



TWIN CITY TIMES

© Twin City TIMES, Inc. 2023

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

FREE • Vol. XXIV, No. 52

Your Hometown Newspaper Since 1999

Thursday, May 4, 2023 • FREE

Lewiston Senior Advisory Seeks to Join AARP Network

LEWISTON, ME (April 25, 2023) – Lewiston joining the AARP Network of Age-Friendly States and Communities is the current focus of the Lewiston Senior Advisory Committee. The Network supports municipal efforts for people of all ages to thrive as they live, work, play, and do business.

Committee Chair Donna Gallant and Vice-Chair Julie Colangelo presented many of the Network benefits to the Lewiston City Council at its April 18, 2023, workshop. AARP, which recently make a presentation to the Senior Advisory Committee, is the nation's largest non-profit, non-partisan organization dedicated to empowering Americans 50 and older to choose how they live as they age. There is no fee to join the Network.

The Age-Friendly Network is vast in nature and advocates for all ages to remain active and engaged within their community. According to AARP, "In age-friendly, lifelong communities, residents can thrive at all ages, remaining active and engaged and enjoying the best possible health and well-being."

An informal consensus of the City Council at the April 18 workshop was extremely positive with favorable comments



Committee Members who attended presentation (left to right): Julie Colangelo (Vice Chair); Donna Gallant (Chair); Marcia Baxter; Roger Fuller; Susan Charle; and Lewiston Recreation Director Nicole Welch.

shared by many councilors to include the City Council representative to the Committee, Councilor Rick LaChapelle, who praised the work that's been done so far. A resolution supporting the Lewiston Senior Advisory Committee's application to join the Network will be considered at the May 2, 2023, City Council meeting.

Chair Gallant also shared a plea for

community stakeholders to join them in the age-friendly effort, stating that the multi-faceted work will need more support than just the Lewiston Senior Advisory Committee.

The Lewiston Senior Advisory Committee is particularly interested in the Network's process to evaluate the needs of Lewiston's seniors based on eight as-

pects of community life that are vital for health and well-being. The eight areas are:

Outdoor Spaces and Buildings; Housing; Transportation; Community Support and Health Services; Communication and Information; Social Participation; Respect and Social Inclusion; and Civic Participation and Employment.

The Network also includes a process to review and evaluate how well seniors' needs are being met in each of the eight areas. Chair Gallant said that this is done through the development of an asset inventory and local demographic profile to include engaging with seniors and senior organizations about senior residents' needs. Information acquired can then be used to review and evaluate how well Lewiston's policies and programs address those needs and ways to address areas of continuing need.

Chair Gallant stated that joining the Network will provide the Lewiston Senior Advisory Committee with access to technical assistance and guidance; networking with other member communities—over 80 of which are in Maine—access to potential AARP grant funding; and promotional assistance.

Central Maine Healthcare to Lift Mandatory Mask Requirement

LEWISTON, ME (April 26, 2023) -- Central Maine Healthcare, which includes Central Maine Medical Center, Rumford Hospital, Bridgton Hospital and numerous practices, will lift its mandatory masking requirement for patients, visitors and team members, and convert to a mask optional organization, effective May 1.

This decision was made after decreasing rates of COVID-19 community transmission in Maine have been recorded in recent weeks and coincides with other Maine hospitals lifting their own masking mandates.

"This day has been a long time coming, and is welcome news for many," said John Alexander, MD, MHCM, FACEP,



chief medical officer, Central Maine Healthcare. "I would like to thank everyone for their patience with the masking requirement over the past three years as we all navigated the pandemic together and took the necessary measures to keep the community safe.

"All of us at Central Maine Healthcare look forward to sharing a smile with our patients, visitors and each other."

There are some exceptions to the

lifting of the mask mandate: Those who are experiencing respiratory illness and anyone who has tested positive for COVID-19 within the past 10 days will still be required to mask while at Central Maine Healthcare facilities.

Also, masking will still be required in certain places and circumstances:

NICU and ICU- Masking is required for everyone entering patient rooms and during all contact with our patients.

Cancer Care Center at CMMC- Masking is required for everyone entering the building and during all contact with patients.

Infusion suites- Masking is required for everyone entering this area and during contact with patients.

Central Maine Healthcare will honor the wishes of those who want to continue to wear a mask and continue providing them upon request. During interactions with patients, team members will wear masks if patients request them to do so.

Central Maine Healthcare will continue to closely monitor community transmission rates for COVID-19 and will adjust its masking requirement accordingly.

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.

Follow us on Facebook!

Don't miss our weekly giveaways!

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

Committees Advance Cloutier bills to Address Lead in Homes

AUGUSTA, ME (April 28, 2023) – The Legislature’s Committee on Health and Human Services voted unanimously Wednesday to advance LD 11, sponsored by Rep. Kristen Cloutier, D-Lewiston, which would help protect children and families from lead hazards in their homes. Additionally, the Legislature’s Housing Committee voted last week with unanimous support to move forward LD 470, also sponsored by Cloutier, which

would appropriate \$1 million to MaineHousing’s lead abatement program.

Together, these two bills will continue to fund MaineHousing’s lead abatement program and help temporarily relocate families that are living in homes with identified lead hazards until those lead hazards are abated, ensuring that communities like Lewiston continue to get the support they need.

“Maine’s housing stock is incredibly old, with more than half of

homes around the state potentially having lead paint,” said Cloutier. “Our child lead poisoning rates have improved over the years thanks to the efforts of local and state-level remediation and abatement projects. With this additional funding of \$1 million, along with a program in place that will temporarily rehouse families while their homes are being treated, we will see continued improvements.”

According to the Maine Center for Disease

Control and Prevention’s (CDC) Maine Tracking Network, Lewiston has the second highest rate of children with lead poisoning among seven high-risk towns across Maine.

“LD 11 further protects Maine children from lead exposure in their homes until the necessary abatement is conducted,” said Nancy Beardsley, acting director of the Maine Center for Disease Control and Prevention. “The Maine CDC’s Childhood Lead Poisoning Preven-

tion Program works to help keep Maine children safe from lead, and we’re grateful to Representative Cloutier for helping advance these priorities to provide additional safeguards from childhood lead exposure.”

“The legacy of lead in Maine’s housing stock is tragic, but there are positive ways to solve the problem,” said Erik Jorgensen, senior director of government affairs and communications at MaineHousing. “Repre-

sentative Cloutier’s bill offers a path to assure that this critical work will continue to be there for Maine’s kids.”

The bills face further votes in the House and Senate in the coming weeks.

Cloutier is the assistant House majority leader and is currently serving her third term in the Maine House of Representatives. She represents House District 94, which includes part of her hometown of Lewiston.

Lewiston Student Honored as a Student Of The Year by MCCS

AUGUSTA, ME (April 26, 2023) — Seven Maine community college students were honored for their academic success and campus and community involvement at a luncheon ceremony on Wednesday, April 26, at Maple Hill Farm in Hallowell. The

event was hosted by the Maine Community College System (MCCS) Board of Trustees.

The students being recognized are:

Jessica Clark, of East Waterboro, Southern Maine Community College;

Asma Hassan, of Lewiston, Central Maine Community College;

Aquiles Antonio Lopez, of Millinocket, Eastern Maine Community College;

Owen Martin, of Caribou, Northern Maine Community College;

Aubrey Slater, of Waterville, Kennebec Valley Community College;

Amy Stanek, of Sanford, York County Community College; and

Brandon Vinal, of Appleton, Washington County Community College.

The seven students honored on Wednesday were selected by faculty and staff at the colleges.

In addition to being recognized as Students of the Year, they will each receive a John and Jana Lapoint Leadership Award in the amount of \$1,000.

Mr. Lapoint was president of UF Strainrite in Lewiston and a trustee of the Maine Community College System. After his death in 1995, his widow, Jana Lapoint, served on the Board from 1995 to 2006 and helped establish the fund for the annual awards.

Workers Memorial Day 2023 Honors those Who Died on the Job

LEWISTON, ME (April 26, 2023) -- Union members and allies commemorated the Mainers who died from workplaces injuries and illnesses over the past year at the Western Maine Labor Council’s Annual Workers’ Memorial Day/International Workers Day (May Day) dinner and awards ceremony in Lewiston on Saturday April 29, at Marcos Restaurant in Lewiston as part of this year’s Workers Memorial Day, which fell on Thursday, April 28.

The event honored the workers we’ve lost in the past year and reaffirmed our commitment to fight for stronger workplace protections.

Three awards were given to champions of workers’ rights and work-

place safety.

Frances Perkins Award Recipient: Rachel Talbot Ross

Workers Solidarity Award Recipient: The Local 14 United Steelworker Retirees from the Jay Paper Mill

Bruce D. Roy Award Solidarity Award Recipient: Former Maine AFL-CIO President & IBEW 567 member Don Berry

The Lewiston Fire Department Honor Guard did the presentation of the colors with bagpiper Sue Mack.

Workers’ Memorial Day is an internationally recognized day – April 28, a date chosen to commemorate the founding of the Occupational Health and Safety Administration – to honor workers who have

died or been injured on the job and to reemphasize the importance of economic rights in the workplace and workplace safety. The rate of workplace fatalities has declined dramatically from a high of 18 per 100,000 workers in 1970 to 3.6 per 100,000 workers in 2021, thanks in large part to the passage of the 1970 Occupational Safety and Health Act. May Day is an internationally recognized holiday for the working class.

According to the Maine Department of Labor, roughly 20 Mainers died of work related injuries, although the total number of work-related COVID deaths is not tracked. The 2023 edition of the AFL-CIO’s “Death on the Job: The Toll of Neglect” report found that 19

Mainers died in workplace fatalities in 2021. Vehicle crashes and drug overdoses were the leading causes of on-the-job job deaths in Maine, accounting for eight of the deaths, according to MDOL statistics.

Maine’s rate of workplace fatalities in 2021 was 2.9 per 100,000 workers, putting the state below the national average of 3.6, according to the “Death on the Job” report. Among states, Maine had the 11th lowest workplace fatality rate in the nation in 2021.

This year’s report also reveals that on the national level in 2021:

- 343 workers died each day from hazardous working conditions.
- In all, 5,190 workers were killed on the job in the United States.

- An estimated 120,000 workers died from occupational diseases.

- The job fatality rate increased to 3.6 per 100,000 workers.

- Black workers died on the job at the highest rate in more than a decade.

- Latino workers continue to be at greater risk of dying on the job than all workers.

- Employers reported nearly 3.2 million work-related injuries and illnesses.

- The true impact of COVID-19 infections due to workplace exposures is unknown. Limited data show that more than 1.5 million nursing home workers have been infected with COVID-19 and more than 3,000 have died.

- Workplace vio-

lence, musculoskeletal disorders from repetitive motion injuries and occupational heat illness continue to be major problems, but data no longer is reported annually to track and understand these important issues.

Best Source for Arts, Music and Theater!

Your Hometown Paper.



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



Like us on




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

SeniorsPlus Offers Classes for May

LEWISTON, ME (April 26, 2023) — SeniorsPlus will offer the following classes in May. Classes are held in person at its Lewiston, Wilton, or Norway locations; online or hybrid. Classes are free, unless noted. Locations are fully accessible. Hearing assistive equipment is available upon request. For more information or to register, call 207-795-4010 or visit seniorsplus.org.

CLASSES AND WORKSHOPS

Wowzitude! 'Travel' — Prague, Czech Republic

Date: Tuesday, May 2
Time: 2 p.m.

— Memphis, Tennessee

Date: Tuesday, May 9
Time: 2 p.m.

— Destination to be announced*

Date: Tuesday, May 16
Time: 2 p.m.

— Destination to be announced*

Date: Tuesday, May 23
Time: 2 p.m.

— Destination to be announced*

Date: Tuesday, May 30
Time: 2 p.m.

Location: Education Center, 8 Falcon Road, Lewiston

Wowzitude's Award-Winning Travel Club, designed for arm-chair travelers, takes you on LIVE, guided virtual walks around the world from the comfort and safety of SeniorsPlus. Interactive, virtual, live-streamed walking tours feature expert hosts and trained local guides eager to Zoom in and introduce us to their favorite spots. *Check out SeniorsPlus on Facebook for Wowzitude updates.

Knitting Group
Dates: Wednesdays
Time: 4:30–7:30 p.m.
Facilitator: Linda Bilodeau

Location: Education Center, 8 Falcon Road, Lewiston

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

Understanding Alzheimer's and Dementia

Date: Thursday, May 4

Time: 11 a.m.–noon.

Instructor: Dana Morrell, LSW

Location: Education Center, 8 Falcon Road, Lewiston

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Lewiston Game Day
Date: May 11 and 25 (every second and fourth Thursday)

Time: 2–4 p.m.

Instructor: SeniorsPlus staff

Location: Education Center, 8 Falcon Road, Lewiston

Play cribbage, checkers, or card games. Bring your own or play ours. Staff will be there to network and talk about all our programs while we play games.

Using Facebook Securely
Date: Thursday, May 18

Time: 11 a.m.–noon

Instructor: Eric Ewing, National Digital Equity Center

Location: Education Center, 8 Falcon Road, Lewiston

This class is designed to teach current Facebook account holders how to use Facebook more securely, how to understand all privacy options, and how to change privacy options so the information you share on Facebook is only available to those you wish to see it. Requirements for this class: A device connected to the internet and a Facebook account.

EXERCISE CLASS-ES

Total Strength and Balance
Day/time: Mondays, 11–11:45 a.m. (no class Monday, May 29)

Day/time: Wednesdays, 11–11:45 a.m.

Day/time: Fridays, 10:15–11 a.m.

Instructor: Linn Morrin, Certified Trainer

Cost: See below

Location: Education Center, 8 Falcon Road, Lewiston

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

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.

CAREGIVER GROUPS AND RESOURCES

Caregiver Support Group—Lewiston
Date: Monday, May 8 (every second Monday)

Time: 5:30–7 p.m.

Facilitator: Dana Morrell, LSW

Location: Education Center, 8 Falcon Road, Lewiston

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

Did you know that SeniorsPlus started a quarterly Caregiver Support Newsletter last year? The goal of the newsletter is to share caregiver-specific resources and opportunities to those in need. If you or someone you know is in need of caregiver support and would like to receive the newsletter, please reach out.

ONLINE GROUPS AND OFFERINGS

AT&T - Cyber Aware Webinar
Date/time: At your convenience

Presenter: AT&T staff

Location: Online video

Catch this pre-recorded Zoom class to learn more about online fraud and scams. This presentation is designed for people who are interested in learning statistics, recognizing scams, and what to do to protect themselves while online.

Fraud & Scams Prevention
Date/time: At your convenience

Presenter: SeniorsPlus staff

Location: Online video

Every year, one in 10 older adults fall victim to scams and fraud. The number is most likely higher because many are embarrassed and afraid to report it to the authorities or to their families. This workshop will give you the information needed to protect yourself and your loved ones. Topic areas include Fraud Trends and Behavior, the Con Artist's Playbook, Practice Spotting Fraud (using real examples), Prevention and Resources. Content from AARP Fraud Watch Network.

Cyber-Senior Mentors — A Tech Resource
Date/time: At your convenience

Presenter: Cyber-Senior

Location: Phone and/or online

Due to COVID-19, Cyber-Senior Mentors are providing technology training in the form of online webinars and telephone support for older adults. If you are interested in group or one-on-one technology support, please join in. Trained volunteers are standing by to answer your tech questions and

also to help you sign up for online training sessions. Call Cyber-Seniors at 1-844-217-3057

Zoom 101: Using Video Technology to Stay Connected
Date/time: At your convenience

Presenter: SeniorsPlus staff

Location: In all three locations, appointment required

Join us for this one-on-one class to become more familiar with how to use Zoom to participate in SeniorsPlus and Healthy Living for ME's online classes, or to simply stay connected with friends and family near and far. You do not need a Zoom account or to download any apps to participate in this class, unless logging in from an Apple device. You can participate with computers or handheld devices. Educational material and resources will be provided for continued learning.

About SeniorsPlus and our Education Center: Our mission is to enrich the lives of older people and adults with disabilities, their families and communities, and to support them to make informed choices. Educational programs like these are made possible by contributions.

WHY PEOPLE CHOOSE CHAMPOUX INSURANCE



PAULINE GILBERT
Personal Lines Agent

"I go the extra mile to find my clients the best possible price for their insurance coverage needs. That's how I deliver on the promise"



CHAMPOUX INSURANCE
YOUR SECURITY IS OUR MAIN CONCERN

150 East Avenue ~ Lewiston, ME 04240
(207) 783-2246
www.MaineInsuranceOnline.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.

Jason Hodsdon Masonry

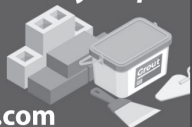
Chimneys • Chimney Cleanings • Masonry Demo
Repointing & Repairs • Culture Stones
Restorations • Stainless Steel Liners

We install professional chimney caps!

215-3557

North Monmouth

Jasonhodsdonmasonry@gmail.com



Seniors Not Acting Their Age

Whitewater Thrills and Spills on Marsh Stream



Racers navigate a difficult rapid on Marsh Stream



A kayaker rescues a swimmer who capsized on the Marsh Stream Race



The late Skip Pendleton demonstrates the proper technique on Pine Island Rip

By Ron Chase
For several years, the Penobscot Paddle & Chowder Society has provided safety for the Marsh Stream Canoe & Kayak Race. Traditionally led by Kyle Duckworth, each April safety-minded club members enthusiastically volunteer their time to support this worthwhile paddling endeavor.

There are added benefits for club members. Many Chowderheads participate in the downriver race. And, those who provide safety assistance get to paddle the stream after the race.

Officials, racers, and safety participants congregated at Winterport Riverside Riders Snow-

mobile Club headquarters in Winterport on a beautiful, sunny warm spring morning. Kyle managed to herd Team Safety together to discuss plans to provide race assistance.

The snowmobile club is situated just a short distance from the stream where a challenging double-ledge pitch required coverage. That was where my group was assigned. Another contingent paddled downstream to a second complex rapid. At each location, we positioned some team members in their boats in the water and others on shore with throw bags.

Upstream, thirty-one determined racers assembled on the Loggin Road in

West Winterport in preparation for the four-mile course that ended near an old railroad bridge next to Stream Road in Winterport. They consisted of twenty-two tandem and solo kayakers and canoes.

Strategically stationed at various locations along the two ledge drops, our team waited in anticipation. Soon, a skillful field of competitors began navigating their crafts through the complicated passages. Most negotiated their chosen routes without difficulty. However, one solo kayaker collided with a rock, capsized, and swam. A Chowderhead paddling his kayak was quick to affect rescue, immediately towing the struggling racer to shore. Others recovered the unfortunate contestant's

kayak and paddle farther downstream. Thankfully, that was our only rescue during the race.

After the race finished, more excitement followed for Team Rescue. We proceeded downstream past the race takeout towards the first of four challenging falls, Railroad Rip. The intricate rapid offers two moderately demanding choices. Paddlers can maneuver a Z-turn in tricky currents or a more straightforward but bumpy descent on the left. Our group explored both options without problems.

We weren't as successful on Pine Island Rip. Several paddlers faced adversity at a steep pitch to the left of the island that ended with a disagreeable hydraulic. I experienced my first frosty kayak roll of the spring season while a few others swam or rolled. Team members quickly reunited the swimmers with their boats. Rolling or swimming in icy water results in a shocking experience paddlers call an "ice cream headache."

Once the group reassembled, we progressed through a stretch of easy rapids and flatwater to the most difficult whitewater of the day, Flat Rock Falls. The question on the minds

of many, would they portage or paddle? Landing on snow covered banks at the top was problematic but scouting was essential. After thoroughly inspecting the long intimidating falls, most elected to walk.

A handful of intrepid kayakers prepared to challenge the falls while others set up safety in their boats below. In order to avoid hazards at the bottom on the left and center, the preferred route entailed ferrying right, punching through a steep hole, angling right over a powerful diagonal wave, and propelling their kayaks through a breaking roller into an eddy far right. The exacting sequence required precise maneuvering under precarious circumstances. Perfection was necessary and they delivered.

The last rapid of the day was around the bend. Easiest of the final four, it consists of large waves pockmarked with holes that are best avoided. Some long fast waves appeared ripe for surfing so paddlers gathered in eddies next to them. Quality surfs were achieved by some but most found the surging swells deceptively difficult to manage.

One canoeist tested his skills versus a turbulent

hole. The hole won. Following several determined attempts to roll, he came out of his boat. Seasoned rescuers were quick to assist.

After a day of thrills, spills, and multiple rescues, we gathered at the takeout in the village of Frankfort to reminisce about our exciting exploits. All agreed, the swift water rescue training the club offers each summer was of significant benefit. This was a day when tall tales paled compared with the actual events.

My book, *Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine* narrates two more exciting spring races on Kenduskeag and Souadabcook Streams.

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at www.north-countrypress.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

**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

Republicans Propose \$400M in Tax Relief for Maine Taxpayers

AUGUSTA, ME (April 28, 2023) – Following news from Maine's Revenue Forecasting Committee today, Legislative Republicans renewed their call for meaningful tax relief, especially for low- and middle-income earners struggling to keep pace with higher living costs. Updated preliminary revenue projections from the Committee for the current and next two fiscal years show the state could have nearly \$1 billion more in revenue above the two-year current services budget passed last month by Democrats.

Republican leaders issued the following joint statement in response to the updated forecast:

"Today's Revenue

Forecast Committee meeting should be great news for Maine taxpayers if it leads to lower taxes for workers and their families. State government has used the pandemic to grow \$2 billion larger, while family budgets have gotten smaller. People are struggling to heat their homes, pay their electric bills, buy groceries, fill their gas tanks, and pay rising prices on everyday items. The current revenue projections will allow us to lower taxes so that Maine's people can keep more of their hard-earned money.

"Republicans are calling on Democrats to commit to working with us to end the practice of over-collecting and over-taxing our citizens

and then sending part of it back to some. This practice of picking winners and losers must end.

"With our bills covered for the next two years, there is no good reason why we cannot commit \$400 million to provide comprehensive relief to taxpayers out of a budget that may ultimately reach \$10.8 billion. This can be done without cutting any services or existing programs.

"We stand ready to work with Democrats to help workers and their families who have lost, on average, \$7,500 in purchasing power this past year from out-of-control inflation due to failed economic and energy policies. We must act now."

ME Girl Scout Troops Give Back To The Planet For Earth Day



STATEWIDE (April 26, 2023) – Dozens of Girl Scout troops from all around the state offered their time and efforts this past Earth Day to keep Maine green by completing tasks from the Sustainable Maine Patch Program. From raking leaves, to planting trees, to cleaning up trash, and so much more, the Girl Scouts of Maine made sure to spread awareness and leave their mark on the planet this April.

The Sustainable Maine Patch Program offers several ways for Girl Scouts to cultivate awareness and inspire civic action within their home state. Participants not only learn more about how to create a sustainable future for Mainers to live, work, and thrive, but they also gain a deeper connection

to their communities by giving back through a variety of meaningful, lasting eco-friendly activities.

Five Ambassadors from Troop 2300 spent the Earth Day participating in a lesser-known sustainability project: collecting unused paint.

“The girls chose the paint recycling part of the GSME patch and researched the statewide PaintCare recycling program that began in October of 2015. They were astonished at how many gallons of paint goes to waste and gets improperly disposed of,” says Troop 2300 Leader, Pam Irish.

Troop 5030 and Troop 5043 aimed their focus on the great outdoors, taking to trash clean up and groundskeeping. While Troop 5043 completed their Take Action

project at Lionel Potvin Park in Lewiston, Troop 5030 took the residential route, cleaning up the yard of a local 88-year-old retired nurse.

“Our girls participated in a community service project sponsored by Powerserve to do projects around Windham. The troop was assigned to rake, trim branches and clean up a resident’s yard [...] it was hard, dirty, and tough work, but they persevered and stuck with it because they knew they were helping someone who had helped so many others,” says Troop 5030 Leader, Jessica Bridges.

Tree planting was on the docket for Troop 2096 this Earth Day. The multilevel troop from Vienna spent the day planting two lilac trees at the Vienna Town House in pre-ap-

proved locations thanks to DigSafe, a free notification center that prevents digging accidents due to unmarked underground facilities.

“The girls brainstormed types of trees and took guidance from professionals at Fieldstone Gardens who offered a hefty discount. Where’s Your Sign donated the plaque, and each girl took a small balsam fir home to plant with their families,” says Troop 2096 Leader, Kirsten Heck.

Girl Scouts of Maine has programs and opportunities for girls ages 5-17 across all 16 counties in Maine. Interested in joining or volunteering? Visit <https://www.girlscoutsofmaine.org> to learn about a variety of ways you can get involved with Girl Scouts in your community!



Fourth Apparent Maine Wolf Captured on Video

MAINE (April 28, 2023) – A fourth apparent wolf has been documented in Maine. Prior to this current animal, wolves were killed in 1993 and 1996. In 2019, The Maine Wolf Coalition, Inc. (MWC) www.mainewolfcoalition.org documented a live Eastern/Algonquin wolf through collection of its scat. The 2019 animal was the first DNA documented live wolf in the state.

Since 2019, MWC has been conducting ongoing wolf research in Maine consisting of the placement

of trail cameras and the collection of canid scat. To date, we have collected nearly two hundred different scats. Most of those are awaiting analysis at Michigan Technological University.

Trail camera photos and video collected in Spring of this year show an apparent male wolf as it chases an animal, walks up towards the camera and displays a raised leg urination.

Here are links to MWC’s Youtube and Facebook pages which contain videos of the ca-

nid. <https://www.youtube.com/@MaineWolfCoalition/videos> <https://www.facebook.com/profile.php?id=100064282555895>

Wolves are legally protected in Maine and the rest of the northeast by the federal Endangered Species Act. Unfortunately, neither the state nor federal governments are attempting to document the status of wolves in the northeast. The canid mistakenly called a “coyote” has lived in the region for nearly a century. These animals are actually coyote/wolf hy-

brids or wolves and their killing by hunters and trappers is largely unregulated. This has led to the killing of multiple wolves in the northeast states, the most recent of which occurred in New York in 2021.

It is virtually impossible to differentiate wolves from “coyotes” when hunting, especially at night. We plan to return to the area later in the Spring to try to collect scat samples and have DNA analyses conducted which may help us to determine if the animal is part of a breeding wolf

population.

Wild canids in the northeast desperately need some measure of protection to protect wolves that are attempting to recolonize the region from Canada and the Great Lakes states. The state and federal govern-

ments must stop ignoring the law and start administering it.

The Maine Wolf Coalition, Inc. is a non-profit 501c3 corporation. Our mission is wolf recovery in Maine through research, education and protection.



The apparent wolf captured on camera.

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.

SUBWAY

Not all delivery services available at every restaurant. All ©2023 related trademarks are owned by Frito-Lay North America, Inc. ©2023. Subway® is a Registered Trademark of Subway IP LLC. ©2023 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
Gorham, ME 04038

W www.jctbowl.com
P 207.222.7600

Arts & Entertainment

UUCB Concerts for a Cause presents Ellis Paul

BRUNSWICK, ME (April 29, 2023) -- Back by popular demand, singer-songwriter Ellis Paul will appear at the UUCB Concerts for a Cause concert series at the UU Church in Brunswick on May 6, 2023 at 7:30. He will be accompanied by Radoslav Lorkovic on piano and vocals. The proceeds from the concert will benefit the Brunswick

Area Teen Center and Maine Family Planning.

Ellis Paul's Anniversary Tour with Radoslav Lorkovic showcases songs from his forthcoming new album "55". Paul is a popular singer-songwriter who is an astute storyteller, poetic and literate, with a stellar stage presence. Lorkovic is a Croatian born and classically trained folk and blues mu-

sician known in particular for his extraordinary flair on the piano and accordion.

Though some may refer to Paul as a folk singer, he is more, for lack of a better word, a singular storyteller, a musician whose words reach out from inside and yet also express the feelings, thoughts, and sensibilities that most people can relate to in one

way or another, regardless of age or upbringing.

His songs have appeared in several blockbuster films (Me, Myself, and Irene; Shallow Hal, Hall Pass) and have been covered by award winning country artists (Sugarland, Kristian Bush, Jack Ingram). Through a steady succession of albums of his own – a remarkable 23 releases so far – and a

constant touring presence around the world, Paul's audience has grown into a loyal legion of fans. Along the way, he has picked up an impressive number of awards including the prestigious Kerrville New Folk Award, 15 Boston Music Awards, An Honorary Doctorate from the University of Maine, the 2019 International Acoustic Music Awards Artist of the

Year and most recently his album, The Storyteller's Suitcase, was named the 2019 NERFA Album of the Year. In 2014 Paul was inducted into the Maine Music Hall of Fame.

Tickets are \$20 in advance and \$25 at the door. Students/Children \$10. Available at the church office, Gulf of Maine Books, or online at <https://ticket-stripe.com/ellispa>

Teen Yoga Series at Lewiston Public Library

LEWISTON, ME (April 27, 2023) -- The Lewiston Public Library will be hosting a yoga series for teens in May &

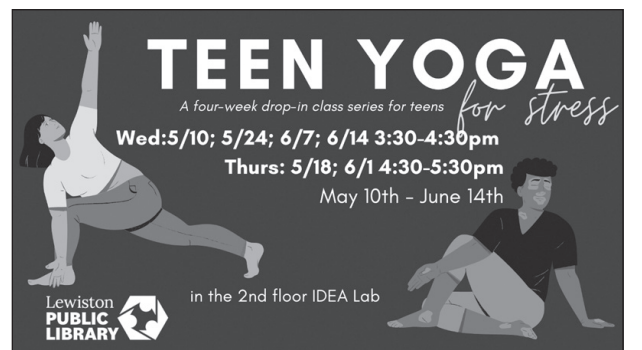
June 2023. Classes will be held at the library on alternating Wednesdays from 3:30-4:30pm and Thursdays from 4:30-

5:30pm in the 2nd floor IDEA Lab from 5/10/23 to 6/14/23. Practice will focus on simple breathing and mindfulness tech-

niques as well as gentle movement.

This series is designed to support teens in building skills they can use to relax, manage stress and connect with each other. Yoga mats, light snacks, and drinks will be provided. All are welcome and no prior experience with yoga is needed.

The Lewiston Public Library is located downtown at 200 Lisbon Street



TEEN YOGA
A four-week drop-in class series for teens *for stress*
Wed: 5/10; 5/24; 6/7; 6/14 3:30-4:30pm
Thurs: 5/18; 6/1 4:30-5:30pm
May 10th - June 14th
Lewiston PUBLIC LIBRARY in the 2nd floor IDEA Lab

at the corner of Pine Street. More information on this program is available by contacting the

Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

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

FAMILY FUN for ages 4+

MAY 20 & 21
Sat & Sun
1 pm & 4 pm



POLKADOTS
the cool kids musical

Book by Melvin Tunstall III • Music by Greg Borowsky and Douglas Lyons
Lyrics by Douglas Lyons • Based on an original concept by Douglas Lyons

A delightful musical with catchy songs, the humor of a Pixar film and a valuable message.

\$10 KIDS / \$15 Adults

ThePublicTheatre.org | 782-3200

SPONSORS Norway Savings Bank, Maine Arts Commission, Berube's Complete Auto Care, NAPA Coastal Auto Parts
SEASON UNDERWRITERS Platz Associates, Sun Journal, WOXO & WIGY, Austin Associates

THE PUBLIC THEATRE
31 Maple Street, Lewiston

Looking for senior resources? Visit the

Andy Valley Successful Aging Expo
9 a.m.—2 p.m.
Friday, May 5
Ramada Inn Lewiston

Free!

[fmi: dmclean@MaineSeniorGuide.com](mailto:fmi:dmclean@MaineSeniorGuide.com)

Urban Edge Hair Studio
(207) 212-9440

1117 Center Street
Auburn, ME 04210

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

MICHAEL G.



Like us on Facebook!

Advisories Issued on Eating Freshwater Fish Due to PFAS

AUGUSTA, ME (April 26, 2023) -- The Maine Center for Disease Control and Prevention (Maine CDC) today issued updated and additional freshwater fish consumption advisories, recommending limiting consumption of all fish or certain fish from six waterbodies in Maine. Two of the advisories are expansions of those issued last year for seven waterbodies, while four bodies of water are new additions to the list, which now totals 11. These updated advisories come after testing of fish in these locations found levels of per- and polyfluoroalkyl substances, known as PFAS, above Maine CDC's recommended levels for regular consumption.

Elevated levels of the PFAS called perfluorooctane sulfonic acid (PFOS) were detected in fish sam-

ples from Limestone Stream below the dam near Route 229 in Limestone, Kennebec River between Hinkley and Fairfield, Number One Pond on Mousam River in Sanford, Halfmoon Stream in Thorndike, Fifteenmile Stream in Albion, and China Lake.

"This update and expansion of Maine's fish consumption advisories is based on the latest science about the health impacts of PFAS," said Nancy Beardsley, Acting Director of the Maine CDC. "These advisories are designed to support the health of Maine anglers, their families and friends, and everyone who enjoys eating freshwater fish from these bodies of water."

"There are over 360,000 anglers who are licensed to fish in Maine, and they enjoy fishing on

over 32,000 miles of rivers and streams, and 6,000 lakes and ponds" said Judy Camuso, Commissioner of the Maine Department of Inland Fisheries and Wildlife (MDIFW). "This revised advisory for 11 waterbodies will help anglers make informed decisions when they choose to have a meal of freshwater fish."

Fishing in these specific waterbodies remains a safe activity, in accordance with the consumption advisories, along with other recreational activities such as swimming, wading, and boating. The Maine CDC recommends that anglers review all existing fish consumption advisories for Maine waters.

The Maine Department of Environmental Protection (DEP) collected and tested fish from these waterbodies for PFAS because

they are located where historical PFAS contamination has been found in groundwater, surface water, and/or soils. The testing this year included testing of new waterbodies and expanded testing of waterbodies already under consumption advisories.

Maine CDC continually consults with Maine's DEP and MDIFW to develop plans for additional sampling of fish as part of the State's ongoing investigation of PFAS.

PFAS are a group of man-made chemicals found in a variety of consumer products throughout the world. Based on a new report from the National Academies of Sciences, Engineering, and Medicine, exposure to certain PFAS chemicals has been associated with changes in liver and kidney function,

changes in cholesterol levels, decreased immune response to vaccines in children, complications during pregnancy, increased risk of kidney cancer and possibly testicular cancer.

The Mills Administration has taken an aggressive, nation-leading approach to addressing PFAS contamination in Maine. Under Governor Mills' leadership, Maine established a PFAS Task Force and has taken action to address PFAS contamination, including:

- securing \$30 million for PFAS remediation, which includes \$10 million to help farmers impacted by PFAS, \$15 million to provide safe drinking water, \$5 million for environmental testing, and \$5 million for managing PFAS-contaminated waste;

- securing \$5 million to address PFAS through the

Maine Jobs and Recovery Plan;

- securing \$9.3 million to address PFAS through the supplemental budget;

- securing \$60 million to create a PFAS Trust Fund establishing screening levels for PFAS in soil, wastewater, fish tissue and milk, and;

- establishing drinking water standards for PFAS;

- establishing containment and reporting requirements for firefighting foam containing PFAS;

- installing more than 200 drinking water treatment systems;

- establishing wastewater sludge testing requirements and eliminating land spreading of PFAS contaminated sludge;

- expanding the statute of limitations for Maine citizens to file claims for PFAS contamination.

Maine Woodland Owners Host Woodlot Management Tour

WINTHROP, ME (April 28, 2023) -- Join Maine Woodland Owners on Thursday, May 18th from 4:30pm - 6:00pm, for a woodlot management tour at its Wiesendanger Wildlife Protection Area on Case Rd. in Winthrop. Joe Roy, Maine Department of Inland Fisheries and Wildlife (MDIFW) Private Lands Wildlife

Biologist and Andy Shultz, retired Maine Forest Service (MFS) Landowner Outreach Forester will lead this program which will focus on helping woodland owners understand forestry techniques that promote wildlife of all types.

The program will be based on the Forestry for Wildlife series published

in the Maine Woodland Owners publication *Maine Woodlands*, and will discuss things like the role of dead wood and tree snags in a woodlot, creating openings to promote forest undergrowth, and promoting native plant species to support important pollinators. For more information, contact Andy Shultz, Maine

Woodland Owners Two Rivers Chapter Leader, at andy@forestry.com or

call (207) 242-8845. For more about the Wiesendanger property: [www.](http://www.mainewoodlandowners.org/land-trust-properties-2/wiesendanger)

[mainewoodlandowners.org/land-trust-properties-2/wiesendanger](http://www.mainewoodlandowners.org/land-trust-properties-2/wiesendanger).

Follow us on Facebook!

Don't miss our weekly giveaways!

PROTECT YOUR PROPERTY WITH EXPERT ROOFING!

Special Offer!

10% OFF

YOUR NEXT INSTALLATION

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



AMERICAN BUILDERS
Custom Building & Remodeling

CALL TODAY FOR A FREE ESTIMATE

(207) 500-8100

NEW ROOFS • ARCHITECTURAL SHINGLES • METAL • LIFETIME WARRANTY

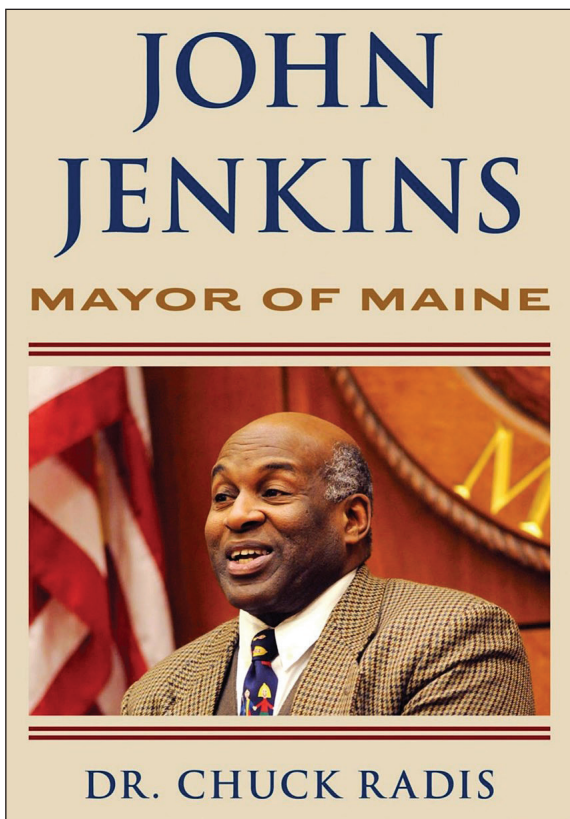
AmericanBuildersMaine.com

No Money Down • Financing Available





Author Dr. Chuck Radis Discusses John Jenkins: Mayor Of Maine



AUBURN, ME (April 20, 2023) -- Dr. Chuck Radis will be at the Auburn Public Library on Friday, May 5, from 4-5 p.m., to focus on his new book, *John Jenkins: the Mayor of Maine*. During his author talk, he will explore how Jenkins, a young man who grew up in Newark, New Jersey, during the race riots of 1968, grew to love his adopted state of Maine and make it his home. In particular, the talk will center on Jenkins' relationship with the Franco-American community in Lewiston/Auburn and his ability to connect with residents throughout the state through his motivational PepTalk inspirational speeches at women's groups, schools, churches, and prisons.

Here's what Governor Janet Mills has to say about the book: "What I remember most about John Jenkins are not the titles he held, but the way he held them. John never forgot the inherent, intangible power of the office and the ability to make people feel good just by showing up. The Mayor of Maine captures the exuberance and proud legacy of a champion for Lewiston and Auburn who gave inspiration and hope to countless people throughout the region and the state of Maine."

Dr. Radis brings a singular perspective to his writing and, in addition to this book, is also the author of *Go by Boat*, *Island Medicine*, and *Wildflowers of Casco Bay*. Barbara

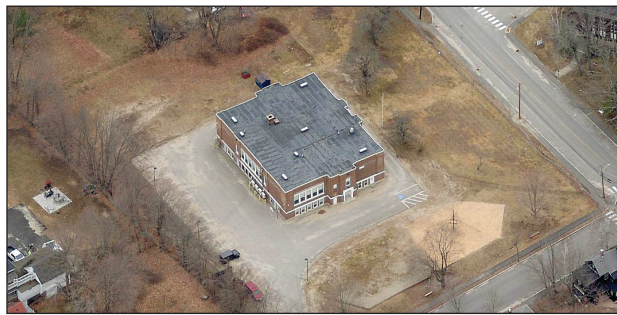
Kelly of Kelly's Books will join us to sell copies of Dr. Radis's books for anyone who might be interested.

Following graduation from Bates College, Dr. Radis committed to a career in osteopathic medicine after meeting a D.O. family practice bush pilot in Baja, Mexico. After finishing his internal medicine residency in 1985, the young doctor and his family moved to Peaks Island where he practiced at the Island Health Center. Traveling by ferry, lobster boat, and police boat, he also visited Chebeague Island, Long Island and Cliff Island for house calls. In a typical year, he logged more than 100 house calls. Throughout his years as both a primary

health care physician and later, as later, as a specialist in rheumatology, Dr. Radis published both in peer-reviewed scientific journals and in the popular press. He has written on empathy and kindness in medicine, the narcotic epidemic, and the logic of expanding Medicare for all Americans. As the founder and medical director for the Maine-African Partnership for Social Justice (www.mapsj.org) he travels to the Kiryandongo United Nations Settlement in Uganda where he partners with refugee groups in innovative public health programs.

This program will take place in the Androscoggin Community Room. No registration is required.

City Offers Unique Auburn Properties for Sale



Lake Street School

AUBURN, ME (April 26, 2023) – The City of Auburn is offering several unique and exceptional properties for sale, including the Lake Street School, 121 Mill Street, and a development parcel known as "Winter Oaks."

Lake Street School, located at 80 Lake Street,

is closing at the end of the current school year, and the city is hoping to attract a developer who will reimagine the space and bring new life to the beloved building which was built in 1923. The 14,820-sf school sits on a 1.88-acre parcel that is flanked by two adjacent city-owned



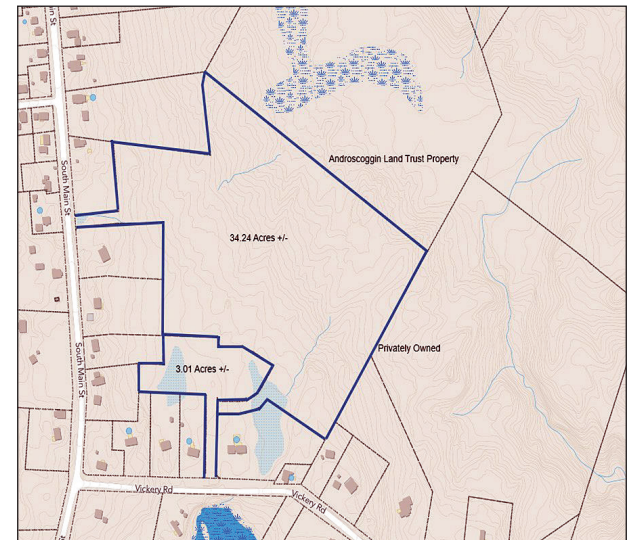
121 Mill Street

lots on Fern Street.

The property located at 121 Mill Street in New Auburn is a 4.58-acre riverfront site with vast potential, including unique recreational opportunities. It includes a 15,000-sf building built in 1964.

The "Winter Oaks" property, located at Vickery Road and South Main Street, also offers possibilities.

"We would really like to see this project focus on encouraging home ownership," says Jay Brechnick, Auburn's director of economic development. Winter Oaks is comprised of two adjacent properties, 3.01-acres, and 34.24-acres respectively. "Each of these projects can help increase housing



Winter Oaks

stock in Auburn," added Brechnick. "They will also help stabilize rental and real estate prices, which are currently being driven by high demand and low supply."

"Selling city-owned properties to private developers to help add taxable value within our city is a

key element of our growth strategy," says Mayor Jason J. Levesque. "I'm looking forward to seeing what creative opportunities the private market brings forth for us to consider."

Requests for bids can be found at www.auburnmaine.gov under the "Business" tab.

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



Saturday, May 13 • 7:30 pm
Sunday, May 14 • 3:00 pm
FRANCO CENTER • LEWISTON



Our Pops Concert will be a collection of music from movie musicals. Join us as we take you through decades of music theater and celebrate a true American art form.

Tickets: 207-333-3386 or mainemusicsociety.org

LA Arts Hosts Musicians Buck Curran and Liam Grant



Liam Grant

LEWISTON, ME (April 24, 2023) -- LA Arts is honored to host an afternoon of music with Lewiston native and musical luminary Buck Curran on Sunday, May 7 from 2:00

– 4:00pm. Curran will be joined by Liam Grant and special guests Shanti Deschaine of the band Arborea and Hiroya Miura, composer, performer and Associate Professor of Mu-

sic at Bates College. This is LA Arts' first musical performance in their new space.

Since 2005, Curran has recorded and performed as one half of the Alt-folk duo Arborea and as a solo artist, receiving accolades from Rolling Stone, Guitar Player Magazine, and many other critics.

In 2020 NPR published a Tiny Desk Concert recorded at Curran's apartment in Bergamo, Italy where he now lives with his wife and family.

Curran has developed his intimate, intense and engaging approach to live concerts through two decades of playing and touring extensively throughout the US, UK, and Europe. His recordings and accomplishments are numerous.

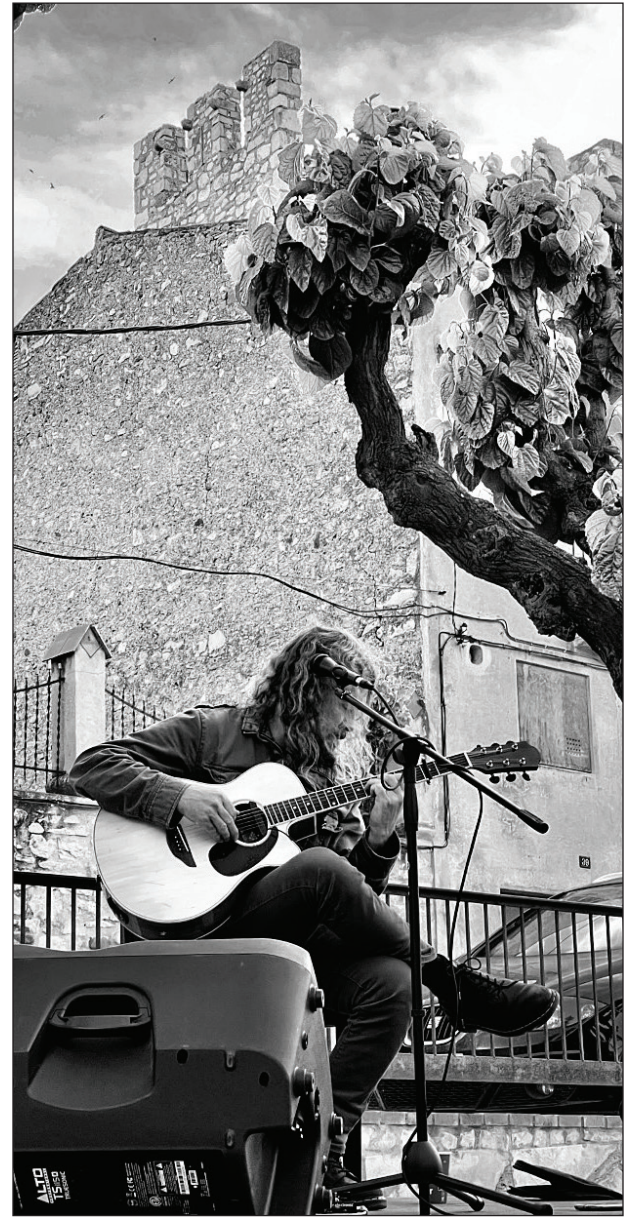
In speaking of his compositional process, Curran explains "Everything seems to come visu-

ally as musical threads or complete melodies in my mind. I hear the music in my head first—usually on walks around town or in nature, or while driving—and then I'm quite anxious to grab my guitar and find out where to best play the notes on the fretboard."

Liam Grant is an acoustic guitar player with a punk ethos, cut from the American Primitive cloth. He made his debut in 2021 with his album "Swung Heavy: Gitarr for Fanatics," released through the Sound-O-Mat label, which was met with seemingly endless touring through 2022. A split 7in single with Mike Gangloff of the veteran improvisers, Pelt, was released in January 2023, and his full-length LP "Amoskeag" is in the process of being released through Carbon Records.

Grant states that his mission is "to bring fine Country Bluegrass, Ragtime and Blues plus other music for discerning listeners to a modern audience." He has been praised as a "generational talent" and his music has received accolades in many publications.

Buck Curran and Liam Grant performance details: L/A Arts, 168 Lisbon Street, Lewis-



Buck Curran in Spain May 2022

ton, Maine on Sunday, 4:00pm. Purchase tickets \$15. General admission only, open to all ages.



Buck Curran, No Love Is Sorrow. Photo by Steven Gray



Liam Grant

Field Laborer Environmental Projects, Inc., Auburn, ME

The starting pay range is \$18.00/hr. - \$20.00/hr.

We are looking for motivated and hardworking people. This is an entry level, manual labor position. This position assists with spill cleanup, packaging of waste materials, and working around heavy equipment. Proper and safe use of tools, equipment and materials is a must. You will perform work inside and outside, from heights and confined spaces. You may be required to wear a respirator and proper PPE at times. Paid safety and job training. A complete list of our benefits package will be discussed during the interview process.

Education/Training	Job Requirements
Preferred high school diploma or GED	<ul style="list-style-type: none"> • Driver's license with clean driving record • Reliable transportation to and from work • Pass DOT physical/drug screening

To Apply: email Howard Fogle business@envprojects.com or call 207-786-7390 between 8:00 AM to 3:30 PM Monday-Friday and ask for Howard.

Weekend Vehicle Unloader \$25 Per Hour!

Environmental Projects Inc in Auburn Maine is looking for part time weekend workers for Maine and New Hampshire (Paid travel time/per diem/hotel for out-of-town work from our Auburn, ME facility).

To Apply: email Howard Fogle business@envprojects.com or call 207-786-7390 between 8:00 AM to 3:30 PM Monday-Friday and ask for Howard.



RV Loans

as low as **5.99** % APR*

Apply 24/7 egcu.org/RV

Evergreen Credit Union

*Annual Percentage Rate as of 3/23/2023. Rates subject to change without notice. Not all applicants will qualify for the lowest rate. Loan subject to collateral and credit requirements. Evergreen Credit Union is Federally insured by NCUA.

Parole-4-Maine: Mainers in favor of Re-Establishing Parole

MAINE (April 28, 2023) -- Since the citizens' collective first introduced itself in February 2023, Parole-4-Maine has led a general awareness campaign around LD 178 and the effort to re-establish parole in Maine.

Following the positive recommendations of the state's 2022 Commission to Examine Reestablishing Parole, the Maine Legislature first considered LD 178, An Act to Support Reentry and Reintegration into the Community during a public hearing on March 15, 2023.

Overall, 302 people submitted testimony in favor of the bill (an overwhelming majority), compared to 11 testimonies against and 5 testimonies neither for nor against. The bill is currently in working sessions under the Committee on Criminal Justice and Public Safety. It is likely that the final working session will be held this Wednesday, May 3, 2023, where members will vote on whether to send the bill to the Maine State Legislature.

BRIEF HISTORY OF PAROLE IN MAINE

Maine was the first state in the country to abolish the program in 1976, following a national trend of tough-on-crime laws that greatly accelerated the rate

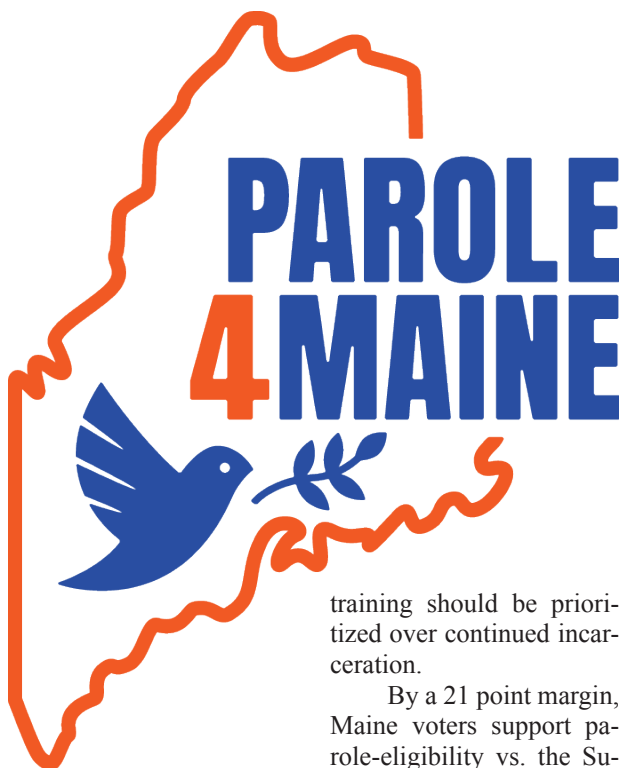
of incarceration, extended sentences, and closed pathways for individuals to earn early release. 15 other states also abolished parole at this time.

Since then, most states have taken steps to reduce their prison populations by reinstating or expanding their systems of parole, developing other pathways toward early release in recognition of rehabilitation, and making robust use of executive clemency. Maine is now considered an extreme outlier because of our harsh sentencing laws and lack of options for recognizing rehabilitation with supervised release.

Last year, Maine's legislature joined the movement by creating a commission to investigate restoring parole and released its final report in December 2022. Among its recommendations: Reestablish parole in Maine and other pathways for early release of incarcerated persons who no longer pose a threat to public safety with a clear criteria for eligibility, process transparency, and increased support for victims.

MAINE SUPPORTS PAROLE

According to polling done by YouGov Blue on behalf of Parole-4-Maine, Mainers are overwhelm-



ingly in favor of parole:

77% of Maine voters support restoring a parole process for all people currently incarcerated in Maine; 83% of Maine voters support parole given the fact it costs nine times less than incarceration (PEW).

79% of Maine voters support parole because it represents second chances and reflects a fundamental belief that people are capable of rehabilitating.

By a 28 point margin, Maine voters believe that too many people serve long prison sentences and that rehabilitation and job

training should be prioritized over continued incarceration.

By a 21 point margin, Maine voters support parole-eligibility vs. the Supervised Community Confinement Program (SCCP) which allows incarcerated residents to apply to serve the final 30 months of their incarceration in a community setting. For many, this is because SCCP is based on sentence length rather than rehabilitative efforts and is disproportionately limited for longer sentences. For example, SCCP reduces a 6-year sentence by 42%, but only reduces a 60-year sentence by 4.2%.

NOT A GET-OUT-OF-JAIL FREE CARD

One argument against LD 178 is that parole would let violent offenders

back out into the community where they could commit further harm.

But this is a misconception about the real parameters around parole. Everyone granted parole would still serve out their full sentence. Through LD 178, parole would allow a person to serve out the remainder of their sentence at home, under the supervision of the Maine Department of Corrections, rather than inside a prison at taxpayer expense.

"To qualify for parole, a person will have to demonstrate in front of a professional parole board that they are rehabilitated, have done the work necessary to improve themselves, are ready to be accountable to the community, pose no threat to public safety, and have a strong, stable support plan. If a person doesn't meet that bar, they won't get parole," Parole-4-Maine said in a recent media output.

Furthermore the parole board will be made up of experts with deep experience in criminal justice, public safety, victim support, mental health, and risk assessment. LD 178 is especially attentive to supporting victims with protections for how parole hearings will be managed.

As currently outlined

in the bill, LD 178 expands support for victims in several ways requested by victim's rights organizations:

Victims will receive prior notice of a hearing

Victims will have the right to be heard

Victims will have the right not to appear

Victims will have the right to participate remotely

Victims will have the right to submit a statement at the first hearing and request that statement to stay on record in lieu of attending any future parole hearings.

TRUE LEADERSHIP IN REHABILITATION

As Parole-4-Maine concluded in a recent video: "The Maine Department of Corrections is a national leader in rehabilitative and educational programming. Now we need to bring back parole to allow our communities to benefit from that rehabilitation. Parole costs 10-12% of the cost of incarceration. At \$78,000 a year to keep a single person in prison, we can't afford NOT to bring back parole."

For more information about this bill or to speak with someone from Parole-4-Maine, please refer to our speakers bureau and head to www.parole-4maine.com.

Senate Republicans Discuss State's Fatal Drug Overdose Epidemic

AUGUSTA, ME (April 26, 2023) -- During a press briefing on Tuesday, Senate Republicans discussed the rising drug overdose epidemic in Maine. According to the Maine Drug Data Hub, a collaboration between the state and University of Maine that tracks fatal and nonfatal overdoses in Maine, last year saw a record 10,110 overdoses across the state of which 716 were fatal.

"It's a devastation that has impacted every single family," said Assistant Senate Republican Leader Lisa Keim, R-Oxford. "Each one of us feels it so deeply as we look at the policy ways to combat this. We do so recognizing the pain that's behind this issue for so many Mainers."

Keim referred to news over the weekend where

police said the amount of fentanyl seized during a recent drug bust was enough to kill the entire population of Portland. She outlined a three-pronged approach Republicans are using to craft legislation to combat the issue: prevention, treatment and enforcement.

"Since 2017, fatal overdoses in Maine have risen by more than 71%, mostly due to fentanyl," she said. "Prevention is more important now than it has ever been."

Sen James Libby, R-Cumberland, said there's common agreement by most people that education is a critical part of combatting drug overdoses and deaths. According to him, the loss of effective educational initiatives such as the Drug Abuse Resistance Education (DARE) Program has led to a void that emphasizes treatment



Sen. Farrin

over education and enforcement.

"Especially with the enforcement aspect, a lot of that has been put on the backburner," he said. "What are the enforcement mechanisms and are there any consequences? Those parts of education seem to have taken a backseat and we'd like to see some of that come back."

Citing DARE's principles of teaching good

decision-making skills, empowering students to respect others and lead lives free from violence and substance abuse, he said the goals really haven't changed.

"We don't have to rewrite the goals -- they're right there," he said. "That mission and vision is exactly what we need to think about."

For Sen. Marianne Moore, R-Washington,

Maine's current pace that will surpass last year's record in overdoses and deaths means more preventative measures must be deployed along with effective treatment and recovery options. Nearly 1,600 overdoses and almost a hundred deaths have already been suspected or confirmed so far this year.

"With January and February already running higher compared to last year for both fatal and total overdoses, 2023 may be the deadliest year yet," she said, adding 77% of the deaths tracked thus far this year involved fentanyl. "Part of harm reduction is we have got to find the resources to be able to help these folks recover from this demon."

In the most poignant part of the press briefing, Sen. Brad Farrin, R-Somerset, emphasized the deadly figures from last year, which included his 26-year-old daughter.

"As many of you know, one of them was my daughter, Haley, on the 27th of July," he said. "This epidemic touches from northern Maine to southern Maine, to the coast, to the mountains. It knows no social-economic boundaries. No age boundaries. It's

touching everybody in the State of Maine."

Outlining the final element of Senate Republicans' three-part plan regarding enforcement, Farrin said his bill, LD 986, would increase penalties for fentanyl trafficking. The legislation just had a work session in the Legislature's Criminal Justice and Public Safety Committee on Monday, and the committee tabled it for now.

"We've all got to step outside our comfort zones. I've had to on the treatment piece," he said. "Folks who think their way is the only way -- there is not a silver bullet that is going to take us out of this epidemic."

Citing the need to focus on the loss of an average of two Mainers a day to fatal overdoses, he challenged both the media and state government to bring more attention to the problem to find solutions.

"We've got to do a better job," he said.

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

THE DUMP GUY

Basement, Attic, Garage & Apartment Cleanouts

Boat, Vehicle & Camper

JUNK REMOVAL

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

Lewiston Schools to See Increase in Mental Health Staff, Services

AUGUSTA, ME (April 27, 2023)—The Maine Department of Education (DOE) announced a \$9 million investment, funded through the Bipartisan Safer Communities Act, to increase school-based mental health staff and services in Maine. Expanding Access in School Environments (EASE) Maine will provide grants to nine high-need school administrative units (SAUs) to support efforts to recruit and retain mental health providers and expand services to students.

Eastport Public Schools, Jefferson Public Schools, Lewiston Public Schools, RSU 12, RSU 24, RSU 54, RSU 73, RSU 79,

and RSU 85 will receive funding over the duration of this 5-year grant. These SAUs were identified as high need because they had low student to mental health provider ratios relative to the rest of the state and nation. Through the EASE Maine grants, the Maine DOE will partner with these SAUs to develop and implement whole student-focused strategies to meet the unique needs of each community, increase student access to much-needed mental health services, and recruit, retain, and re-specialize staff to support the mental health and wellbeing of students, staff, and families. The funding will

enable SAUs to collaborate with one another and with community organizations, state agencies, and other partners to confront growing mental health needs following the pandemic by increasing the number of highly qualified mental health services providers in schools.

“Supporting the mental health and wellbeing of our students is essential to making sure they thrive in the classroom and in their lives. Thanks to the Bipartisan Safer Communities Act, these grants will help schools hire and retain the social workers, counselors, and mental health providers they need to address student mental

health needs, which have only grown during the pandemic,” said Maine Education Commissioner Pender Makin.

“We at RSU 12 are pleased to partner with the Maine Department of Education through the Expanding Access to Supportive Environments in Maine Schools (EASE) grant. This grant will allow us to build our capacity to hire, retain, and develop professionally qualified school-based mental health teams that reflect our community and provide us with much-needed professional development opportunities and technical assistance. Given the mental health challenges many

of our students face, this grant couldn’t have come at a more crucial time. We are truly excited about the possibilities and the positive impact this grant will have on our students and community,” said RSU 12 Superintendent Howard Tuttle.

“We appreciate the conversation and opportunity to help support our students’ social and emotional wellbeing and look forward to making the most of this opportunity,” said RSU 54 Superintendent Jon Moody.

EASE Maine SAU Allocations (Annually for 5 Years):

Eastport Public Schools - \$65,541/year

Jefferson Public Schools - \$67,947/year
Lewiston Public Schools - \$248,644/year
RSU 12 - \$92,698/year
RSU 24 - \$88,251/year
RSU 54 - \$141,655/year
RSU 73 - \$110,560/year
RSU 79 - \$121,496/year
RSU 85 - \$63,208/year

The Maine DOE’s Office of School and Student Supports provides support and resources for all schools in Maine related to student and staff mental health and wellbeing.

Great Falls Forum with Margie Patlak



LEWISTON, ME (April 26, 2023) -- The 25th season of the Great Falls Forum concludes on Thursday, May 18th, featuring author and photographer Margie Patlak, with a talk entitled “What can the nature of Maine teach us about the nature of life?” This free, public program

will take place from 12 noon to 1 PM in Callahan Hall at the Lewiston Public Library and will also be streamed live via Zoom and the Lewiston Public Library Facebook page. A book sale and signing will follow the in-person event.

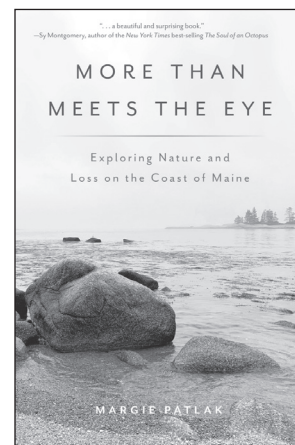
For author and photographer Margie Patlak,

exploring the unique nature of the Maine coast opens a door to deeper ties and insights, as revealed in her memoir *More Than Meets the Eye: Exploring Nature and Loss on the Coast of Maine*, which was given an “Outstanding Book” award by the American Society of Journalists and Authors.

In her Great Falls Forum talk, she will describe how she came to write her book and read a few excerpts that illustrate how many facets of the natural world speak a hidden language that can be translated by scientific knowledge and reflection. For example, the multiple generations of monarch butterflies that migrate from Mexico to Maine can reveal the limits of life and what passes between generations, and dramatic tides can teach how fleeting time is and the ephemeral nature of raising a child.

Author Sy Montgomery called *More Than Meets the Eye* “a beautiful and surprising book in which bereavement gives way to awe.” Patlak will finish her talk with a visual tour of the book featuring Maine nature photos, some of which will also appear in her latest book *Wild and Wondrous: Nature’s Artistry on the Coast of Maine*. This photobook will be published by Down East Books in July.

Margie Patlak is an award-winning science and nature writer, memoirist, and photographer. Her personal essays and articles have appeared in a number of literary journals, newspapers, and magazines including *The Portland Press Herald*, *The Ellsworth American*, *The Philadelphia Inquirer*, *The Los Angeles Times*, *The Washington Post*, *Discover*, and *JuxtaProse*, for which her “Rock of Ages” won First



Honorable Mention in its 2018 Creative Nonfiction Contest. Margie’s photographs have been featured in a number of newspapers, including *The Wall Street Journal* and *The Portland Press Herald*, as well as on *News Center Maine’s* television show 207 and on *B&W Minimalism Magazine’s* Instagram site. Her photos will be in a solo exhibit at Hammond Hall in Winter Harbor, Maine this summer, as well as in

other upcoming exhibits at galleries and libraries in the state. Margie has degrees in Botany and Environmental Studies and divides her time between Philadelphia, Pennsylvania and Corea, Maine.

Admission is free to all Forum events and reservations are only required if attending via Zoom. The Zoom link will be posted to the Library website and Facebook prior to the event. The onsite program is a bring-your-own, brown-bag lunch event. For more information, please contact the Lewiston Public Library at 513-3135 or LPLReference@lewistonmaine.gov.

The Great Falls Forum speaker series is co-sponsored by Bates College, Lewiston Public Library, and the Sun Journal. The Lewiston Public Library is located downtown at 200 Lisbon Street at the corner of Pine Street.

A Continuing Services Budget that keeps our Promises

Guest Column by Sen. Peggy Rotundo

(April 28, 2023)

— On March 30, the Legislature passed a continuing services budget — LD 424 — to fund the state government for the next biennium, from July 2023 through June 2025. Governor Mills signed it into law the following day. A short video of my introduction of this bill before the Senate can be viewed here: [youtube.com/watch?v=tsIGS-Jiu_yk](https://www.youtube.com/watch?v=tsIGS-Jiu_yk).

This budget simply keeps the state government running at current funding levels — it contains no new initiatives. As Chair of the Appropriations and Financial Affairs Committee, I favored this method because it frees up the committee to focus on new initiatives while knowing the government is funded. In practical terms, we paid

the mortgage and the utility bill, and now we can look at what’s left in the bank account to determine whether to buy our son new school clothes, help our daughter with college tuition or repair our aging furnace.

Why did we break the budget up into two parts? Years ago, this was the standard way the budget was negotiated. Separating out only the necessary funding allowed the Legislature to address new policy initiatives with the remaining resources. Over time, the budget process changed and the two parts were fused into one bill. This bill would be the subject of intense debate as the Appropriations Committee managed the competing interests of hundreds of legislators while racing against the deadlines of statutory adjournment and

the end of the fiscal year. If the new fiscal year began with no enacted budget, the government would shut down, with disastrous consequences.

Dividing the budget in two avoids this situation and removes the pressure of passing the single largest and most consequential bill in our possession with one eye on the calendar. We passed it out of committee so Governor Mills could sign it into law before April 1, giving the bill the statutory 90 days to take effect. Keep in mind that bills take effect immediately only when they garner the votes of two-thirds of legislators in both houses. We needed to prepare for the bill not reaching this threshold and, in fact, it did not.

So, what’s in it? As I said, this budget contains no new programs or initiatives; it only continues

funding items to which we are already obligated. This includes maintaining the state share of education funding at 55%; keeping our promises on property tax relief by maintaining current levels of the Homestead Exemption, Property Tax Fairness Credit, Municipal Revenue Sharing and the property tax exemption for veterans; continuing the increased reimbursement rates and cost of living adjustments for our MaineCare providers, maintaining wage supplements for our essential child care workers; funding our long-term care facilities — including nursing homes — to ensure our most vulnerable Mainers are cared for; supporting our veterans with tuition assistance and much more.

On May 1, when the Legislature receives the Revenue Forecasting Re-

port that gives us the fiscal outlook for the next biennium and beyond, the Appropriations Committee will reconvene and Democrats and Republicans will determine what should be included in the Part 2 budget. You can see that revenue report by going to legislature.maine.gov/ofpr and selecting “Revenue Forecasting Committee” from the menu on the left hand side. I look forward to having a robust discussion on how we can keep Maine on the path to prosperity while addressing the concerns of folks from every corner of our great state.

As we work on this budget, please do not hesitate to get in touch with me about the issues that are important to you and your family. I’m also available to discuss other bills and share updates, provide guidance on how to share

your testimony and how to watch and participate in hearings, or to welcome you to the State House to see the Legislature in action. You can email me at Peggy.Rotundo@legislature.maine.gov or call my office at 207-287-1515.

Best Source for Arts, Music and Theater!

Your Hometown Paper.

Senator Collins Welcomes Maine Students as Interns



U.S. Senator Susan Collins with intern Sydney Lorom, a Houlton native.

WASHINGTON, D.C. (April 28, 2023) – U.S. Senator Susan Collins announced that Sydney Lorom, a Houlton native, has been awarded a spring internship in her Bangor office. Sydney is a graduate of Houlton High School.

“It is always a pleasure to give Mainers an opportunity to serve their state,” said Senator Collins. “Sydney has a strong work ethic and impressive leadership skills, and I am delighted to welcome her to my Bangor office.”

Sydney is studying political science and

legal studies as a third-year honors student at the University of Maine. On campus, she is a news contributor for Maine Campus Media, the university’s student-led news source. Upon graduation, she plans to attend law school.

U.S. Senator Susan Collins has also announced that Michael Delorge, a Biddeford native, has been awarded a spring internship in her Bangor office. Michael is a graduate of the Maine School of Science and Mathematics in Limestone, Maine.

“Throughout his



U.S. Senator Susan Collins with intern Michael Delorge, a Biddeford native.

time at the University of Maine, Michael has proven himself to be an outstanding student and leader,” said Senator Collins. “I am delighted to have him in my Bangor office, and I am pleased that he has the opportunity to serve the people of Maine and see the legislative process firsthand.”

Michael is a rising senior at the University of Maine, where he is study-

ing biology and political science. On campus, he is the vice president and president-elect of the student body, a student researcher, and leads UMaine’s Partners for World Health club in global health volunteer efforts. Upon graduation, he hopes to pursue a career in public health policy.

Liz Tibbetts, a Poland native, has been awarded a spring intern-



U.S. Senator Susan Collins with intern Liz Tibbetts, a Poland native.

ship in her Bangor office. Liz is a graduate of Poland Regional High School.

“Liz is a hardworking student who has demonstrated leadership skills and diverse academic interests,” said Senator Collins. “I am delighted to welcome her to my Bangor office where I know she will provide excellent constituent service to her fellow Mainers.”

Liz is a senior at the University of Maine double majoring in History and Psychology with a

concentration in Abnormal Social Psychology. On campus, she has held a number of positions in Delta Zeta sorority, most notably serving as the president in 2022. Upon graduation, she plans to take a gap year before applying to law school.

Maine students who are interested in applying for future sessions of the internship program can do so through Senator Collins’ website at: <https://www.collins.senate.gov/services/students>

New Ventures Maine Offers Online/In-Person Free Classes

MAINE, STATE-WIDE (April 27, 2023)—New Ventures Maine has announced free classes scheduled for May, including self-paced, online, and in-person workshops that are designed to help people in Maine gain the skills, knowledge, and confidence to start a business, build a career, and manage money.

Self-paced classes include:

My Next Career Move: 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. Enroll by June 2; work at your own pace; complete by June 30.

Grow Your Business Online: 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. Made possible by Empower by GoDaddy in partnership with New Ventures Maine. Enroll

anytime, complete by May 31.

Online NVME workshops on managing money include:

Managing Your Money Classes: Tuesdays, May 9 – 30, 12:00 – 1:00 p.m. Online. Learn to budget, repair your credit, and create a savings plan. Join us for one, two, or all three classes. May 9: Budgeting Basics; May 16: Let’s Talk About Credit; May 30: Build Your Savings (no class May 23).

My Money Works: Thursdays, May 18 – June 15, 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 Tuesdays, May 30 – June 27, 10:00 – 11:00 a.m.)

Career and business classes include:

Making Career Choices: Tuesday, May 2, 10:00 – 11:00 a.m. Online. Ready for a career change but don’t know where to start? This workshop will point you in the right direction. We will cover what to consider when making a career choice and resources to help you succeed. (Also offered May 24 (day) and May 25 (evening)

Introduction to

Self-Employment: Tuesday, May 2, 12:00 – 1:00 p.m. Online. This class covers the pros and cons of owning your own business, the steps needed for startup, the major elements of a business plan, and the many resources available to help you succeed.

Job Search Classes: Wednesdays, May 3 – 17, 10:00 – 11:00 a.m. Online. Ready for a new job or a career change? Join us for one, two, or all three workshops. May 3: Job Search Strategies; May 10: Resume Strategies; May 17: Interview Strategies.

Building Confidence: Wednesdays, May 10 – 24, 10:00 – 11:30 a.m. Whether you are navigating recent changes, looking for a job, starting a business,

or simply want to be more confident, join this class to assess your confidence and learn concrete tools to help you build your confidence and keep it strong. (Also offered Wednesdays, May 17 – 31, 6:00 – 7:30 p.m.)

Business Basics: Wednesdays, May 31 – June 14, 9:30 a.m. – 12:00 p.m. In Person, in Lewiston. This class covers the business plan, marketing, and cash planning. Assess the feasibility, desirability, and viability of your business idea and get started with your plan. (Location: UMA LAC Campus, 51 Westminster St, Lewiston)

For the full schedule of upcoming free classes and to sign up, visit <https://newventuresmaine.org/class-schedules/> or call 207-621-3440.



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



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

207-344-5212

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
OMC
VOLVO PENTA
Perkins
YANMAR Velvet Drive

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!

Calendar

Send your submissions to the Editor. More online.

May 4
LEWISTON -- Throwback Thursday returns to Lewiston Public Library this May with an out-of-this-world movie classic. Our third event is Thursday, May 4, 2023 from 4 to 6pm in Callahan Hall and will feature a movie open to all age groups that got us all saying "these aren't the droids you're looking for."

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

May 5
LEWISTON -- 10:30am at the Lewiston Public Library: **BABY FOOTPRINTS KEEPSAKES**

In honor of Mother's Day, caregivers and their infants will be able to create a baby footprints keepsake using the imprints of their children's feet on salt dough.

Free. No registration required. Recommended for caregivers and their children ages 0-24 months. 513-3133; www.LPLonline.org

May 5
AUGUSTA -- Louis Philippe and his special guest, Fr. Frenchie, will be featured at tan old fashion "Cabaret Night" hosted by the Calumet Club in Augusta, Maine on Friday, May 5th at 7 PM

Singer, pianist Louis Philippe and his humorist guest will keep you well entertained as you gather family and friends for a bring your own snack evening to enjoy with beverages from the club bar.

Tickets are \$15 and may be purchased at the door, or by calling the Calumet Club at 623-8211, Kitty at 458-2191 or Sue at 203-0408.

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.

May 7
BAR MILLS -- **JENNY JUMPSTART & THE CAP GUNS**- Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday, May 7 at 3:00 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

May 10
LEWISTON -- Alternating Wednesdays

3:30-4:30 and Thursdays 4:30-5:30 from May 10th to June 14th at the Lewiston Public Library: **TEEN YOGA**

The Lewiston Public Library will be hosting a yoga series for teens in May & June 2023. Classes will be held at the library on alternating Wednesdays from 3:30-4:30pm and Thursdays from 4:30-5:30pm in the 2nd floor IDEA Lab from 5/10/23 to 6/14/23. Practice will focus on simple breathing and mindfulness techniques as well as gentle movement.

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

May 11
LEWISTON -- Thursday May 11 the Southern Maine Squadron Sampson AFBVA will be having a get together at noon time at the Governors Restaurant in Lewiston. During the Korean War era, those who chose the Air Force went to Sampson AFB, on the East Shore of Seneca Lake near Geneva NY, for basic training before going on to Tech Schools. Now some of these veterans, their daughters, wives, and/or widows

gather monthly through the summer months for lunch and share stories and memories. Veterans and their guests of all branches are welcome to join.

FMI call 657-4909 or wmtkwkr1933@gmail.com

Bob Sawyer Sampson AFB 1953

May 14
BAR MILLS -- **THE BLUES ON SUNDAY QUARTET**- Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sunday, May 14 at 3:00 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

May 18
LEWISTON -- 12:00 PM – 1:00 PM, Callahan Hall, Lewiston Public Library: **GREAT FALLS FORUM WITH MARGIE PATLAK**

For author and photographer Margie Patlak, exploring the unique nature of the Maine coast opens a door to deeper ties and insights, as revealed in her memoir *More Than Meets the Eye: Exploring Nature and Loss on the Coast of Maine*. In her Great Falls Forum talk, Margie will describe how she came to write her book and read a few excerpts that illustrate how many facets of the natural world speak a hidden language that can be translated by scientific knowledge and reflection.

FLAGSHIP CINEMAS
Premium

Premium entertainment at affordable prices!

VISIT ONE OF OUR FIVE MAINE LOCATIONS!

AUBURN | FALMOUTH | WELLS | WATERVILLE | THOMASTON

WWW.FLAGSHIPCINEMAS.COM

Free. In person or virtual. Bring your bag lunch. Book sale and signing to follow. The Zoom link will be posted to the Library website and Facebook prior to the event. 513-3135; www.LPLonline.org

Every 1st, 2nd, and 3rd Monday
LEWISTON -- **PROGRAMS FOR HOMESCHOOL FAMILIES**, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool

Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

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



**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**

Shaw Bill Supports Outdoor Experiential Education Programs

AUGUSTA, ME (April 28, 2023) – Rep. Kathy Shaw, D-Auburn, introduced a bill Wednesday before the Legislature’s Agriculture, Conservation and Forestry Committee to support Maine schools in establishing outdoor experiential education programs.

LD 1682 would create a grant program to facilitate new staff positions within participating public schools dedicated to providing hands-on, experiential learning opportunities related to gardens, food and agriculture to improve healthy academic, physical and emotional development for students. Participation in this program would be voluntary.

The bill would further establish the Maine Experiential Education Program Fund within the Department of Agriculture, Conservation and Forestry to provide ongoing resources for the program.

“For generations Mainers have been working the land to grow food for themselves and their communities,” said Shaw. “But what once was a cornerstone of life in Maine has been fading. Providing hands-on opportunities for students to reclaim those skills not only serves the health and wellbeing of those kids, it also prepares future generations to work in industries that are so important to our state’s economy and identity.”

Research shows that contact with nature provides numerous benefits for children experiencing increased sedentary behavior and attention deficit disorder, including improved mental, social and physical health. Further evidence suggests that outdoor education in particular enhances students’ sense of self-esteem, conflict resolution skills, leadership, motivation to learn and overall interpersonal interactions.

While Maine does not currently provide a coordinated, statewide investment in outdoor experiential learning, school garden and food education are already supported by organizations like Maine

Farm and Sea to School Network, Gulf of Maine Research Institute’s education curriculum, The Ecology School, FoodCorps and Full Plates Full Potential.

“Working in classrooms, I have witnessed that students are far more likely to try new things and make healthier choices if they are engaged in the process of growing and cooking prior to eating,” said Kirsten Tenney, community engagement manager for Full Plates Full Potential. “Connecting nutrition education to meals provided by school nutrition encourages students to participate in school breakfast and school lunch programs.”

FoodCorps is a national nonprofit organi-

zation that partners with schools in 13 states to provide students with experiential learning opportunities tied to food, cooking and gardening. For the past 12 years, the organization has worked with Maine communities across the state to provide hands-on lessons that get students excited about eating fruits and vegetables and support school nutrition staff in getting nourishing meals on school trays.

“FoodCorps joins our partners in recognizing the incredible value of experience to the development of young minds which grow into thoughtful, contributing citizens,” said Ryan Parker, FoodCorps’ Maine impact and partnerships lead. “With

our limited resources, we are only currently in seven communities throughout Maine. At the current rate, it would take FoodCorps nearly 800 years to reach every school and every kid, most of whom would thrive if they could grow up with experiential education as the norm.”

The bill will have a work session in the Agriculture, Conservation and Forestry Committee in the coming weeks.

Shaw is serving her first term in the Maine House, representing part of Auburn. A lifelong farmer and president of the Cumberland and Falmouth farmers markets, Shaw serves on Legislature’s Joint Standing Committee on Agriculture, Conservation and Forestry.

HOME PRESERVING WORKSHOP

Registration is Required



MAY 8, 2023

From 4-6:30pm



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



207.777.7740 | Androscoggin.org FOR Health. FOR Life.

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

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.