drive from Topsham.

After a recent snowstorm, I researched the conditions prior to announcing a Penobscot Paddle & Chowder Society club ski trip at Mount Blue. The park received

about a foot of powder and had groomed the trails the day after. However, temperatures had risen and fallen in the interim. My concern was an icy ski surface. Based on the forecast for Weld, the temperatures were predicted to rise above freezing in the middle of the following day. I posted a club trip meeting in the park at 11:00 assuming the snow would begin to soften by then.

Two of the usual suspects, Ken Gordon and Eggman DeCoster, agreed to join me for the proposed skiing adventure. On a clear day, skiers are guaranteed some of the finest views in Maine when approaching Mount Blue State Park Headquarters situated high on Center Hill Road in Weld. When entering the large parking area, visitors are greeted with a multi-faceted outdoor complex that includes an ice-skating rink and a warming hut. Snowshoe, snowmobile, and Nordic ski trails begin there.

The sky was clear and the temperature seasonably warm when we arrived. However, unanticipated gusty winds resulted in a sub-freezing chill factor. An inspection of the trail indicated

the surface was icy. I decided to use backcountry skis while my companions chose touring skis. The reason for my choice was twofold: backcountry skis provide more stability and control on an icy surface and the out-going facilitated an excellent training opportunity for my upcoming Baxter State Park expedition. There are downsides to backcountry skis; they're heavier and slower than touring skis.

From the parking area, we followed Central Trail on a fast recently groomed surface. Our goal was to connect with Maple Trail, a ten mile loop according to park literature.

After crossing Center Hill Road, we climbed steadily to the rim of a bumpy, precipitous pitch that is the steepest descent in the trail system. Eggman ran a mostly successful probe attempting to hold a snowplow in the attenuated path. His exciting escapade ended with a dramatic crash. Ken and I opted to take advantage of the much more forgiving deep powder next to the trail.

Shortly beyond, we arrived at the junction for the Maple and Birch Trail Loops. Proceeding left

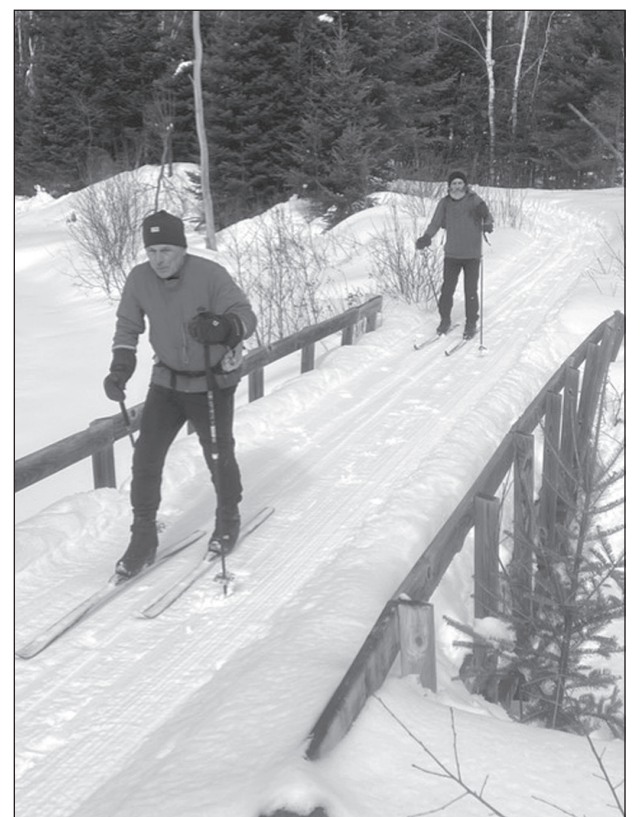
on Maple, we ascended steadily before progressing through a long, winding downhill sector in a dense hardwood forest to another Center Hill Road crossing.

A brief climb preceded another challenging descent. This one contained a couple of humps with the potential for some airtime. The scene of numerous mishaps in the past, we carefully negotiated down the gnarly slope without any upsets.

Gradual downhill skiing followed through a circuitous route in a mixed hardwood and conifer forest. Inattentive when approaching a narrow bridge, I took a dive. Fortunately, no cameras captured the blunder.

While climbing an elongated uphill grade, the snow began to soften. By the time we connected with a junction leading to Hedgehog Hill, two of us were collecting sticky snow on our skis. Adding Glide alleviated the problem and slower snow moderated our speed going forward.

Forgoing a side trip to Hedgehog Hill, the best downhill skiing of the day ensued. Long stretches of exhilarating double poling continued



Skiers cross the bridge over Fran Brook on the Maple Loop Trail

to a bridge over Fran Brook.

Rolling hills in a mixed conifer and hardwood forest were encountered as we progressed back to the Maple/Birch Trail junction. After one final arduous climb, our eventful day ended with a pleasurable cruise back to Park Headquarters.

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.ronchase-outdoors.com or he can be reached at ronchase-outdoors@comcast.net

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Arts & Entertainment

Silver Circus Coming to Franco Stage April 8



Andrew Silver will lead ‘Silver Circus,’ a one-person family-friendly circus-type show at 2 p.m. Saturday, April 8, at the Franco Center, 46 Cedar St., Lewiston. More information at www.francocenter.org. M. Kathleen Kelly photo.

LEWISTON, ME (March 31, 2023)—The family-friendly Silver Circus is coming to the Franco stage at 2 p.m. Saturday, April 8. This one-person circus show led by Andrew Silver will feature spectacular magic, juggling, physical comedy, and audience participation. The event sponsors are Lewiston Auburn Children’s Foundation and Emerson Chevrolet.

Silver’s shows are memorable, not only for the display of his expertise, art, and dexterity, but also for the thematic, story-telling components in every performance. Through his storytelling, he invites the audience to think about mental and physical habits that lead to success and how to deal with failures and challenges in a healthy and positive way.

A new ticket price feature at the Franco Center for specific performances offers customers a variety of prices — each based on certain features, benefits, or services. For this show, tiered pricing is available based on proximity to the stage. Tier 1 tickets are nearer the stage, but the raised seating in Performance Hall provides a good view of the stage from all seats. Silver Circus family-friendly ticket prices include processing fees: Advance: Tier 1 Adults \$15; Children \$10; Tier 2 Adults \$10; Children \$7. At the door: Tier 1 Adults \$20; Children \$15; Tier 2 Adults \$15; Children \$10.

Purchase advance tickets by phone at 207-689-2000, online at franco-center.org/shows or in person when the box office is open from 10 a.m. to 1 p.m. Tuesdays and Wednesdays.

Doors open an hour before the show. The Franco Center is at 46 Cedar St., Lewiston. Parking is available in the mill lot. Handicap access to the building is on the Lincoln St. Alley side of the building. Season Underwriter: Maple Way Dental Care. Media Sponsors: Bennett Radio Group, Sun Journal, Turner Publishing, and Uncle Andy’s Digest.

Laughter Continues with Gaslight Theater’s ‘Black Comedy’



The cast of Gaslight Theater’s ‘Black Comedy’ gathered at Hallowell City Hall Auditorium for a table read of the script on Monday, March 27. Pictured left to right are Richard Bostwick, Jeff Cabral, Robyn DesLauriers, Mike Stiles, Kathleen Leopold, Lucy Rioux, Matthew Ferrin and Joe Blackwell. Missing is cast member Kathryn Ross.

HALLOWELL, ME (March 30, 2023) -- Gaslight Theater’s “2023 Season of Laughter” continues in April and May with Peter Shaffer’s “Black Comedy”, directed by Lucille Rioux. The show will be produced at Hallowell City Hall Auditorium at 1 Winthrop Street in Hallowell over two weekends, including Sunday matinees, April 28, 29 and 30 and May 5, 6 & 7. Friday and Saturday shows start at 7:30 PM and Sunday matinees start at 2:00 PM. Tickets are \$15 for adults, \$12 for students and Seniors. Cash, check and credit card are accepted at the door. For more information, or to purchase tickets online using a credit card, visit Gaslight Theater at www.gaslighttheater.org.

“Black Comedy” is a one-act farce by Peter Shaffer first performed in 1965. The premise of the piece

is that light and dark are transposed, so that when the stage is lit the cast are supposed to be in darkness and only when the stage is dark are they supposed to be able to see each other and their surroundings. A young sculptor and his fiancée have borrowed some expensive antique furniture from a neighbor’s flat without his permission to impress an elderly millionaire art collector. When the power fails, the neighbor returns early, other people also arrive....

Matthew Ferrin of Augusta will perform as Brindsley Miller, a young sculptor. His fiancée Carol Melkett will be played by Kathryn Ross of Gardiner. Michael Stiles of Kents Hill will play Carol’s father, Colonel Melkett. The part of Clea, Brindsley’s ex, will be performed by Robyn DesLauriers of South Gardiner. Kathleen

Leopold of Richmond will play Miss Furnival. Jeff Cabral of Biddeford will play antique shop owner Harold Gorringer. Joe Blackwell of Waterville will play Schuppanzigh, a German refugee, and Gaslight Theater’s own Richard Bostwick of Hallowell will play millionaire art collector Georg Samberger.

Gaslight Theater’s production of “Black Comedy” is sponsored by Free ME from Lung Cancer. Gaslight Theater’s 2023 “Season of Laughter” has been made possible by Season Sponsor E.J. Perry Construction Company and by Turner Publishing, Media Sponsor. Other upcoming productions in Gaslight’s 2023 “Season of Laughter” include The Brothers Grimm Spectaculathon in July, Charley’s Aunt in November and Jellofish, dates to be announced.

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Please visit The Town of Boothbay Harbor website to access application.

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DACF Increases Access to Maine-Grown Foods for Older Adults



AUGUSTA, ME (March 28, 2023) – The Maine Department of Agriculture, Conservation and Forestry (DACF) announced today that it will utilize an \$800,000 Federal grant to expand the Maine Senior FarmShare Program. The program provides low-income older adults the opportunity to receive up to a \$50 share of fresh, local produce at no cost directly from Maine farmers.

DACF estimates that the additional funding will expand the program by up to 3,000 more low-income older adults and authorize more Maine farmers to join over the next two years. The funding comes from the U.S. Department of Agriculture, with the goal of expanding and modernizing similar programs across the country.

“We are very pleased that this new funding al-

lows the expansion of the MSFP to include a broader range of our low-income neighbors and involve more Maine Farms,” said DACF Commissioner Amanda Beal. “Our department staff are eager to play a role in steering this effort to increase access to fresh food from local farms as we pursue the vision and goals of Maine’s Roadmap to End Hunger by 2030.”

“MSFP is beginning its third decade serving Maine’s low-income older adults. I am excited at this infusion of financial support to ensure that this vital program continues, adapts, and improves,” said G Cherichello, Maine Senior FarmShare Program Manager. “One-quarter of our funding will support partnerships and training to ensure that MSFP serves adults in communities that experience disproportionate rates of hunger, including people of color and members of the LGBTQ community.”

To participate in the program, a person must be a Maine resident; be 60

years old or older, or 55 years old or older for Native Americans; and meet income guidelines. More than 100 farms in Maine, distributed across all 16 counties, are authorized to participate in MSFP.

Eligible adults can contact an authorized farm to sign up for MSFP now. Participants must re-enroll yearly and may only sign up with one farm annually. To learn more, including for those interested in becoming an authorized MSFP farm, go to www.maine.gov/dacf/ard/seniorfarmshare, call (207) 287-3491, or email SeniorFarmShare.AGR@maine.gov. Eligible adults can also call their Area Agency on Aging at 1-877-353-3771.

USDA’s Food and Nutrition Service works to end hunger and improve food and nutrition security through more than 15 nutrition assistance programs, such as the school breakfast and lunch programs, WIC, and SNAP. Together, these programs serve 1 in 4 Americans over a year.

Downeast Exploration Fund Application Opens for Students

NORTHEAST HARBOR, ME (March 30, 2023) — Beginning April 1, young adults living in Washington and Hancock counties, and on Maine’s outer islands, can apply for the Downeast Exploration Fund. The Fund provides financial support to eligible applicants wishing to explore their own passions and pursue experiences not otherwise available to them. Created by Gigi Georges, author of Downeast: Five Maine Girls and the Unseen Story of Rural America, and her husband, Jeff Oxman, the Downeast Exploration Fund is administered by Maine Seacoast Mission. The couple actively involved the five young women in developing the Fund.

Any student in grades 6 through 12, including rising 6th graders and just-graduated seniors, within the Mission’s service areas may apply for an award. The Downeast Exploration Fund provides up to \$1,500 for awardees’ participation in camps, outdoor learning experiences, and lessons in music, art, sports, or equestrian pursuits. Additionally, the scholarship covers registration fees for enrichment activities or programs as

well as materials, equipment, or supplies.

In 2021, Gigi Georges published the non-fiction book, Downeast: Five Maine Girls and the Unseen Story of Rural America, with HarperCollins. Following the first edition printing, Georges and Oxman founded the Downeast Exploration Fund with Maine Seacoast Mission to celebrate the continued strength and resilience residing in the young people of the Downeast region of the state. Georges says, “The Fund honors of the book’s five young women. They played a central role in developing the Fund’s objective, which is to expand opportunities beyond the classroom for Downeast children.”

Maine Seacoast Mission President John Zavodny says, “The Downeast Exploration Fund is a result of Gigi’s and Jeff’s generosity and their appreciation for the incredible spirit of Downeast young people. We’re excited to hear about and help fuel their passions. The Mission’s education and youth development work in Downeast Maine makes the Fund a perfect fit.”

Interested appli-

cants ages 11-18 may apply through Maine Seacoast Mission’s website at <https://seacoastmission.org/downeast/scholarships/> or through a school guidance counselor. Applications are accepted on a rolling basis until funds for the 2023 award year are exhausted.

Rooted in a history of compassionate service and mutual trust, Maine Seacoast Mission seeks to strengthen coastal and island communities by educating youth, supporting families, and promoting good health. For more information, please visit <https://www.seacoastmission.org/>

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Team Hailey Hugs Awarded \$5,000

PARIS, ME (March 30, 2023) — Liberty Mutual and Safeco Insurance have awarded Wheelers Insurance a 2023 Make More Happen Award for its volunteerism with Team Hailey Hugs (THH), a nonprofit organization that champions fundraising, awareness and awards grants to families living

with the financial strain of childhood cancer. The award includes an initial donation of \$5,000 for Team Hailey Hugs, which can be doubled to \$10,000 just by having community supporters vote online.

Starting Saturday, April 1, the Wheelers Insurance and THH Agent Giving story will be high-

lighted on the official Make More Happen microsite at www.agentgiving.com/wheelers-insurance where supporters can vote to help the team reach their donation goal. If the featured story receives a mix of at least 500 votes and comments, the \$5,000 donation will be raised to \$10,000. The donation

proceeds will help fulfill the things Hailey loved to do to help others. Her famous saying goes, "You can bring awareness, raise money, and you can have fun at the same time!" THH continues to host Hailey's favorite fundraisers like pajama and hat drives to support the Barbara Bush Children's Hospital in providing the best care and amenities to the patients in the pediatric cancer center.

"Helping to make our community a better place has always been important to our team, and Team Hailey Hugs has given us a way to make a real difference," said Leanna Bowie, Chief Marketing Officer for Wheelers Insurance. "We are grateful to Liberty Mutual and Safeco for providing much-needed funds to continue their impactful work and thrilled at the opportunity to double the donation just by calling on the community to show their support."

Hailey's legend lives on through her mother, Tabitha, who continues to advocate for children with cancer, which includes passing two bills in the state of Maine. In 2019, making the month of March Maine's own Childhood Cancer Awareness Month and the second bill in 2020 includes a new check box on the state income taxes where people can donate directly to Maine Children's Cancer Research Fund.

See Hailey, next page



Hailey with her dog



Team Hailey Hugs



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Hailey
Continued from previous page

Advocating for THH since 2015, Wheelers Insurance CEO, Michelle Walker, serves as a current board member and the agency team supports various fundraisers hosted by the nonprofit. Efforts include participating in THH's annual Go Gold

event, a day of fun activities for children and families every Labor Day Weekend that also helps raise awareness and donations. By creating a Referral Rewards Program and actively fundraising for the nonprofit, Wheelers Insurance is proud to be a part of the fight to cure childhood cancer for Hai-

ley Steward and all children year-round.

"Wheelers Insurance is a shining example of our independent agents' endless dedication to their nonprofit partners through their volunteering, fundraising and overall awareness efforts," said Daniel MacNeil, Safeco Insurance Northeast Senior Region Territory Manager. "The Make More Happen Awards allow our agents to spread the word about their good deeds and we hope it inspires other in Paris to get involved."

Throughout 2023, Liberty Mutual and Safeco Insurance will select up to 37 independent agents nationwide for a Make More Happen Award donating up to \$370,000 to the nonprofits they support. Agencies became eligible for the award by submitting an application and photos demonstrating their commitment to a specific nonprofit.



Hailey with Tom Brady

Cabaret Show Comes to Auburn

AUBURN, ME (March 30, 2023) -- Immaculate Heart of Mary Parish presents its annual Cabaret Show to be held Saturday April 15th from 7-9 pm in the Sacred Heart

Church Hall, corner of Minot and Western Ave in Auburn. Louis Philippe will return as Master of Ceremonies. Performers include Anne Ceplikas, Fern Cyr, Alana Gagnon, Bruce

Geoffroy, Ray Marcheseault, Britney Turnbull and Mark Vaillancourt. Tickets are \$12 for adults and \$6 for children. They can be purchased by calling the office at 207-782-8096.

Free Shredding with DuBois Realty, Humane Society

AUBURN, ME (March 31, 2023) -- DuBois Realty Group is pleased to announce that we will be hosting a free shredding event in collaboration with the Greater Androscoggin Humane Society (GAHS) on Saturday, April 8th, from 9am to 1pm at our parking lot located at 243 Mount Auburn Ave, Auburn. This event is aimed at providing an opportunity for the community to make a positive impact while get-

ting rid of unwanted and old documents.

At the event, participants can socialize, shred their documents, and show support for animals in need at the same time. GAHS will be present to register participants for their Dash for Dogs 5K Walk and Run, and to collect food donations for the animals in their care.

To ensure the utmost security and privacy, DuBois Realty Group has hired Records

Management Center and Shredding on Site to use cutting-edge equipment to shred up to 5 boxes of personal documents securely.

"We understand the importance of privacy and security," said Marnie BuBois, at DuBois Realty Group. "Our aim is to provide the community with a safe and secure way to dispose of their old documents, while also supporting a noble cause."

See Shredding, page 14

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Mitchell Center to Host Maine Food Waste Solutions Summit

MAINE, STATE-WIDE (March 31, 2023) -- The Maine Food Waste Solutions Summit, Maine's annual food waste education event, is scheduled for Friday, April 14, from 10 a.m. to noon via Zoom. The event is free and open to the public. Registration is required.

Food waste has economic, social, environmental and climate impacts. Nearly 40% of food produced in the U.S. is never eaten, costing the country \$285 billion in 2019. Nationwide, \$5 million per day is spent on food that is wasted in schools. In Maine, 97%

of food waste goes to landfills, contributing to harmful pollution and climate change. Meanwhile, 1 in 8 adults and 1 in 5 children in Maine go hungry every day.

"Food waste is a major financial, social and environmental problem that impacts all Maine people, but the great news is that there are simple solutions," says Susanne Lee, faculty fellow at the Senator George J. Mitchell Center for Sustainability Solutions at the University of Maine. "We host this free online event so that everyone can attend and learn to reduce wasted food."

The summit brings together key food system participants—residents, farms, food businesses, charitable food partners, community leaders, nonprofits and state representatives—to learn about Maine's food waste problem and solutions. This year's keynote speakers include Claudia Fabiano from the Environmental Protection Agency's "Food: Too Good To Waste" peer network and Congresswoman Chellie Pingree, Maine First District Representative, a leading sponsor of bi-partisan legislation to help end food waste. Linda Breggin and Margaret

Badding from the Environmental Law Institute will also present about the connection between food waste and climate change, and how communities can work to solve both at the same time.

The "MaineSuccess Stories" segment will recognize inspiring food waste initiatives across the state. Leaders from Preble Street Food Security Hub, Scrap Dogs Community Compost and Hannaford's Zero Food Waste program will detail their food waste solutions.

A highlight of the summit is the presentation of the latest food waste pilot solutions by

Mitchell Center student interns. Students Halle Rogers, Andrew MacMaster, Kate Flynn, Eddie Nachamie and Hannah Mathieu will talk about reducing, recovering, and recycling food waste with key stakeholder partners including Northern Light Health, Rockland AIO Food Pantry, Maine Dept. of Corrections and select Maine elementary schools in Buxton, Lisbon, Orono and Sebago.

As first-year food waste intern Eddie Nachamie explains, "Our stakeholder-driven research process really teaches you to integrate multiple perspectives

in order to develop successful solutions to food waste. Seeing our solutions in action and measuring their real-world impact – that's a unique and exciting aspect of this internship."

The third annual Maine Food Waste Solutions Summit is hosted by the Mitchell Center and Food Rescue MAINE. This online event is free and open to the public. Register online by April 7 to receive Zoom connection information.

For more information or to request a reasonable accommodation, contact Susanne Lee at susanne.lee@maine.edu.

Young Maine Catholics to Present Living Stations of the Cross

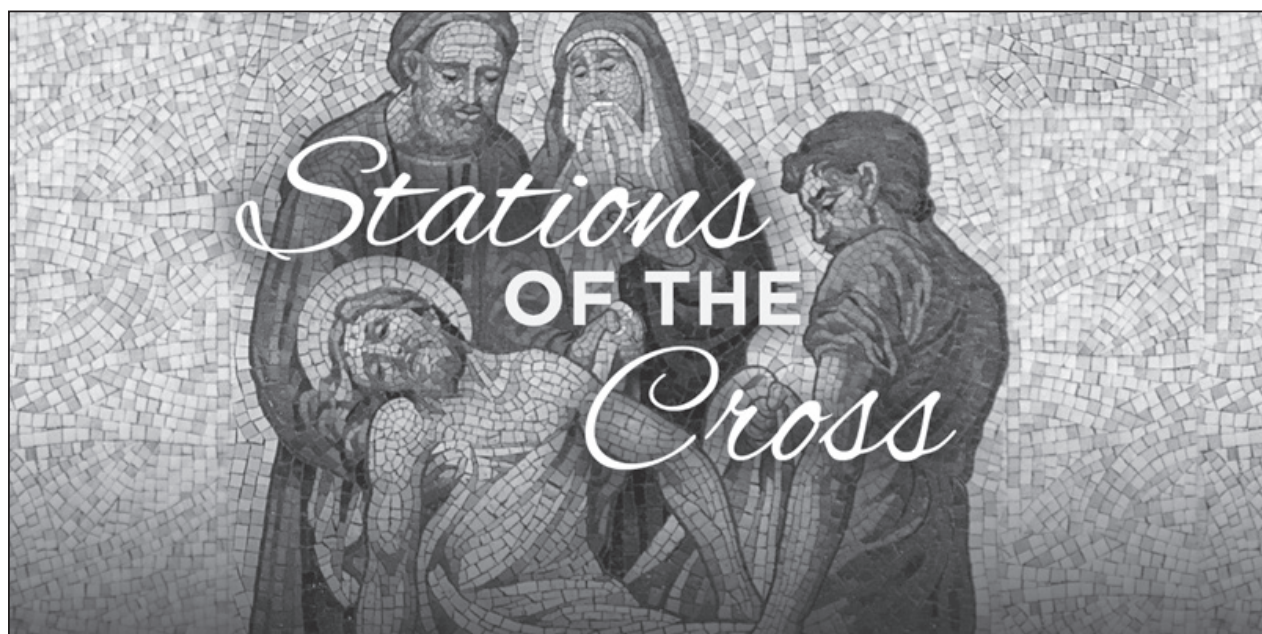
PORTLAND, ME (March 28, 2023) -- Students at Maine Catholic schools and in parish faith formation programs will present the Living Stations of the Cross around the state leading up to Easter Sunday. The Stations of the Cross began as the practice of pious pilgrims traveling to Jerusalem to retrace the final journey of Jesus Christ to Calvary. They have been prayed for centuries, allowing Christians who are unable to make a pilgrimage to the Holy Land to spiritually follow in the steps that Jesus took from his arrest and judgment to his crucifixion, death, and burial. Here is a list of the presentations scheduled:

Students at Saint Dominic Academy will present the Living Stations of the Cross in the Callahan Memorial Gym of the academy's Auburn campus on 121 Gracelawn Road. The presentation will begin at 10:45 a.m.

Augusta Students from St. Michael School will present the Living Stations of the Cross at 9 a.m. at St. Mary of the Assumption Church on 41 Western Avenue.

Bangor Students from All Saints Catholic School will present the Living Stations of the Cross at noon at St. John Church on 207 York Street.

Portland Students at St. Brigid School in Portland will present the Living Stations of the



Cross at 8:30 a.m. at St. Joseph Church on 673 Stevens Avenue.

South Portland Students from Holy Cross School will present the Living Stations of the Cross at 10:30 a.m. on Good Friday at the Church of the Holy Cross on 124 Cottage Road.

In addition, traditional presentations of the Stations of the Cross are scheduled multiple times at parishes across Maine. Parishes often include the Stations of the Cross in their Lenten observances because it is a season in which we are called to deeper prayer and reflection on Christ's Passion and death. For a list of those presentations in Maine churches, visit www.portlanddiocese.org/stations-cross.



Holy Week, the most solemn week of the entire year, will begin with Palm Sunday of the Passion of the Lord and culminate with the Sacred Triduum, during which Catholics commemorate the Lord's Supper on Holy Thursday, the Passion and death of Christ on Good Friday, and the resurrection during the Easter Vigil and on Easter Sunday. A special Holy Week section is avail-

able on the Diocese of Portland website that includes Mass times and locations at all Maine parishes, listings of parish events, daily prayers and reflections, and many other resources. The section can be found at www.portlanddiocese.org/holy-week-2023.

In addition, stories from many Masses and services, messages, and other resources throughout Holy

Week will be posted on the diocesan website (www.portlanddiocese.org), the diocesan Facebook page (www.facebook.com/PortlandDiocese), the diocesan Twitter page (www.twitter.com/PortlandDiocese), myParish App, and on Bishop Deeley's personal social media pages on Twitter (@BishopDeeley) and Instagram (@BishopDeeley)

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

City of Lewiston Brush Pick-Up Assistance Week April 24 – April 28, 2023



Brush Must be Curbside by Sunday, April 23

Brush will be collected from Lewiston's residential properties during the week of April 24 – 28, 2023, by Public Works Department staff.

- Brush butt ends **MUST** face the street.
- Brush **MUST** be placed curbside by no later than Sunday, April 23.
- Once Public Works staff clears a street of curbside brush, they will not return to that street to collect additional brush.
- Curbside collection is restricted to **ONLY** wood/tree waste and brush.
- Wood/tree waste that **will not be collected** includes:
 - Tree stumps (regardless of size)
 - Tree limbs greater than 12 inches diameter
 - Demolition wood fencing; decking; and/or wood from construction/demolition projects

IN ADDITION, during Brush Pick-Up Assistance Week—**free of charge**—Lewiston residents may bring one (1) standard size pick-up truckload of **brush only** (three yards per residence) to the Lewiston Solid Waste Facility, 420 River Road. This offering extends to Saturday, April 29.

If you need to dispose of household waste items,
please visit www.lewistonmaine.gov/otherdisposal

Experience the World Without Leaving Your Home

NEW YORK, NY (March 30, 2023) - In an age when international relations are often tenuous, AFS-USA, a leader in international high school student exchange for 75 years, is focused on providing opportunities for intercultural exchange that can help lead to a more just and peaceful world.

AFS-USA invites families and individuals from the Maine area and surrounding communities to become hosts for international students for 12 weeks, a semester, or an academic year.

Hosting provides individuals, families, high schools, and communities with opportunities to learn about the unfamiliar by exploring a diversity of cultures, all while sharing their own culture with a young person from a different country.

"AFS-USA nurtures active global citizens who make the world a better place," AFS-USA

President and CEO Tara Hofmann said. "Every new AFS student is another global citizen in progress—an individual primed to help build a more just world that reflects peace and fellowship. The impact doesn't stop with the students. Host families' lives are transformed by students from across the globe and host communities gain greater cultural diversity."

Exchange students represent nearly 80 countries and cultures, including Kenya, Ukraine, Egypt, Türkiye, Italy, Germany, Chile, Thailand and more. They are among the more than 1,000 international AFS students hosted in the U.S. each year.

AFS-USA host families represent a broad range of U.S. cultures, including individuals and families of multi-national/ethnic backgrounds, those with and without children, those who are members of the LGBTQ+ community, and more.

In addition, AFS-USA has a more than 50-year partnership with the U.S. Department of State's Bureau of Educational and Cultural Affairs (ECA), which offers numerous sponsored scholarships for international students to study abroad in the U.S. including the following programs:

Kennedy - Lugar Youth Exchange and Study (KL-YES):

Through the U.S. Department of State's YES program, high school students from countries with significant Muslim populations live and study for an academic year in the United States. Participants live with a host family, attend an American high school, acquire leadership skills, and engage in activities to learn about U.S. society and values; they also help educate Americans about their home country and culture.

Congress-Bundestag Youth Exchange

(CBYX): Jointly funded and managed by the U.S. Department of State and German government, CBYX provides full scholarships for German students to live and study abroad in the U.S. for an academic year. Participants live with a host family, attend an American high school, acquire leadership skills, and engage in activities to learn about U.S. society and values; they also help educate Americans about Germany and German culture.

Future Leaders Exchange (FLEX):

Through the U.S. Department of State's FLEX program, high school students from Europe and Eurasia live and study for an academic year in the United States. Participants live with a host family, attend an American high school, acquire leadership skills, and engage in activities to learn about U.S. society and values; they also help educate Americans about their

home country and culture.

Once students and host families are matched, they receive ongoing support from trained staff and are welcomed into their local chapter of dedicated volunteers, alumni, and fellow host families. One thing that sets AFS-USA apart is the network of almost 3,000 volunteers throughout the U.S. Many volunteers have hosted international exchange students or studied abroad with AFS and will support families, students, and schools in gaining the most from their hosting experience.

Hosts are expected to provide their student(s) with a bed, meals, and support and encouragement throughout their program. Students arrive with their own spending money and medical coverage.

"These students attend local high schools, participate in local community life, and are encouraged to share aspects

of their culture," Hofmann said. "They also discover first-hand what it's like to live in America and form lasting friendships that create enduring links between the U.S. and other countries. In many cases, the bonds that form between AFS students and their host families last a lifetime."

AFS-USA is the largest organization within the international AFS network that includes 54 partners around the globe.

For More Information

Those interested in hosting an AFS Exchange Student are encouraged to contact 1-800-AFS-INFO or visit www.afsusa.org for more information. For those interested in studying abroad please browse our programs and apply now to start your journey. You can also get involved as an AFS-USA Volunteer. Visit www.afsusa.org/volunteer to get started or learn more about opportunities to make a difference.

Alzheimer's Foundation Promotes Ten Steps for Healthy Aging

NEW YORK (March 28, 2023)— It's never too soon to practice healthy aging; the things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. To help individuals be proactive about protecting their brain health, the Alzheimer's Foundation of America (AFA) is providing these 10 steps for successful aging.

"Lifestyle choices play a vital role in healthy aging and brain health, and it's never too soon to start," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Eating right, exercising the body and mind, getting proper sleep, and being socially active all contribute to healthy aging and good brain health,

and can potentially reduce the risk of developing a dementia-related illness."

AFA offers the following 10 steps for healthy aging:

Eat Well-Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are "heart healthy" are also "brain healthy."

Stay Active-Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.

Learn New



Things-Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you have not done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.

Get Enough Sleep-Getting a consistent sleep every night is key;

at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

Mind Your Meds-Medication can affect everyone differently, especially as you age. When getting a new medication or something you have not taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

Stop Smoking and Limit Alcohol-Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

Stay Connected-Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

Know Your Blood Pressure-Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

See Your Doctor-Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak

with your physician about any concerns or questions you have about your health.

Get a Memory Screening-Our brains need regular checkups, just as other parts of our bodies do. Memory screenings are quick, noninvasive exams for our brains. AFA offers free virtual memory screenings every weekday—visit www.alzfdn.org or call AFA at 866-232-8484 to learn more about getting a free virtual memory screening. You can also talk to your doctor about getting a screening as part of your annual wellness exam.

Individuals who would like to learn more about healthy aging, brain health, or memory screenings can contact the Alzheimer's Foundation of America's Helpline by phone (866-232-8484), web chat (www.alzfdn.org), or text message (646-586-5283) seven days a week, or visit www.alzfdn.org.



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Fridays March 24 through April 28

WILTON -- Opening Minds through Art, Education Center of SeniorsPlus at 284 Main St., Wilton

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

April 6

LEWISTON -- Thursdays 3-5pm and Saturdays 1-3:30pm, starting Thursday, April 6th at 3-5pm at the Lewiston Public Library: **PRE-SCHOOL PLAYDATES**

Get ready to PLAY! The Lewiston Public Library will be offering Preschool Playdates for children between the ages of 2-6 and their families in the Children's Department starting April 6th. The playdates will take place from 3-5pm on Thursdays and 1-3:30pm on Saturdays. Participants are invited to drop-in, socialize, and play with an assortment of toys and activities.

The programs are free and all families with

Calendar

Send your submissions to the Editor. More online.

children between the ages of 2-6 are welcome to participate. Siblings are also welcome to attend. There is no registration. 513-3133, LPLKids@lewistonmaine.gov

April 12

LEWISTON -- The April meeting of the Androscoggin Retired Educators' Association will be held at 10:30 a.m. on Wednesday, April 12, 2023 at the Green Ladle at Lewiston High School. The program for this meeting will be presented by Marge Clifford and her committee. They will talk about the new Androscoggin Historical Society now relocated from Auburn to Lewiston.

You need not have taught in Androscoggin County or even in the State of Maine. We welcome all educators and anyone who has worked in education including guidance counselors, librarians, secretar-

ies, teacher assistants, custodians, bus drivers.

Reservations for this meeting should be sent to David Wing, 42 Hatch Hill Road, Greene, ME 04236. The cost of the meal is \$18 and will be Chef's Choice. Please make checks out to AREA.

April 14-15

AUBURN -- Pop-Up Estate Sale, 8:30am - 3pm. Art and antiques - cash only! Lunch @\$6. First Universalist Church of Auburn, 169 Pleasant St. Parking; accessible. FMI Ginstar38@aol.com

April 25

LEWISTON -- Tuesday, March 14 at 5:30 PM at the Lewiston Public Library: "WHAT IF COMMUNITY IS THE KEY TO OUR RESILIENCE?" DISCUSSION PROJECT

The Lewiston Public Library will host a three-session Discussion Project on March 14, April 4, and April 25. The pro-

gram, entitled "What if community is the key to our resilience?" will focus on The Water Knife by Paolo Bacigalupi, Vigil Harbor by Julia Glass, and Parable of the Sower by Octavia Butler.

Free. Books provided. Space is limited and registration is required. Contact info. 513-3135, lpreference@lewistonmaine.gov; www.LPLonline.org

May 6

WESTBROOK -- Prides Corner Community Church, 235 Pride St. Bean Supper \$10 per person: Two kinds of baked beans, mac and cheese, ham, coleslaw, bread and brownie. Eat in at 5:00PM or Take Out from 4:30-5:30PM. Call 207-415-9260 to reserve your individual meal today.

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.

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Cost: See below. Location: Education Center, 8 Falcon Road, Lewiston

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

care insurances, call Linn for more details.

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

Shredding

Continued from page 9

Participants are welcome to donate by participating in the 5K Walk and Run or by providing new unopened pet food to aid the animals under GAHS's care.

"We invite everyone to come and join us for this event. It's a great opportunity to safely dispose of old documents and make a valuable contribution to a noble cause," said Brian DuBois, at DuBois Realty Group.

Pop-Up Estate Sale Held at Auburn UU

AUBURN, ME (March 31, 2023) -- Pleasant St. Drop-In Center and First Universalist Church of Auburn will

hold a Pop-Up Estate Sale on April 14 and 15, from 8:30am - 3pm.

The sale will feature many valuable art

objects, including antique dolls and antique glassware. Lunch will be served both days from 11am- 12:30pm for a

\$6 donation. Cash only, please: no checks or credit cards will be accepted.

Join us at First

Universalist Church of Auburn at 169 Pleasant St. Parking; accessible. FMI contact Ginny Ginstar38@aol.com.



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SENIORS

LEWISTON SENIOR CITIZENS TRIPS FOR 2023

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

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's

DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

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

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

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

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LEWISTON, ME (March 31, 2023) -- It's Monty Python meets Downton Abbey in this delightfully silly comedy for audiences of all ages. Bertie's friends find his anecdotes so entertaining they've suggested

he rent a theatre and tell them on stage! Lucky for him, his dependable valet Jeeves is on hand to run the lights, create the scenery, play all the roles and save the day. Inspired by the comic stories of P.G. Wodehouse, and told in

the comic style of our production of The Hound of the Baskervilles, don't miss London's Olivier Award Winner for Best New Comedy. April 21, 22, 23, 27, 28, 29*, 30 - 2023 Thurs-Sat 7:30 pm,

Sun 2pm, *Sat April 29 - 3pm & 7:30 pm \$25 Adult / \$22 Group (10+) / \$20 Student (19+ with ID) / \$10 Youth (11-18) FOR TICKETS CALL 207-782-3200



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Lewiston Committee Vacancies for Railroad Company

LEWISTON, ME (March 31, 2023) – The Lewiston Mayor and City Council are seeking resident volunteers to serve as members of the Lewiston and Auburn Railroad Company Board of Directors. The responsibilities of the Board of Directors is to manage and control the business, property, and affairs of the LA Railroad Corporation. The appointments are for a three-year term.

Lewiston residents who are interested in applying can contact the City Clerk's Department to complete a committee volunteer application. An application form is also available on the City's website at www.lewiston-maine.gov/boardservice Applications are due by Wednesday, April 12, by 4PM.

Residents are welcome to contact the City Clerk's Department at

(207) 513-3124 with any questions they may have regarding the committee appointment process. Completed applications shall be submitted to the City Clerk's Office for processing. Office hours are Monday - Friday, 8:30AM - 4:00PM.

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